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General Awareness

Instructions

For the following questions answer them individually

Question 1

The ozone layer is found in

- A Thermosphere
- B Exosphere
- C Stratosphere
- D Earth crust

Answer: C

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Question 2

The Sachar committee was formed in 2005 to report on the social, economic and educational conditions of

- A ST
- B SC
- C OBC
- D Muslims

Answer: D

Question 3

Over the year, in the GDP of India which sector's contribution increased significantly?

- A Manufacturing Industry
- B Agriculture
- C Service Sector
- D Mining

Answer: C

Question 4

Who was the first Prime Minister of Bangladesh?

- A Zia-ur-Rahman
- B Mujib-ur-Rahman
- C Tajuddin Ahmad
- D Hasina Sheikh

Answer: C

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Question 5

Which is a regenerative organ in human body?

- A Pancreas
- B Kidney
- C Liver
- D Lungs

Answer: C

Question 6

The dance form "Kathakali" is from the state of _____.

- A Andhra Pradesh
- B Kerala
- C Tamilnadu
- D Maharashtra

Answer: B

Question 7

Dipa Karmakar is an Indian sportswoman associated with the following sport:-

- A Gymnastics
- B Badminton
- C Cricket
- D Snooker

Answer: A

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Question 8

Voices Against 377 is a movement that addresses issues around:-

- A Sati
- B Acid attack victims
- C Homosexuality
- D Dowry

Answer: C

Question 9

Rowlatt Act, also known as the Black Bill was passed in the year

- A 1929
- B 1919
- C 1939
- D 1909

Answer: B

Question 10

Australian Antigen is related to _____.

- A Brain function
- B Kidney function
- C Hepatitis B
- D Lungs function

Answer: C

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Question 11

The case of Nitish Katara murder was adjudged by the trial court as a type of _____.

- A Burglary
- B Drug abuse
- C Child abuse
- D Honour killing

Answer: D

Question 12

Vishakha judgement is a set of guidelines to deal with the cases of _____.

- A Domestic Violence
- B Manual Scavenging
- C Trans gender concerns
- D Sexual Harassment

Answer: D

Question 13

The Minimum Wages Act was first enacted in the year _____.

- A 1948
- B 1956
- C 1960
- D 1952

Answer: A

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Question 14

The Atal Pension Yojana is floated especially for _____.

- A North East people
- B Tribal people
- C Elderly people from unorganized sectors
- D Government employees in industrial sector

Answer: C

Question 15

Which of the following organization is not under UNO?

- A OPEC
- B WHO
- C UNESCO
- D ILO

Answer: A

Question 16

Which ruling do major nations abide by to reduce concentration of greenhouse gases?

- A Geneva protocol
- B Dallas regime
- C Kyoto protocol
- D Rio summit

Answer: C

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Question 17

What is the share of Agriculture sector in the India's GDP in 2015-16?

- A 15.35%
- B 10.25%
- C 4.35%
- D 20.50%

Answer: A

Question 18

Which state does Irom Sharmila belong to?

- A Manipur
- B Meghalaya
- C Tripura
- D Assam

Answer: A

Question 19

Which terror organization is based in North Nigeria?

- A ISIS
- B Boko Haram
- C Al Badr
- D Haqqani Network

Answer: B

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Question 20

Who, among the following, was known as 'Frontier Gandhi'?

- A Abdul Wali Khan
- B Abdul Ghaffar Khan
- C Muhammed Ali Jinnah
- D Maulana Azad

Answer: B

Question 21

The Indus Water Treaty was signed between Indian Prime Minister Jawaharlal Nehru and the President of Pakistan _____

- A Yahya Khan
- B Zulfikar Ali Bhutto

- C Ayub Khan
- D Iskander Mirza

Answer: C

Question 22

The provision for women's empowerment in the National Food Security Act, 2013 is

- A Separate ration cards for adult women in eligible households
- B Allocation of 10 kg extra food grain for women headed households
- C issue of ration card in the name of adult women in eligible households
- D None of the above

Answer: C

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Question 23

The book Poverty and Un-British Rule in India was written by

- A Dadabhai Naoroji
- B R.C. Dutt
- C Gopal Krishna Gokhale
- D Balgangadhar Tilak

Answer: A

Question 24

_____ is a permit which allows a country to produce a certain amount of carbon emission

- A Carbon credit
- B Carbon rating
- C Carbon trading
- D Carbon dating

Answer: A

Question 25

Which of the following is an instance of indirect taxation in India?

