

EXERCISE 4A

For SSC GD & MTS Exams

Direction (Set 1-7): Read the following comprehensions and answer the questions that follow.

Set 1

The beaver had made a dam about hundred yards long, and it had formed out of the quickly flowing stream, a wide stretch of water about twelve feet deep. The dam was so firm and broad that it was easy for me to walk along it. After a hundred and fifty yards I came to a 'beaver's castle'- a great heap of logs skilfully fitted together, the lower part covered with earth and plants. The upper logs were put loosely together so that the air could pass through to the interior.

In the late autumn, before land and water are covered with snow and ice, the beaver has to make its dwelling frostproof. It collects young trees and gnaws the stems in a double cone until the tree falls. Then the long stems are gnawed into small sections, the thin twigs bitten off and the logs are dragged to the dwelling. There, the timber is piled on the castle, sometimes to a height of ten or twelve feet. Mud is brought up from the bottom of the lake and packed between the logs with the animal's clever forepaws. The interior is lined with the finest wood shavings. In this tall shelter, the beaver remains high and dry, and protected from frost throughout the winter.

The only access to the dwelling is under the water, and even the forest wolves are not able to pull the firm building apart. The water is the beaver's element. On land it moves slowly and awkwardly. Thus, it is vital for the beaver to have water in which it can swim, and where nature has not provided this condition for it, it creates it with its dam.

The beaver's activities can change whole landscapes. With this dam, for instance, on which I was standing, beavers had turned a

whole wooded alley into a lake; trees that stood there had been killed by the water and had disappeared. Aquatic game had settled there. Ducks swam past us, and great must have been the number of fish, as swarms of trout had swum past me in the clear stream. Wide stretches of meadow had come into existence on the banks, with flat landing places to which the well-beaten beaver tracks led. Many years of building, gnawing and dragging must have gone into the completion of this immense task, creating a new region for the beaver to live in.

SSC CPO 11//12/2019 (Shift-3)

- What evidence in the passage suggests that beavers build strong dwellings?
 - The beaver's dwelling is frostproof
 - It takes many years of hard work to build the dwelling.
 - Even the forest wolves cannot pull the dwelling apart.
 - The interior is lined with finest wood shavings.
- The beavers can change the landscape by:
 - building castles with great heaps of logs.
 - dragging the logs of wood to the dwelling.
 - building dams that can convert a wooded alley into a lake.
 - swimming in the water along with ducks and trouts.
- Which line in the passage most strongly indicates that weavers simply love being in or near water?
 - The water is the beaver's element.
 - The dam was so firm and broad that it was easy to walk along.
 - The beaver had made a dam out of the quickly flowing stream.

- (d) The only access to the dwelling is under the water.
4. Which of the following statements is NOT true?
- (a) The beaver has to make its dwelling frostproof before it starts snowing.
- (b) The beaver can move quickly and easily on land and in water.
- (c) The access to the beaver's dwelling is under the water.
- (d) Wide stretches of meadows may come into existence on the banks of streams.
5. How does a beaver ensure that its castle is well ventilated?
- (a) The upper logs are loosely placed.
- (b) The timber is piled up to ten feet high on the castle.
- (c) The long stems are gnawed into small sections.
- (d) The logs are covered with earth and plants.

Set 2

Greek religious traditions encompassed a large pantheon of gods, complex mythologies, rituals and cult practices. Greece was a polytheistic society, and looked to its gods and mythology to explain natural mysteries as well as current events. Religious festivals and ceremonies were held throughout the year, and animal sacrifice and votive offerings were popular ways to appease and worship the gods. Religious life, rituals and practices were one of the unifying aspects of Greece across regions and poleis (cities, or city-states, such as Athens and Sparta).

Greek gods were immortal beings who possessed human-like qualities and were represented as completely human in visual art. They were moral and immoral, petty and just, and often vain. The gods were invoked to intervene and assist in all matters large, small, private and public. City-states claimed individual gods and goddesses as their patrons. Temples and sanctuaries to the gods were built in every city. Many cities became cult sites due to their connection with a god or goddess and specific myths. For instance, the city of Delphi was known for its oracle and sanctuary of Apollo, because Apollo was believed to have killed a dragon that inhabited Delphi. The history of the Greek pantheon begins with the primordial deities Gaia (Mother Earth) and Uranus (Father

