The ozone layer is found in ______________.
○ Thermosphere
○ Exosphere
○ Stratosphere
○ Earth crust

Question not answered
The correct option is "Stratosphere" Score: 1

The Sachar committee was formed in 2005 to report on the social, economic and educational conditions of __________.
○ SC
○ ST
○ OBC
○ Muslims

Question not answered
The correct option is "Muslims" Score: 1

Over the year, in the GDP of India which sector's contribution increased significantly?
○ Manufacturing Industry
○ Agriculture
○ Service Sector
○ Mining

Question not answered
The correct option is "Service Sector" Score: 1

Who was the first Prime Minister of Bangladesh?
○ Zia-ur-Rahman
○ Mujib-ur-Rahman
Which is a regenerative organ in human body?

- Pancreas
- Kidney
- Lever
- Lungs

**Question not answered**

The correct option is "Lever" Score: -1

6 of 100

The dance form "Kathakalli" is from the state of ________.

- Andhra Pradesh
- Kerala
- Tamilnadu
- Maharashtra

**Question not answered**

The correct option is "Kerala" Score: -1

7 of 100

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

- Gymnastics
- Badminton
- Cricket
- Snooker

**Question not answered**

The correct option is "Gymnastics" Score: -1

8 of 100

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

- Sati
Acid attack victims
Homosexuality
Dowry

**Question not answered**
The correct option is "Homosexuality" Score: -1

9 of 100

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

1929
1919
1939
1909

**Question not answered**
The correct option is "1919" Score: -1

10 of 100

Australian Antigen is related to ________.

Brain function
Kidney function
Hepatitis B
Lungs function

**Question not answered**
The correct option is "Hepatitis B" Score: -1

11 of 100

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

Burglary
Drug abuse
Child abuse
Honour killing

**Question not answered**
The correct option is "Honour killing" Score: -1

12 of 100

Vishakha judgement is a set of guidelines to deal with the cases of ________.
Domestic Violence

Manual Scavenging

Trans gender concerns

Sexual Harassment

Question not answered
The correct option is "Sexual Harassment" Score: -1

13 of 100

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

1948

1956

1960

1952

Question not answered
The correct option is "1948" Score: -1

14 of 100

The Atal Pension Yojana is floated especially for ________.

North East people

Tribal people

Elderly people from unorganized sectors

Government employees in industrial sector

Question not answered
The correct option is "Elderly people from unorganized sectors" Score: -1

15 of 100

Which of the following organization is not under UNO?

OPEC

WHO

UNESCO

ILO

Question not answered
The correct option is "OPEC" Score: -1

16 of 100
GENERAL AWARENESS

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

- Geneva protocol
- Dallas regime
- Kyoto protocol
- Rio summit

**Question not answered**
The correct option is "Kyoto protocol" Score: -1

17 of 100

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

- 15.35%
- 10.25%
- 4.35%
- 20.50%

**Question not answered**
The correct option is "15.35%" Score: -1

18 of 100

Which state does Irom Sharmila belong to?

- Manipur
- Meghalaya
- Tripura
- Assam

**Question not answered**
The correct option is "Manipur" Score: -1

19 of 100

Which terror organization is based in North Nigeria?

- ISIS
- Boko Haram
- Al Badr
- Haqqani Network

**Question not answered**
The correct option is "Boko Haram" Score: -1

20 of 100
Who, among the following, was known as 'Frontier Gandhi'?

☐ Abdul Wali Khan
☐ Abdul Ghaffar Khan
☐ Muhammed Ali Jinnah
☐ Maulana Azad

**Question not answered**
The correct option is "Abdul Ghaffar Khan" Score: 1

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

☐ Yahya Khan
☐ Zulfikar Ali Bhutto
☐ Ayub Khan
☐ Iskander Mirza

**Question not answered**
The correct option is "Ayub Khan" Score: 1

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

☐ Separate ration cards for adult women in eligible households
☐ Allocation of 10 kg extra food grain for women headed households
☐ Issue of ration card in the name of adult women in eligible households
☐ None of the above

**Question not answered**
The correct option is "Issue of ration card in the name of adult women in eligible households" Score: 1

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

☐ Dadabhai Naoroji
☐ R.C. Dutt
☐ Gopal Krishna Gokhale
☐ Balgangadhar Tilak

**Question not answered**
The correct option is "Dadabhai Naoroji" Score: 1
GENERAL AWARENESS

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

- Carbon credit
- Carbon rating
- Carbon trading
- Carbon dating

Question not answered
The correct option is "Carbon credit" Score: -1

GENERAL AWARENESS

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

- Income Tax
- Goods and Services Tax
- Corporate Tax
- All of the above

Question not answered
The correct option is "Goods and Services Tax" Score: -1

GENERAL AWARENESS

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

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

Question not answered
The correct option is "Protect wildlife and biodiversity" Score: -1

GENERAL AWARENESS

The 1857 first war of Independence is also called ___________.