- A Income Tax
- B Goods and Services Tax
- C Corporate Tax
- D All of the above

Answer: C

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Question 26

The holders of forest rights under the recognition of Forest Rights Act, 2006 are empowered to:-

- A Lease land to mining companies
- B Provide contract for felling timber
- C Protect wildlife and biodiversity
- D All of the above

Answer: C

Question 27

The 1857 first war of Independence is also called _____.

- A Salt Satyagraha
- B Quit India Movement
- C Civil Disobedience
- D Indian Mutiny

Answer: D

Question 28

The International treaty namely NPT is related to _____.

- A Narcotics and Psychotropic substances
- B Human trafficking
- C Nuclear weapons
- D Chemical weapons

Answer: C

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Question 29

Which green house gas is a result of rapid industrial expansion?

- A Nitrogen oxide
- B Chlorofluorocarbons
- C Carbon dioxide
- D Methane

Answer: B

Question 30

Operation Flood' launched in 1970, was related to:-

- A Energy production
- B Dam construction
- C Wheat production
- D Dairy development

Answer: D

Question 31

Among which tribal group in India is the practice of matriliney followed?

- A Khasi
- B Garasia
- C Mina
- D Bhil

Answer: A

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Question 32

The objective of Board of Industrial and Financial Reconstruction is to address issues of:

- A Managing conflicts between labour and management
- B Tax related disputes
- C Engagement of Child labour in industry
- D Revival of sick industrial units

Answer: D

Question 33

The scheme ESI is related to

- A Wages
- B Social security and health Insurance
- C Retrenchment dispute
- D Pension

Answer: B

Question 34

Which of the following was the official entry from India to the OSCARS in 2016?

- A Liar's Dice
- B Court
- C Sairat
- D Visaranai

Answer: D

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Question 35

Who is the author of the book "Aadhe Adhure"?

- A Chetan Bhagat
- B Nikita Singh
- C Mohan Rakesh
- D Amit Chaudhary

Answer: C

Question 36

Which of the following is not a traditional Kathak Gharana?

- A Lucknow gharana
- B Jaipur gharana
- C Bikaner gharana
- D Benaras gharana

Answer: C

Question 37

Which of the following is winner of Ramon Magsaysay Award for 2016?

- A Kailash Satyarthi & Malala Yousafzai
- B Medha Patkar & Aruna Roy
- C Thodur M. Krishna & Bezwada Wilson
- D Sanjeev Chaturvedi & Rajendra Singh

Answer: C

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Question 38

Which committee is appointed by Supreme Court of India to give recommendation on functioning of BCCI?

- A Sacchar committee
- B Singhvi Committee
- C Varma committee
- D Lodha Committee

Answer: D

Question 39

Who was the women's single's badminton champion at Rio Olympic this year?

- A Goh Liu Ying
- B Nozomi Okuhara
- C Christinna Pedersen
- D Carolina Marin

Answer: D

Question 40

Which of the following Computer language is used for Artificial Intelligence?

- A PROLOG
- B BASIC
- C COBOL
- D FOTRAN

Answer: A

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Logical Reasoning

Instructions

For the following questions answer them individually

Question 41

All the members of a national club participate either in the Badminton or the Chess competition. 2100 members participate in the Chess, 1750 participate in the Badminton and 1100 participates in both the games. How many members does the national club have?

- A 3250
- B 2750
- C 2200
- D 3750

Answer: B

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Question 42

Set A is a collection of first 10 whole numbers. Set B is a collection of first 10 natural numbers. How many number/s is/are not common to both set A and set B?

- A 3
- B 2
- C 0
- D 1

Answer: B

Question 43

Pushpa is the mother of Kamla. Kamla is the sister of Dilip. Dilip is the father of Jimmy. How is Pushpa related to Jimmy?

- A Aunt
- B Sister
- C Mother
- D Grand mother

Answer: D

Question 44

In a certain group of families living together in a certain locality of Bangalore, 35% families own a smart television and 25% own a luxury hutch-back. 55% families own neither a smart television nor a luxury hutch-back. 15 families own both a smart television and a luxury hutch-back. How many families are there in the group?