Sky), who were the parents of the first of twelve giants known as Titans. Among these Titans were six males and six females. The males were named Oceanus, Hyperion, Coeus, Crius, Iapetus, and Kronos. The females were named Themis, Mnemosyne, Tethys, Theia, Phoebe, and Rhea. Kronos eventually overthrew Uranus and ruled during a mythological Golden Age. Over time, he and Rhea had twelve children who would become the Olympian gods. However, Kronos heard a prophecy that his son would overthrow him, as he did to Uranus. In an effort to avert fate, he ordered Rhea to allow him to devour each of the children upon their birth. Best known among the pantheon are the twelve Olympian gods and goddesses who resided on Mt. Olympus in northern Greece. Zeus, the youngest son of Rhea and Kronos, was hidden from his father, instead of being swallowed. Once he became a man, he challenged his father's rule, forcing Kronos to regurgitate the rest of his swallowed children. These children were Zeus's siblings, and together they overthrew Kronos, making Zeus the father of gods and men. **SSC CPO 13/12/2019 (Shift-1)**

6. Kronos devoured his children at birth because:
- (a) his son was predicted to overthrow him
- (b) he did not have faith in his wife
- (c) it was a cult practice to please the gods
- (d) he was a titan who hated children
7. Which of the following statements about Greek Gods is NOT true?
- (a) They possessed human qualities.
- (b) Some of them were immoral, petty and vain.
- (c) They were invoked to aid in all matters.
- (d) Greek Gods were mortals.
8. How did Zeus bring back his siblings?
- (a) by challenging and slaying Crius
- (b) by reviving them with an elixir
- (c) by worshipping the sanctuary of Apollo
- (d) by making Kronos vomit the swallowed children
9. The twelve Olympian Gods and Goddesses were the children of:
- (a) Gaia and Uranus
- (b) Kronos and Rhea
- (c) Hyperion and Theia
- (d) Zeus and Phoebe

- 10 Animal sacrifices were made to Gods to:
- enrage and challenge them
 - understand nature's mysteries
 - pacify and worship them
 - know about future events

Set 3

We are all born milk drinkers. Babies' guts produce the enzyme lactase, which breaks down lactose, the sugar in cow's milk, into the simpler sugars glucose and galactose. But for the majority of humans, production of the enzyme lactase **plummets** after weaning.

"From a human perspective – no, to go further than that, from a mammalian perspective – the norm is to be able to tolerate your mother's breast milk, and then as you get past infancy, to stop producing lactase and become lactose intolerant," said Adam

Fox, a consultant paediatric allergist at Guy's and St Thomas's hospitals, and one of the UK's leading food allergy experts. "Then you've got a small group of humans that have a mutation which means they maintain production of lactase into adulthood. Northern Europeans, the Masai [in east Africa], some Arab groups as well. But that's the exception, not the rule." That schism between milk-drinkers and the rest – actually a series of independent genetic mutations – appears to have occurred about 10,000 years ago, around the time humans were domesticating farm animals. It is the reason that in countries such as the UK, Sweden and Ireland, more than 90% of adults can drink milk without suffering any ill effects, but worldwide, more than two-thirds of all adults are considered lactose **intolerant**. For lactose-intolerant people, a glass of milk can induce bloating, stomach pains and diarrhoea. (Lactose intolerance should not be – though often is – confused with cow's milk allergy, an immune response to the proteins in cow's milk that affects around 1% of UK adults.) Even in northern Europe, milk as we know it is a recent phenomenon. Fresh milk, left unrefrigerated, spoils quickly and can harbour a variety of deadly pathogens, including E Coli and tuberculosis. For most of history it was either consumed within moments of milking, or processed as cheese or yoghurt. Few drank milk in its liquid form. "The Romans considered it a sign of barbarism," said Mark Kurlansky, author of

Milk! A 10,000-Year Food Fracas. "The only people who drank milk were people on farms, because they were the only ones who could get it fresh enough." Even then, cow's milk was considered inferior to alternatives such as a goat or donkey. In the 19th century, "swill milk" – so called because cows were fed the filthy runoff from inner-city breweries, turning their milk blue – was linked with thousands of infant deaths. Only in the early 20th century, with the introduction of mandatory pasteurisation – in which milk is heated to kill off any bacteria before bottling – did milk become safe enough for most people to drink regularly.)