- Salt Satyagraha
- Quit India Movement
- Civil Disobedience
- Indian Mutiny

Question not answered
The correct option is "Indian Mutiny" Score: - 1

The International treaty namely NPT is related to _________.
- Narcotics and Psychotropic substances
- Human trafficking
- Nuclear weapons
- Chemical weapons

Question not answered

Which green house gas is a result of rapid industrial expansion?
- Nitrogen oxide
- Chlorofluorocarbons
- Carbon dioxide
- Methane

Question not answered

'Operation Flood' launched in 1970, was related to:-
- Energy production
- Dam construction
- Wheat production
- Dairy development

Question not answered

Among which tribal group in India is the practice of matriliny followed?
- Khasi
- Garasia
- Mina
- Bhil
The objective of Board of Industrial and Financial Reconstruction is to address issues of:
- Managing conflicts between labour and management
- Tax related disputes
- Engagement of Child labour in industry
- Revival of sick industrial units

The scheme ESI is related to:
- Wages
- Social security and health Insurance
- Retrenchment dispute
- Pension

Which of the following was the official entry from India to the OSCARS in 2016?
- Liar's Dice
- Court
- Sairat
- Visaranai

Who is the author of the book "Aadhe Adhure"?
- Chetan Bhagat
- Nikita Singh
- Mohan Rakesh
Which of the following is not a traditional Kathak Gharana?
- Lucknow gharana
- Jaipur gharana
- Bikaner gharana
- Benaras gharana

Which of the following is winner of Ramon Magsaysay Award for 2016?
- Kailash Satyarthi & Malala Yousafzai
- Medha Patkar & Aruna Roy
- Thodur M. Krishna & Bezwada Wilson
- Sanjeev Chaturvedi & Rajendra Singh

Which committee is appointed by Supreme Court of India to give recommendation on functioning of BCCI?
- Sacchar committee
- Singhvi Committee
- Varma committee
- Lodha Committee

Who was the women's single's badminton champion at Rio Olympic this year?
- Goh Liu Ying
- Nozomi Okuhara
Which of the following Computer language is used for Artificial Intelligence?

- PROLOG
- BASIC
- COBOL
- FORTRAN

Question not answered
The correct option is "PROLOG" Score: -1

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?

- 3250
- 2750
- 2200
- 3750

Question not answered
The correct option is "2750" Score: -1

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?

- 3
- 2
- 0
- 1

Question not answered
The correct option is "2" Score: -1
LOGICAL REASONING

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

- Aunt
- Sister
- Mother
- Grand mother

**Question not answered**
The correct option is “Grand mother”

Score: 1

LOGICAL REASONING

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?

- 133
- 100
- 120
- 150

**Question not answered**
The correct option is “100”

Score: 1

LOGICAL REASONING

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.

- 38
- 34
- 41
- 44

**Question not answered**
The correct option is “38”

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

- 16
- 48
- 22
- 8

Question not answered
The correct option is "8"

Score:- 1

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.

- If this proposal is accepted, then domestic output will get positively affected.
- At present there is a disparity in the electricity tariff between the industrial and the domestic consumers.
- After this hike, the electricity board will start making profits.
- Domestic consumers consume more electricity than the industrial consumers, assuming that at the beginning tariffs for both sets of consumers is the same.

Question not answered
The correct option is "Domestic consumers consume more electricity than the industrial consumers, assuming that at the beginning tariffs for both sets of consumers is the same."

Score:- 1

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:-

- 52143
- 54123
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?

- F5
- F1
- F2
- F3

Question not answered
The correct option is "F5"

Score: 1
50 of 100

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?

- R1 R2 R3 R4 R5
- R1 R2 R4 R5 R3
- R1 R2 R5 R4 R3
- R1 R5 R4 R3 R2

Question not answered
The correct option is "R1 R2 R5 R4 R3"

Score: 1
51 of 100

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

- 367
- 363
- 352
Complete the following series: 2, 10, 30, ____, 130.

- 73
- 68
- 70
- 60

The correct option is "68"

Complete the following series:

- A, DE, IJK, _____.
  - LMNO
  - PQRS
  - MNOP
  - NOPQ

The correct option is "PQRS"

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

- 40
- 50
- 58
- 45

The correct option is "50"
LOGICAL REASONING

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

- 245
- 315
- 170
- 305

Question not answered
The correct option is "315"

Score: -1

MATHEMATICS

What is the average of the first 7 prime numbers?

- 10.71
- 6
- 8.28
- 8.58

Question not answered
The correct option is "8.28"

Score: -1

MATHEMATICS

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:

- 30°
- 15°
- 10°
- 25°

Question not answered
MATHEMATICS

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?