- A 133
- B 100
- C 120
- D 150

Answer: B

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Question 45

Ajay: "Prajita occupies 7th position from the top in Economics test in our class"

Raju: "Yes, you are correct and Prajita also occupies 35th position from the bottom in the same test"

Ajay and Raju study in the same class with Prajita and "N" others. Find the total number of students in the class, other than Prajita, Raju and Ajay.

- A 38
- B 34

C 41

D 44

Answer: A

Question 46

A cuboid of dimensions $(8\text{cm.} \times 6\text{cm.} \times 5\text{cm.})$ is painted RED on the pair of opposite surfaces of dimensions $(8\text{cm.} \times 6\text{cm.})$. Remaining two opposite surfaces of dimensions $(8\text{cm.} \times 5\text{cm.})$ are painted BLACK. And two surfaces of dimensions $(6\text{cm.} \times 5\text{cm.})$ are painted with BLUE colors. Now the block is divided among smaller cubes of dimensions $(1\text{cm.} \times 1\text{cm.} \times 1\text{cm.})$. In how many of the small cubes all the three colors appear?

A 16

B 48

C 22

D 8

Answer: D

Question 47

In the question given below, statements are followed by inferential conclusions. The conclusion, which can be derived without supposing anything else, i.e. without adding anything extra to the statement (s), is your answer.

Very soon, there are chances that electricity tariff would be hiked. This proposal will bring about a sharp increase for the domestic consumers and marginal increase for the industrial consumers.

A If this proposal is accepted, then domestic output will get positively affected.

B At present there is a disparity in the electricity tariff between the industrial and the domestic consumers.

C After this hike, the electricity board will start making profits.

D Domestic consumers consume more electricity than the industrial consumers, assuming that at the beginning tariffs for both sets of consumers is the same.

Answer: D

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Question 48

The letters P, Q, R, S, and T each stands for one of 1, 2, 3, 4, and 5 but not necessarily in that order. P is odd, Q is neither 4 nor 5, R is 1, S is either 4 or 5, T is neither 2, 3 nor 4. The correct order of the digits (according to the correct order of the English alphabet) is:-

A 52143

B 54123

C 34125

D 32145

Answer: D

Question 49

There are five friends F1, F2, F3, F4 and F5. F1 and F4 are unmarried ladies and do not take part in any game. None of the ladies play chess or tennis. There is a married couple in which F5 is the husband. Out of the five friends, one is a tennis player and one is a chess player. F2 is the brother of F3 and is neither a chess, nor a badminton player. Who is the chess player?

- A F5
- B F1
- C F2
- D F3

Answer: A

Question 50

Dr. Bappa has five gold rings, each having a different weight. Ring R1 is weighing twice as much as Ring R2. Ring R2 is weighing four and half times as much as Ring R3. Ring R3 is weighing half as much as Ring R4. Ring R4 is weighing half as much as Ring R5. Ring R5 is weighing less than Ring R1 but more than Ring R3. Which of the following represents the descending order of weights of the rings?

- A R1 R2 R3 R4 R5
- B R1 R2 R4 R5 R3
- C R1 R2 R5 R4 R3
- D R1 R5 R4 R3 R2

Answer: C

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Question 51

Complete the series: 7, 10, 19, 46, 127, ____.

- A 367
- B 363
- C 352
- D 370

Answer: D

Question 52

Complete the following series: 2, 10, 30, ____, 130

- A 73
- B 68
- C 70
- D 60

Answer: B

Explanation:

We can identify the pattern as:

$$1^3 + 1 = 2$$

$$2^3 + 2 = 10$$

$$3^3 + 3 = 30$$

$$4^3 + 4 = 68$$

$$5^3 + 5 = 130$$

Option B

Question 53

Complete the following series:-

A, DE, IJK, ____.

A LMNO

B PQRS

C MNOP

D NOPQ

Answer: B

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Question 54

What is the value of $3 \times 5 \times 4 - 10$?

A 40

B 50

C 58

D 45

Answer: B

Explanation:

$$3 \times 5 \times 4 - 10 = 60 - 10 = 50$$

Question 55

How many rectangles are there in the following figure? (Squares are also rectangles)

A 245

B 315

C 170

D 305

Answer: B

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Mathematics

Instructions

For the following questions answer them individually

Question 56

What is the average of the first 7 prime numbers?