SSC CPO 15/03/2019 (Shift-3)

- The author points out that in the 19th century, swill milk was linked with thousands of infant deaths. Which ONE of the actions below would have, if familiar, available and practicable for the people of that time, saved these children?
 - Treating lactose intolerance with medicines
 - Shutting down inner city breweries
 - Feeding the cows uncontaminated healthy food
 - Freezing the milk to remove the pollutants
- 'Lactose intolerance' is_____.
 - linked to discovery and propagation of plant milk
 - experience and suffering problems in the digestive system
 - a human body not being able to accept cow's milk allergy
 - absence of the enzyme lactase in the gut, creating intolerance for milk
- Most adults in India continue to have milk without suffering any of the issues outlined in the passage because_____.
 - genetic mutation has helped reduce lactase production
 - they continue to live in farms and get fresh milk
 - they have no other source of nutrients to nourish them
 - they maintain production of lactase into adulthood
- "More than 90% of adults in countries such as the UK, Sweden and Ireland can drink milk without suffering any ill effects" because_____.

- (a) these countries were farmland before they became sophisticated cities
 - (b) they have a lot of dairy products such as cheese and yoghurt
 - (c) they have a history of domesticating farm animals
 - (d) they always had pasteurized milk and avoided fresh milk
15. What is this passage about?
- (a) Weaning and the plummeting enzyme lactase
 - (b) Why some adults develop milk intolerance
 - (c) Milk and lactose intolerance
 - (d) How pasteurized milk cured lactose intolerance

Set 4

We often worry about lying awake in the middle of the night - but it could be good for you. A growing body of evidence from both science and history suggests that the eight-hour sleep may be unnatural.

In the early 1990s, psychiatrist Thomas Wehr conducted an experiment in which a group of people were **plunged** into darkness for 14 hours every day for a month. It took some time for their sleep to regulate but by the fourth week the subjects had settled into a very distinct sleeping pattern. They slept first for four hours, then woke for one or two hours before falling into a second four-hour sleep. Though sleep scientists were impressed by the study, among the general public the idea that we must be impressed by the eight consecutive hours persists.

In 2001, historian Roger Ekirch of Virginia Tech published a seminal paper, drawn from 16 years of research, revealing a wealth of historical evidence that humans used to sleep in two distinct chunks. Roger Ekirch says a 1595 engraving by Jan Saenredam is evidence of activity at night. His book *At Day's Close: Night in Times Past*, published four years later, unearths more than 500 references to a segmented sleeping pattern - in diaries, court records, medical books and literature, from Homer's *Odyssey* to an anthropological account of modern tribes in Nigeria.

Much like the experience of Wehr's subjects, these references describe a first sleep which

began about two hours after dusk, followed by a waking period of one or two hours and then a second sleep. "it's not just the number of references-it is the way they refer to it, as if it was common knowledge," Ekirch says. During this waking period people were quite active. They often got up, went to the toilet or smoked tobacco and some even visited neighbours. Most people stayed in bed, read, wrote and often prayed. Countless prayer manuals from the late 15th Century offered special prayers for the hours in between sleeps. Ekirch found that references to the first and second sleep started to disappear during the late 17th Century. This started among the urban upper classes in northern Europe and over the course of the next 200 years filtered down to the rest of Western society. By the 1920s the idea of a first and second sleep had **receded** entirely from our social consciousness. He attributes the initial shift to improvements in street lighting, domestic lighting and a surge in coffee houses - which were sometimes open all night. As the night became a place for legitimate activity and as that activity increased, the length of time people could dedicate to rest dwindled.

SSC CPO 16/03/2019 (Shift-2)

16. The above passage _____ that an eight-hour sleep is natural.
- (a) confirms the myth
 - (b) elaborates the myth
 - (c) promotes the myth
 - (d) examines the myth
17. What did the experiment conducted by Thomas Wehr prove?
- (a) It brought into question that sleeping for four consecutive hours is necessary.
 - (b) It proved sleeping for eight consecutive hours is not a norm.
 - (c) It established that when the nights are longer, people slept in two distinct chunks.
 - (d) It proved that all people slept in two distinct chunks of four hours.
18. Roger indicated that _____.
- (a) sleeping for eight consecutive hours is a modern standard for sleep.
 - (b) a segmented sleeping pattern was an established common habit in nations with long winters.