- ₹ 29,000
- ₹ 30,400
- ₹ 29,440
- ₹ 29,540

Question not answered

The correct option is ₹ 29,440

MATHEMATICS

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, than the average marks scored by Bimal, Candy, Dorothy and Ellora is 79. What is the score of Amit?

- 71
- 75
- 68
- 77

Question not answered

The correct option is 75

MATHEMATICS

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?

- 144°
- 81°
- 72°
- 42°

Question not answered
MATHEMATICS

Atmaram distributed his property worth ₹ 78,00,000 among his three sons Ramdayal, Shyam and Krishna, such that the share of Ramdayal is \( \frac{3}{4} \) 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?

- ₹ 12,00,000
- ₹ 10,00,000
- ₹ 15,50,000
- ₹ 12,50,000

The correct option is " ₹ 12,00,000"

Score: - 1

MATHEMATICS

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

- 10000
- 11000
- 13420
- 12200

The correct option is " 12200"

Score: - 1

DATA INTERPRETATION

The bar-diagram given below shows the realization from exports of Product "AB", in $ (Million) during different years from Year 1 to Year 7:-
What is the ratio of the absolute difference in exports in the year 3 & year 7 and year 2 & year 6?

- 2 : 5
- 1 : 4
- 3 : 1
- 5 : 3

Question not answered
The correct option is " 3 : 1"

Score:- 1
64 of 100
123 TISSNET_Jan2017_Data Interpretation_E
DATA INTERPRETATION

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 Ruk-Money 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)

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

- 2 : 1
- 4 : 3
- 5 : 2
Refer to the following bar diagram, which shows the plan outlay for Transportation 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 ______.

- 15%
- 10%
- 20%
- 18%

The correct option is "15%"

Score:- 1

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?

1 2 3 4

Question not answered
The correct option is " 3"

Score:- 1
67 of 100

Read the following table and answer question that follow:-

<table>
<thead>
<tr>
<th>Accounting Information of Two Brands of Company ABL</th>
</tr>
</thead>
<tbody>
<tr>
<td>(All figures in ₹ 00)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Brand Big</th>
<th>Brand Boss</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales Revenue</td>
<td>3018</td>
<td>3137</td>
</tr>
<tr>
<td>Total Expenditure</td>
<td>2628</td>
<td>2708</td>
</tr>
<tr>
<td>Debenture Interest</td>
<td>312</td>
<td>312</td>
</tr>
<tr>
<td>Depreciation on Assets</td>
<td>204</td>
<td>193</td>
</tr>
<tr>
<td>Net Profits</td>
<td>16</td>
<td>-10</td>
</tr>
</tbody>
</table>

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

11% 10% 12%
DATA INTERPRETATION

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 1\textsuperscript{st} October, 2015 to 31\textsuperscript{st} December, 2015, then it would have sold how many ball pens by 30\textsuperscript{th} June, 2016?

- 10400
- 10700
- 10720
- 10712

Question not answered
The correct option is "10712"

Score:- 1

DATA INTERPRETATION

Read the following table and answer question that follow:-
**Accounting Information of Two Companies**
*(All figures in INR ₹00)*

<table>
<thead>
<tr>
<th></th>
<th>Company A</th>
<th></th>
<th>Company X</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales</td>
<td>603.6</td>
<td>627.4</td>
<td>389.8</td>
<td>442.0</td>
</tr>
<tr>
<td>Expenditure</td>
<td>525.6</td>
<td>541.6</td>
<td>330.4</td>
<td>370.0</td>
</tr>
<tr>
<td>Interest</td>
<td>62.4</td>
<td>62.4</td>
<td>13.4</td>
<td>13.2</td>
</tr>
<tr>
<td>Depreciation</td>
<td>40.8</td>
<td>38.6</td>
<td>9.6</td>
<td>13.0</td>
</tr>
<tr>
<td>Net Profits</td>
<td>3.2</td>
<td>-2</td>
<td>39.6</td>
<td>44.0</td>
</tr>
</tbody>
</table>

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

- 7 : 3
- 5 : 2
- 3 : 1
- 4 : 1

*Question not answered*

The correct option is "4 : 1"

**Score:** 1

70 of 100

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**DATA INTERPRETATION**

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

- 134.44%
- 88.88%
- 122.22%
- 22.22%

**Question not answered**
The correct option is "122.22%"

Score: -1
71 of 100

Complete the analogy:

Enthusiasm: Enthuse ::Excitement: ___________

- Exciting
- Excitable
- Excited
- Excite

**Question not answered**
The correct option is "Excite"Score: -1
72 of 100
115 TISSNET_Jan2017_EP_VA_E
VERBAL ABILITY

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

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

- looking into
- looking for
- looking after
- no correction

Question not answered
The correct option is “looking for” Score: -1

73 of 100

117 TISSNET_Jan2017_EP_VA_E

VERBAL ABILITY

Fill in the blank.