A 10.71

B 6

C 8.28

D 8.58

Answer: C

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Question 57

Laika notices a right angled triangle and observes that one acute angle is half the size of the other one. In this case, the smallest angle would be:-

A 30°

B 15°

C 10°

D 25°

Answer: A

Question 58

Anand sells a laptop on discount of 8% on the marked price and still makes a profit of 25%. How much did the laptop costs him, if the marked price is ₹ 40,000?

A ₹29,000

B ₹30,400

C ₹29,440

D ₹29,540

Answer: C

Explanation:

Marked price = 40000

Discount = 8%

Selling price = $40000 \times 92/100 = 36800$

Profit = 25%

Cost price = $36800 \times 100/125 = \text{Rs.}29440$

Question 59

The average marks scored by Amit, Bimal and Candy in an examination is 84. If marks of Dorothy are now added, the average marks of the 4 students becomes 80. Ellora's score is 3 more than Dorothy. If Ellora's marks replace Amit's marks, then the average marks scored by Bimal, Candy, Dorothy and Ellora is 79. What is the score of Amit?

A 71

B 75

C 68

D 77

Answer: B

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Question 60

ABC is an isosceles triangle with $AB = AC$. The vertex angle A measures eight times the measure of a base angle. AD is the angle bisector of vertex angle A. What is the measure of the angle BAD?

A 144°

B 81°

C 72°

D 42°

Answer: C

Question 61

Atmaram distributed his property worth ₹ 78,00,000 among his three sons Ramdayal, Shyam and Krishna, such that the share of Ramdayal is $\frac{3}{4}$ th the share of Shyam and share of Shyam is $\frac{2}{3}$ rd of the share of Krishna. What is the difference between the amount received by Shyam and Krishna?

A ₹12,00,000

B ₹10,00,000

C ₹15,50,000

D ₹12,50,000

Answer: A

Explanation:

Total amount = 7800000

Share of Ramdayal = $3/4 \times$ Share of Shyam

Ratio of Share of Ramdayal to Shyam = 3 : 4

Share of Shyam = $\frac{2}{3} \times$ share of Krishna

Ratio of share of Shyam to Krishna = 2 : 3 = 4 : 6

Ratio of share of Ramdayal, Shyam and Krishna = 3 : 4 : 6

Share of Shyam = $7800000 \times \frac{4}{13} = 2400000$

Share of Krishna = $7800000 \times \frac{6}{13} = 3600000$

The difference between the amount received by Shyam and Krishna = $3600000 - 2400000 = 1200000$

Question 62

X is a number such that 65% of X is more than its 36% by 2900. What is 122% of the number X?

- A 10000
- B 11000
- C 13420
- D 12200

Answer: D

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Data Interpretation

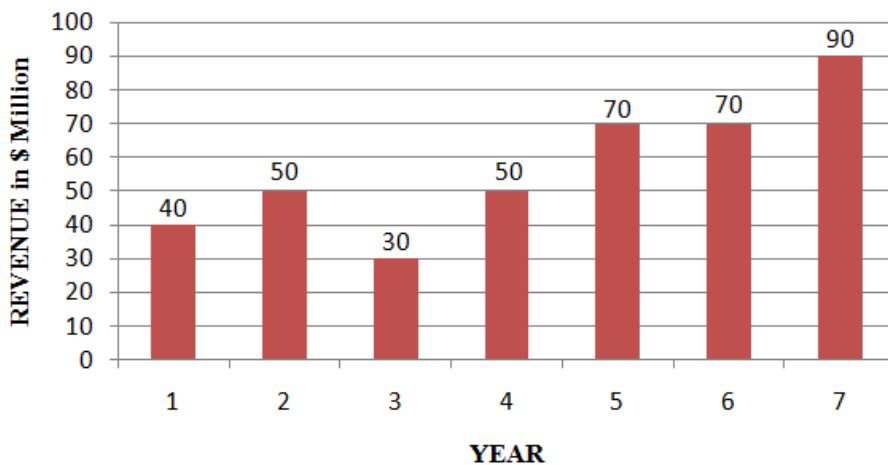
Instructions

For the following questions answer them individually

Question 63

The bar-diagram given below shows the realization from exports of Product "AB", in \$ (Million) during different years from Year 1 to Year 7:-

Realization from Product "AB" Exports



What is the ratio of the absolute difference in exports in the year 3 & year 7 and year 2 & year 6?