- (c) a segmented sleeping pattern was a historically established common old habit.
- (d) the practice of sleeping for eight consecutive hours was popularized by epics.
19. Which of the following options is NOT true with reference to the segmented sleeping pattern?
- (a) People were physically active.
- (b) People were socially active
- (c) People prayed actively.
- (d) People visited all-night coffee shops.
20. What caused the idea of a first and second sleep to entirely recede from our social consciousness?
- (a) Industrialization and introduction of night shifts
- (b) All-night coffee shops
- (c) A group of rich people defying sleep
- (d) An active nightlife facilitated by artificial lighting

Set 5

The four-year tiger census report, Status of Tigers in India, 2018, released by Prime Minister Narendra Modi shows numbers of the cat have increased across all landscapes.

The Global Tiger Forum, an international **collaboration** of tiger-bearing countries, has set a goal of doubling the count of wild tigers by 2022. More than 80% of the world's wild tigers are in India, and it's crucial to keep track of their numbers. The total count in 2018 has risen to 2,967 from 2,226 in 2014 — an increase of 741 individuals and an increase of 33%, in four years. This is by far the biggest increase in terms of both numbers and percentage since the four yearly census using camera traps and the capture-mark-recapture method began in 2006. The 2018 figure has a great degree of **credibility** because, according to the report, as many as 2,461 individual tigers (83% of the total) have actually been photographed by trap cameras. In 2014, only 1,540 individuals (69%) were photographed.

The tiger census is needed because the tiger sits at the peak of the food chain, and its conservation is important to ensure the well-being of the forest ecosystem. The tiger estimation exercise includes habitat assessment and prey

estimation. The numbers reflect the success or failure of conservation efforts. This is an especially important indicator in a fast-growing economy like India where the pressures of development often run counter to the demands of conservation.

Where has the tiger population increased the most?

The biggest increase has been in Madhya Pradesh — a massive 218 individuals (71%) from 308 in 2014 to 526. However, since tigers keep moving between states, **conservationists** prefer to talk about tiger numbers in terms of landscapes.

So, why have the numbers gone up?

The success owes a lot to increased vigilance and conservation efforts by the Forest Department. From 28 in 2006, the number of tiger reserves went up to 50 in 2018, extending protection to larger numbers of tigers over the years. Healthy increases in core area populations eventually lead to migrations to areas outside the core; this is why the 2018 census has found tigers in newer areas. Over the years, there has been increased focus on tigers even in the areas under the territorial and commercial forestry arms of Forest Departments. The other important reason is increased **vigilance**, and the fact that organized poaching rackets have been all but crushed. According to Nitin Desai of Wildlife Protection Society of India, there has been no organized poaching by traditional gangs in Central Indian landscapes since 2013.

The increased protection has encouraged the tiger to breed. Tigers are fast breeders when conditions are conducive. The rehabilitation of villages outside core areas in many parts of the country has led to the availability of more inviolate space for tigers. Also, because estimation exercises have become increasingly more accurate over the years, it is possible that many tigers that eluded enumerators in earlier exercises were counted this time.

SSC CGL Tier II 11/09/2019

21. The Global Tiger Forum comprises-
- (a) countries which have tigers.
- (b) National Geographic and World Wildlife Fund.
- (c) all countries of the United Nations.

- (d) America and the European Union.
22. The biggest increase in tiger population has been between the years
 (a) 2014-2018 (b) 2002-2006
 (c) 2006-2010 (d) 2010-2014
23. The year 2022 marks the target date for-
 (a) tripling the world tiger population.
 (b) tripling India's tiger population.
 (c) doubling the count of world tiger population.
 (d) doubling the count of India's tiger population.
24. 2018 census on the big cat has been the most reliable because-
 (a) it photographed 1540 tigers.
 (b) it photographed 83% of the tigers.
 (c) it photographed all living tigers of India.
 (d) it only uses the capture-mark-recapture method.
25. The survival of the tiger is vital today because-
 (a) it is no longer a threat to the villagers' safety.
 (b) it is central to the food chain and the ecosystem.
 (c) it promotes tourism in India and increases revenue.
 (d) it is now on the verge of extinction.
26. Researchers refer to places where tigers are found not by States but by the term-
 (a) green belts (b) deep forests
 (c) landscapes (d) ecosystems
27. What is the tiger population of Madhya Pradesh?
 (a) 28 (b) 741
 (c) 50 (d) 526
28. Which of the following statements is not true as per the passage?
 (a) There are more reliable ways of data collection.
 (b) Forest departments have become more watchful
 (c) The tiger reserves have increased to 100 in 2018
 (d) Poaching gangs have been reduced drastically.
29. What has been the impact of providing inviolate spaces for tigers?