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

- an autocracy
- a theocracy
- a democracy
- a dictatorship

Question not answered
The correct option is “a democracy” Score: -1

74 of 100

120 TISSNET_Jan2017_EP_VA_E

VERBAL ABILITY

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.

- people whom don't
- people who don't
- people which don't
- No correction

Question not answered
The correct option is “people who don't” Score: -1

75 of 100

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VERBAL ABILITY

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.

- Aim
What is the antonym of Precarious?
- Dubious
- Equivocal
- Secure
- Dicey

The correct option is "Secure" Score: -1

Complete the analogy:
Chase: Pursue :: Bewilder: __________
- Enlighten
- Perplex
- Orient
- Clarify

The correct option is "Perplex" Score: -1

Find the odd word out.
Editor, Columnist, Reporter, Playwright
- Playwright
- Reporter
- Columnist
- Editor

The correct option is "Playwright" Score: -1
VERBAL ABILITY

Find the odd word out.

Tsunami, Earthquake, Flood, Famine

☐ Tsunami
☐ Famine
☐ Earthquake
☐ Flood

Question not answered
The correct option is “Famine” Score: -1

80 of 100
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VERBAL ABILITY

Find the odd word out.

Friendly, Pompous, Affable, Pleasant

☐ Friendly
☐ Pompous
☐ Pleasant
☐ Affable

Question not answered
The correct option is ”Pompous” Score: -1

81 of 100
106 TISSLNET_Jan2017_EP_VA_M

VERBAL ABILITY

Substitute the phrase in bold with a word given below.

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

☐ A polymath
☐ A translator
☐ A polyglot
☐ An interpreter

Question not answered
The correct option is ”A polyglot” Score: -1

82 of 100
107 TISSLNET_Jan2017_EP_VA_M

VERBAL ABILITY

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.

☐ Did the bell ring
Did the bell rang
No correction
Do the bell rang

**Question not answered**
The correct option is "Did the bell ring"Score: -1

83 of 100

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 delinquent
- A juvenile
- An exile
- A fugitive

**Question not answered**
The correct option is "A fugitive"Score: -1

84 of 100

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 ________.

- title
- pages
- print
- cover

**Question not answered**
The correct option is "cover"Score: -1

85 of 100

Complete the analogy.

Dirty: Filthy :: Silly: __________

- Mundane
- Frivolous
- Dull
- Infuriating

**Question not answered**
The correct option is "Frivolous"Score: -1
Fill in the blank and complete the idiom.

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

- Far
- Short
- Long
- Distant

Question not answered
The correct option is "Far" Score: -1

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)

- He is waiting
- for you since
- 10 o'clock
- No error

Question not answered
The correct option is "He is waiting" Score: -1

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)

- Me and my sister
- went to the new mall
- for shopping
- No error

Question not answered
The correct option is "Me and my sister" Score: -1

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)

- Industrialisation has severely effected
- the environment and triggered
- global warming
- No error

Question not answered
The correct option is " Industrialisation has severely effected” Score: - 1

Fill in the blank.

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

- bigamy
- polygamy
- endogamy
- monogamy

Question not answered
The correct option is " polygamy” Score: - 1

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.

- cat
- cards
- toy
- dog

Question not answered
The correct option is " cat” Score: - 1

Fill in the blank.

A research student is expected to ______ sources in her thesis.

- cite
- sight
What is the antonym of trivial?
- Pertinent
- Paltry
- Trite
- Petty

The correct option is "Pertinent" Score: -1

Fill in the blank.
A doctor who takes care of newborn infants is called _______.
- a urologist
- An epidemiologist
- a neonatologist
- a paediatrician

The correct option is "a neonatologist" Score: -1

Complete the analogy.
::: Encourage: Discourage:: Pacify:___________
- Gruff
- Provoke
- Cut
- Spoil

The correct option is "Provoke" Score: -1
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.

Q) Which of the following leads to higher risk of injury?

- Eating disorders
- Excessive travelling
- Physical activity
- Poor nutrition

Question not answered

The correct option is "Poor nutrition" Score: -1
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READING COMPREHENSION

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

- Presence or absence of psychological support
- Excessive travelling
- Time required for recovery
- Type of injury

*Question not answered*

The correct option is " Time required for recovery" Score: -1

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**READING COMPREHENSION**

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Q) Why is protein intake important in the recovery process?
- Because protein repairs damaged tissues
- Proteins help in building strength
- Proteins boost immunity
- All of the above

Question not answered
The correct option is "All of the above." Score: 1

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READING COMPREHENSION

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

- It ensures their caloric needs are met
- It reduces stress
- It ensures faster recovery from injuries
- It reduces the risk of injury
Question not answered
The correct option is "It ensures their caloric needs are met" Score: -1