- A 2 : 5
- B 1 : 4
- C 3 : 1
- D 5 : 3

Answer: C

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Question 64

Read the following case and answer the following question.

Mr. Krishna has recently acquired four companies namely K - Tea, Kun - Tea, Sun-Tree and Ruk-Money. When the results of the companies for the year 2015-16 were placed before him, he found a few interesting things about them. While the total expenses of Sun-Tree were 5 times its profits, sales of RukMoney were three times its profits. While the profits of Sun-Tree and Ruk-Money were same, the sales of Sun-Tree were the same as those of Kun-Tea, profits of K-Tea were 10% of its sales, where as the profits of Kun-Tea were 20% of its sales. The total expenses of Sun-Tree were 100,000. The total expenses of K-Tea were 10% less than those of Sun-Tree. (Profits are defined as the difference between sales and total expenditure) .

What is the ratio of Expenses of Sun-Tree and Ruk-Money during the financial year 2015-16?

A 2 : 1

B 4 : 3

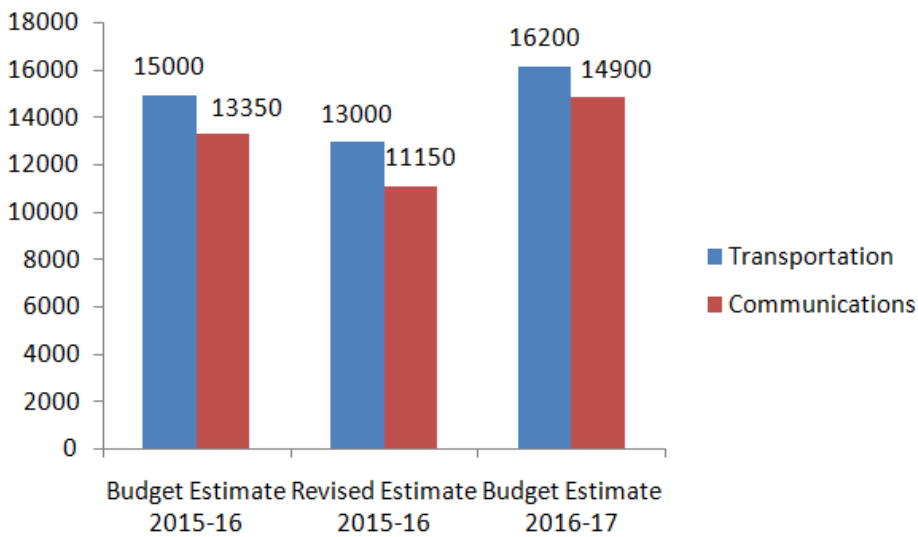
C 5 : 2

D 3 : 1

Answer: C

Question 65

Refer to the following bar diagram, which shows the plan outlay for Transportations and Communication expenses of a particular country ABC. Figures are in INR Billion.



Total revised estimates were less than budgeted estimates of 2015-16 for transportation and communication taken together by approximately _____.

A 15%

B 10%

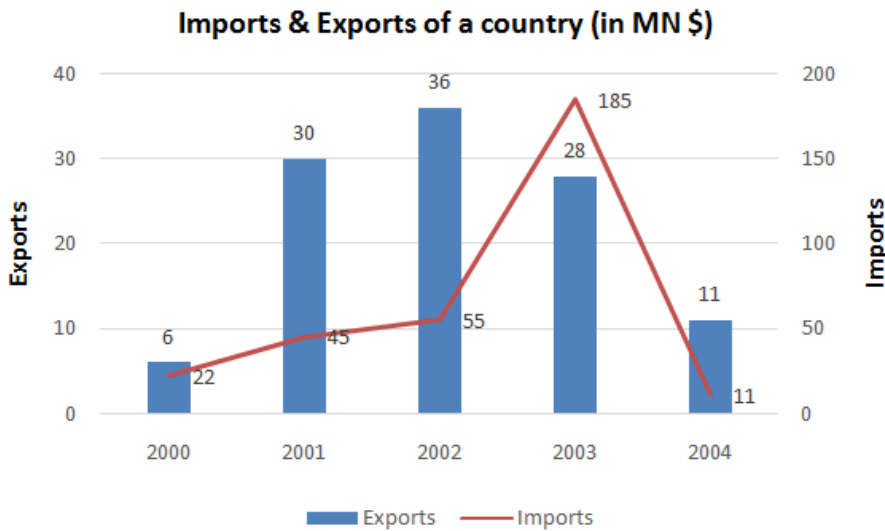
C 20%

D 18%

Answer: A

Question 66

Study the following graph carefully and answer the questions that follow.