- (a) The poachers have been caught in these spaces very easily.
 (b) The number of villagers killed by man eater tigers has increased.
 (c) Tiger numbers have increased due to safe breeding places.
 (d) Tigers have moved from Uttar Pradesh to Madhya Pradesh.
30. Pick out a word that is similar in meaning to CONDUCTIVE
 (a) reclusive (b) helpful
 (c) unfavorable (d) ring

Set 6

According to a new American study headed by Dr. Willis, it has been found that people who exercise in the morning seem to lose more weight than people completing the same workouts later in the day.

These findings help shed light on the **vexing** issue of why some people shed considerable weight with exercise and others almost none. The study adds to the growing body of science suggesting that the timing of various activities, including exercise, could affect how those activities affect us.

The relationship between exercise and body weight is somewhat **befuddling**. Multiple past studies show that a majority of people who take up exercise to lose weight drop fewer pounds than would be expected, given how many calories they are burning during their workouts. Some gain weight. But a few respond quite well, shedding pound after pound with the same exercise regimen that prompts others to add inches.

The Midwest Trial 2, was conducted in the University of Kansas, U.S. on how regular, supervised exercise influences body weight. The trial involved 100 overweight, previously inactive young men and women who were made to work out five times a week at a physiology lab, jogging or otherwise sweating until they had burned up to 600 calories per session.

After 10 months of this regimen, almost everyone had dropped pounds. But the extent of their losses **fluctuated** wildly, even though everyone was doing the same, supervised workout. A team of researchers started **brainstorming** what could be responsible for the enormous variability in the weight loss.

They hit upon activity timing. They decided to do a Follow-up study of the MidWest Trial 2. In this new study, the MidWest Trial 2 Follow up study the researchers now studied a team of participants who could visit the gym whenever they wished between 7 a.m. and 7 p.m. They also tracked everyone's calorie intakes and daily movement habits throughout the 10 months. They knew, too, whether and by how much people's weights had changed. Now, they checked weight change against exercise schedules and quickly noticed a consistent pattern.

Those people who usually worked out before noon had lost more weight, on average, than the men and women who typically exercised after 3 p.m.

The researchers uncovered a few other, possibly relevant differences between the morning and late-day exercisers. The early-exercise group tended to be slightly more active throughout the day, taking more steps in total than those who worked out later. They also ate less. These factors may cumulatively have contributed to the striking differences in how many pounds people lost, Dr. Willis says.

Thus it seems that people who worked out before noon lost more weight, on average, than those who typically exercised after 3 p.m. But Dr. Willis also points out that most of those who worked out later in the day did lose weight, even if not as much as the larkish exercisers, and almost certainly became healthier. "I would not want anyone to think that it's not worth exercising if you can't do it first thing in the morning," he says. "Any exercise, at any time of day, is going to be better than none."

SSC CGL Tier II 11/09/2019

31. The MidWest Trail 2 was a
- A European study on 100 participants who exercised 7 times a week and burnt 800 calories.
 - Canadian study on 500 participants who exercised 6 times a week and burnt 600 calories.
 - U.S based study on 100 participants who exercised 5 times a week and burnt 600 calories
 - U.S based study on 100 participants who exercised 3 times a week and burnt 300 calories.

32. The MidWest Trial 2 duration was
- 12 months
 - 6 months
 - 18 months
 - 10 months
33. Select the option that is not true as per the passage.
- Several studies show that as a result of the workout
- the majority lost a little weight.
 - a few had the desired weight loss.
 - some gained some weight.
 - most gained a lot of weight.
34. What was the difference between the MidWest Trial 2 study and the MidWest Trial 2 Follow-up study that was taken up later?
- The duration of the follow up study was longer.
 - The calorie intake and the time of exercise were examined.
 - Participants of the study stayed in the premises.
 - Face to face interviews were conducted.
35. The finding of the MidWest Trial 2 Follow-up study was that the best time for exercise was-
- noon to 3 p.m.
 - between 3-7 p.m.
 - before noon.
 - 7 p.m. onwards.
36. Select the option which is not true.
- The successful weight losers in the MidWest Trial 2 Follow-up study
- remained active.
 - slept more.
 - walked more.
 - ate less.
37. Select the correct option.
- By 'larkish exercisers' the writer refers to people who-
- love to see the lark in the morning.
 - like to exercise late with the larks.
 - like to sing in the morning.
 - exercise in the morning.
38. Find one word which means the same as the following. a set of rules about food and diet that someone follows
- catalogue
 - regiment
 - regimen
 - fundamental
39. Find one word in the passage which means the same as 'confusing'.
- brainstorming
 - vexing
 - befuddling
 - striking