For how many years, the value of exports in that particular year is higher than the average value of exports for the years given, i.e. from 2000 to 2004?

- A 1
- B 2
- C 3
- D 4

Answer: C

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Question 67

Read the following table and answer question that follow:

Accounting Information of Two Brands of Company ABL
(All figures in ₹ 00)

	Brand Big			Brand Boss		
	2014	2015	2016	2014	2015	2016
Sales Revenue	3018	3137	3298	2000	2210	2420
Total Expenditure	2628	2708	2856	1703	1850	2025
Debenture Interest	312	312	330	67	66	65
Depreciation on Assets	204	193	172	48	65	62
Net Profits	16	-10	16	198	220	240

What is the compounded annual growth rate of sales revenue of Brand Boss over the years from 2014 to 2016?

- A 11%
- B 10%
- C 12%
- D 9.5%

Answer: B

Explanation:

Assuming CAGR = r,

$$2420 = 2000(1+r/100)^2$$

$$(1+r/100)^2 = 1.21$$

$$\Rightarrow 1+r/100 = 1.1$$

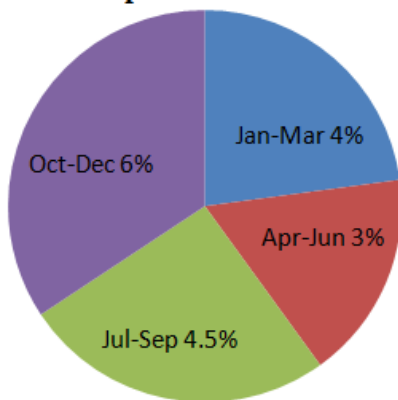
$$\Rightarrow r/100 = 0.1$$

$$\Rightarrow r=10$$

Question 68

Given below is the chart showing the Percentage Quarterly change in the Sales of Ball pens manufactured by Write-up Pens Company in the year 2015.

Quarterly Percentage Change in Sales of Ball Pens of Write-up Pens Co. in 2016



If the Company had sold a total of 10000 Ball pens during the period of 1st October, 2015 to 31st December, 2015, then it would have sold how many ball pens by 30th June, 2016?

- A 10400
- B 10700
- C 10720
- D 10712

Answer: D

Explanation:

In October to December 2015, the sales was 10000. In the next two quarters, it increased by 4% and 3% respectively.

$$\text{So, the pens sold by June 30th, 2016} = 10000(1.04)(1.03) = 10712$$

Question 69

Read the following table and answer question that follow:-

Accounting Information of Two Companies
(All figures in INR ₹ 00)

	Company A		Company X	
	2015	2016	2015	2016
Sales	603.6	627.4	389.8	442.0
Expenditure	525.6	541.6	330.4	370.0
Interest	62.4	62.4	13.4	13.2
Depreciation	40.8	38.6	9.6	13.0
Net Profits	3.2	-2	39.6	44.0

What is the approximate ratio of Interest and Depreciation expenses for the company A and those of company X for both the years combined?

- A 7 : 3
- B 5 : 2
- C 3 : 1
- D 4 : 1

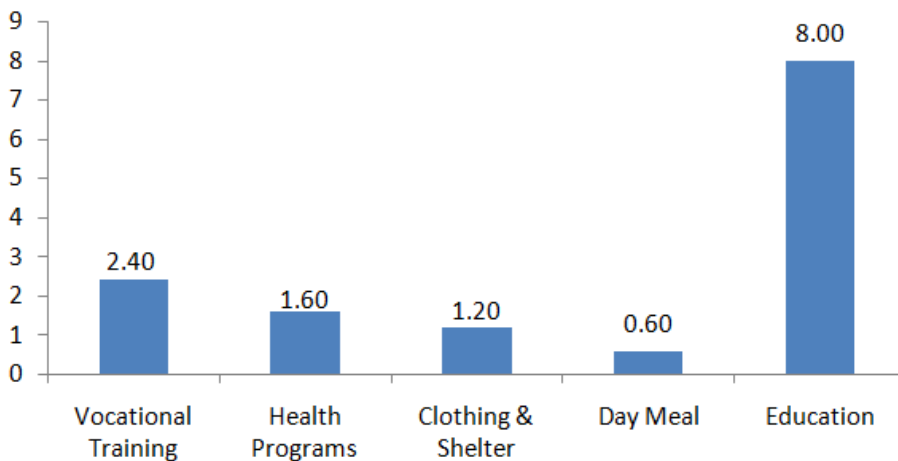
Answer: D

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Question 70

Karmasthali is an NGO operating for the benefits of the girl child and spends ₹ 13.8 Crores on orphan girl children. The expenditure break-up is given below in a bar chart. Read the given bar chart and answer the questions that follow:

Expenditure Break-up



By how many percentage points is the expenditure on vocational training and health programs, more than the expenditure on clothing & shelter and day meal?

- A 134.44%
- B 88.88%
- C 122.22%

D 22.22%

Answer: C

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Verbal Ability & Reading Comprehension

Instructions

For the following questions answer them individually

Question 71

Enthusiasm: Enthuse :: Excitement: _____

- A Exciting
- B Excitable
- C Excited
- D Excite

Answer: D

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Question 72

Replace the phrase in bold with the correct option given below.

I am looking up my keys but I am unable to find them

- A looking into
- B looking for
- C looking after
- D no correction

Answer: B

Question 73

Fill in the blank.

A country that constitutionally ensures equal rights for all citizens is called _____.

- A an autocracy
- B a theocracy
- C a democracy
- D a dictatorship

Answer: C

Question 74

Replace the phrase in bold with the correct option given below.

There are very few people in the world that doesn't like ice cream.

- A people whom don't
- B people who don't
- C people which don't
- D No correction

Answer: B

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Question 75

Fill in the blank and complete the idiom.

Aman: how do you solve this puzzle?

Bhumika: I don't know. Your _____ is as good as mine

- A Aim
- B Goal
- C Knowledge
- D Guess

Answer: D

Question 76

What is the antonym of Precarious?

- A Dubious
- B Equivocal
- C Secure
- D Dacey

Answer: C

Question 77

Complete the analogy:-

Chase: Pursue :: Bewilder: _____

- A Enlighten
- B Perplex
- C Orient
- D Clarify

Answer: B

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Question 78

Find the odd word out.

Editor, Columnist, Reporter, Playwright

- A Playwright
- B Reporter
- C Columnist
- D Editor

Answer: A

Question 79

Find the odd word out.

Tsunami, Earthquake, Flood, Famine

- A Tsunami
- B Famine
- C Earthquake
- D Flood

Answer: B

Question 80

Find the odd word out.

Friendly, Pompous, Affable, Pleasant

- A Friendly
- B Pompous
- C Pleasant
- D Affable

Answer: B

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Question 81

A person who knows and speaks several languages fluently can converse easily with people from various countries.

- A A polymath
- B A translator
- C A polyglot
- D An interpreter

Answer: C

Question 82

Replace the phrase in bold with the correct option given below.

No sooner do the bell ring than the students ran out of their classes.

- A Did the bell ring
- B Did the bell rang
- C No correction
- D Do the bell rang

Answer: B

Question 83

Substitute the phrase in bold with a word given below.

Usually, no one gives a job to someone who runs away from the law.

- A A delinquent
- B A juvenile
- C An exile
- D A fugitive

Answer: D

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Question 84

Fill in the blank and complete the idiom.

He may look unreliable, but let's give him the job. You cannot judge a book by its _____.

- A title
- B pages
- C print
- D cover

Answer: D

Question 85

Complete the analogy

Dirty: Filthy :: Silly: _____

- A Mundane
- B Frivolous
- C Dull
- D Infuriating

Answer: B

Question 86

Fill in the blank and complete the idiom.

He has changed a lot. He is a _____ cry from what he was two years ago

- A Far
- B Short
- C Long
- D Distant

Answer: A

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Question 87

The following sentence is split in three parts and each one is labelled (A), (B), and (C). Read the sentence to find out whether there is an error in any part.

He is waiting (A) for you since (B) 10 o'clock. (C)

- A He is waiting
- B for you since
- C 10 o'clock
- D No error

Answer: A

Question 88

The following sentence is split in three parts and each one is labelled (A), (B), and (C). Read the sentence to find out whether there is an error in any part.