40. What would Dr. Willis say to someone who has given up exercising because they cannot do so in the morning?
- Exercise is good only in the morning.
 - Exercise only with a trainer.
 - Any exercise is better than none.
 - Evening is the worst time to exercise.

Set 7

Nothing, not even the angry, red **eruptions** on her face and body, will stop Sneha N S from aiming for her “dream job”. “I love the Indian Army,” says the 18-year-old, chin cupped in her palm as she sits by herself under one of the three large **canopies** at the Chhatrapati Shivaji Stadium of the Maratha Light Infantry Regimental Centre in Belagavi, Karnataka. Outside the enclosure, around 35 women run on the 400-m track.

A day earlier, Sneha had cleared her ground tests — a 1.6-km race that had to be completed in eight minutes or less, high jump and long jump — and physical fitness tests, when she was diagnosed with chickenpox. Now on medication for the pox, she is back at the stadium for a medical examination as part of the recruitment process. As she waits for her turn, isolated from the other women, Sneha, dressed in a navy blue T-shirt and track pants, a white thorthu tossed across her shoulder, says, “I had no fever when I left home in Kerala. Even when I reached Belagavi and got these pimples, I did not think much of it. So I came for my physical and ground tests.”

Accompanied by her mother and uncle, Sneha, who is pursuing a computer course in her hometown Iritty, about 41 km from Kannur, made the 611-km journey from home to Belagavi even as she was coming down with the infectious disease, spending eight hours in a bus and three hours on a train. She is among the 850-odd women, many of whom have travelled several hundred kilometers, to turn up at the first-ever recruitment rally for women to the Indian Army's Corps of Military Police.

The recruitment of women as Soldier General Duty (Women Military Police) marks the first time that women will be taken in not only as officers, but as soldiers, giving them an opportunity to be involved in active military duties. As personnel of the military police, the women soldiers will be responsible for investigating offences such

as molestation, theft, and rape; “assisting in the maintenance of good order and discipline”; and in custody and handling of prisoners of war — essentially combat-support operations.

The move is part of a slow opening up of avenues for women in the armed forces. In his Independence Day speech last year, Prime Minister Narendra Modi had said women officers recruited into the armed forces under the Short Service Commission would be given the option of taking up permanent commission — a “gift” to India’s “brave daughters.”

Following a notification issued by the Army on April 25, around 15,000 women registered for the recruitment rally at Belagavi, the first of five such to be held across India to fill 100 positions in the Military Police. The Belagavi centre catered to candidates from the southern states of Karnataka, Kerala, Tamil Nadu, Andhra Pradesh and Telangana and the Union Territories of Lakshadweep, Andaman and Nicobar and Puducherry. Of the 15,000 aspirants, about 3,000 were short-listed on the basis of their Class 10 marks, with the cut-off set at 86 per cent. Of the shortlisted candidates, only about one-third turned up at the Belagavi centre between August 1 and 5 at the date and time **assigned** to them. Just then, outside the enclosure where Sneha is sitting, a shrill whistle pierces the air and another batch of girls takes off — feet on the wet ground, mostly bare, making a dash for their place in history. “Does everyone understand English?” asks Major Sneha Chaudhary and the group of about 30 women, sitting on red carpets on the ground, **bellows**: “Yes”. **SSC CGL Tier II 12/09/2019**

41. What is the occasion being talked about in the passage?
- Recruitment of women in the Indian Army
 - Medical examination of the women soldiers of the Indian Army
 - Sports event for the women working in the Indian Army
 - An assembly of the women personnel of the Indian Army
42. Which city does Sneha come from?
- Kannur, Kerala
 - Kozhikode, Kerala
 - Iritty, Kerala
 - Belagavi, Karnataka