Me and my sister (A) went to the new mall (B) for shopping. (C)

- A Me and my sister
- B went to the new mall
- C for shopping
- D No error

Answer: A

Question 89

The following sentence is split in three parts and each one is labelled (A), (B), and (C). Read the sentence to find out whether there is an error in any part.

Industrialisation has severely effected (A) the environment and triggered (B) global warming. (C)

- A Industrialisation has severely effected
- B the environment and triggered
- C global warming
- D No error

Answer: A

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Question 90

Fill in the blank.

He was arrested for marrying multiple times, and so he was charged with _____.

- A bigamy
- B polygamy
- C endogamy
- D monogamy

Answer: B

Question 91

Fill in the blank and complete the idiom.

They had successfully hidden the news of their marriage from everyone. With the date approaching, it was time to let the _____ out of the bag

- A cat
- B cards
- C toy
- D dog

Answer: A

Question 92

Fill in the blank.

A research student is expected to _____sources in her thesis.

- A cite
- B sight
- C site
- D cight

Answer: A

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Question 93

What is the antonym of trivial?

- A Pertinent
- B Paltry
- C Trite

D Petty

Answer: A

Question 94

Fill in the blank.

A doctor who takes care of newborn infants is called _____.

A a urologist

B An epidemiologist

C a neonatologist

D a paediatrician

Answer: C

Question 95

Complete the analogy.

::: Encourage: Discourage:: Pacify: _____

A Gruff

B Provoke

C Cut

D Spoil

Answer: B

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Instructions

READING COMPREHENSION:

Nutrition for injured athletes

Poor nutrition can lead to conditions that increase the risk of injury. But injuries are often an unavoidable aspect when participating in any physical activity. An injury can be particularly distressing for the eating-disordered athlete. Psychological support is important. No change in diet is necessary when a quick recovery is expected.

There is a need in modification of food intake when an injury limits activity for less than a week. The need to reduce food intake is necessary to meet lower energy needs, if recovery is expected to take longer than a week. Long-term recovery may require an absolute reduced diet.

Surgical trauma, fever, or infection requires dietary changes. In these cases, protein intake should be increased during the early stages of recovery, because proteins repair damaged tissues.

Protein is important for immune function. If a slow recovery is expected, the injury might cause significant emotional stress. Fear, anxiety, and anger are all typical reactions to injury. These emotions can increase the secretion of epinephrine (adrenaline) from the adrenal gland. This in turn can cause a series of metabolic changes that result in increased loss of nitrogen (protein) through the urine.

In general, the importance of psychological support for injured athletes varies depending on length of recovery and injury severity. Anxiety about the injury might lead to increased food cravings, more free time and less structure in the daily routine can lead to boredom and increases opportunities to eat more and it may result in weight gain. Some injured athletes simply do not adjust their energy needs and continue to follow their typical training diet.

Nutritional need while travelling:

Maintaining good nutritional practices while travelling to and from events may affect an athlete's health and athletic success.

A slightly lower carbohydrate and higher protein intake for strength athletes (40-48% carbohydrate, 20-26% protein, and 34% fat), stress

the importance of eating natural and whole foods.

Sports nutrition experts recommend that athletes should have multiple small meals per day (five or six feedings). Travelling with snacks helps to ensure that caloric needs are being met, despite unpredictable travel delays. Fresh vegetables and fruits, fruit smoothies, energy bars, nuts, bagels, and raisins are suggested to carry while travelling.

Question 96

Which of the following leads to higher risk of injury?

- A Eating disorders
- B Excessive travelling
- C Physical activity
- D Poor nutrition

Answer: D

Question 97

Which factor influences the need for a change in diet in the recovery process the most?

- A Presence or absence of psychological support
- B Excessive travelling
- C Time required for recovery
- D Type of injury

Answer: C

Question 98

Why is protein intake important in the recovery process?

- A Because protein repairs damaged tissues
- B Proteins help in building strength
- C Proteins boost immunity
- D All of the above

Answer: D

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Question 99

Which of the following can be the reasons for weight gain?

- A Sticking to typical training diet
- B Anxiety
- C Physical stress
- D None of the above

Answer: B

Question 100

Why, according to the author, is it crucial for athletes to maintain their nutrition while travelling?

- A It ensures their caloric needs are met
- B It reduces stress
- C It ensures faster recovery from injuries
- D It reduces the risk of injury

Answer: A

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