43. Why are there eruptions on Sneha's face?
 (a) She is tired and hot after the run of 400 meters.
 (b) She has pimples on her face
 (c) She has got the chicken pox
 (d) She is angry over the long wait
44. How many women are participating at the recruitment rally at Belagavi?
 (a) 110 (b) 3560
 (c) 3000 (d) 15000
45. What gift was announced by the PM in his Independence Day speech last year for the brave daughters of the country?
 (a) Women will be recruited in armed forces.
 (b) Women will be recruited as soldiers in the Military police.
 (c) Women officers will be able to opt for permanent commission in the armed forces.
 (d) Women will have an opportunity to be involved in active military duties.
46. In what way is 'history' being made in Belagavi?
 (a) Women have travelled from far-off places to turn up at the recruitment rally.
 (b) This rally marks the first time that women will be taken in as soldiers.
 (c) Belagavi rally is the first of the five to be held across India.
 (d) The rally is a result of the PM's Independence Day speech last year.
47. Which of the following duties will be done by women soldiers?
- Investigating offences involving molestation, theft and rape.
 - Assisting in maintaining order and discipline.
 - Administrative jobs
 - Handling prisoners of the war in custody.
- (a) 1, 2 and 3
 (b) 2, 3 and 4
 (c) 1, 2 and 4
 (d) 1, 2, 3 and 4
48. Which of the following is NOT necessary to qualify for the recruitment in armed forces?
 (a) long jump and high jump
 (b) 1.6 meters race to be completed within 8 minutes
 (c) to speak English
 (d) physical fitness tests
49. Which of the following states were not covered by the Belagavi centre?
 (a) Karnataka and Kerala
 (b) UTs of Puducherry, Lakshadweep and AN islands
 (c) Telangana and Andhra Pradesh
 (d) Maharashtra and Goa
50. Which statement is NOT true according to the passage?
 (a) About one third of the shortlisted candidates turned up at the Belagavi centre.
 (b) Women were called on the basis of their class 10 marks.
 (c) There are only 100 positions to be filled up.
 (d) 3000 women registered for the recruitment rally at Belagavi.

EXPLANATIONS

Set 1

- (c) This is the strongest evidence that beavers build strong dwellings. The fact that even the forest wolves, which are very strong animals, cannot pull the dwelling apart, suggests that the dwelling is very well-built.
- (c) The beavers build dams by piling up logs and mud in a river or stream. This can block the flow of water and create a lake. This can change the landscape of the area around the dam, as trees and other plants that were previously on dry land may now be underwater.
- (a) This line indicates that beavers are very comfortable in water. They are actually better swimmers than they are walkers, and they spend most of their time in or near water.
- (b) Beavers are actually quite clumsy on land, and they move very slowly. They are much more agile in water.
- (a) The upper logs of the beaver's castle are loosely placed, which allows air to

circulate through the dwelling. This helps to keep the dwelling cool and dry, even in hot weather.

Set 2

6. (a) Kronos was afraid that one of his children would overthrow him, as he had overthrown his father, Uranus.
7. (d) Greek gods were immortal beings.
8. (d) Zeus tricked Kronos into vomiting up his swallowed children by giving him a potion that made him vomit.
9. (b) The twelve Olympian gods and goddesses were the children of Kronos and Rhea.
10. (c) Animal sacrifices were made to the gods to appease them and to show worship.

Set 3

11. (c) This is the only action that would have directly addressed the problem of swill milk. Swill milk was contaminated with bacteria from the runoff from inner-city breweries. If the cows had been fed uncontaminated food, the milk would not have been contaminated and the children would not have died.
12. (d) Lactose intolerance is a condition in which the body does not produce enough of the enzyme lactase. Lactase is needed to break down lactose, the sugar in milk. When there is not enough lactase, lactose can build up in the gut and cause symptoms such as bloating, stomach pains, and diarrhea.
13. (d) The majority of adults in India are lactose tolerant. This is because they have a genetic mutation that allows them to continue producing lactase into adulthood. This mutation is thought to have arisen in India around 10,000 years ago, when people began to domesticate cattle.
14. (c) The countries mentioned in the passage have a long history of domesticating farm animals. This means that they have been consuming milk for many generations, which has given them the opportunity to develop the genetic mutation that allows them to continue producing lactase into adulthood.

15. (c) This passage is about milk and lactose intolerance. It discusses the different factors that can contribute to lactose intolerance, and how it can be managed. The passage also discusses the history of milk consumption in different parts of the world, and how this has affected the prevalence of lactose intolerance.

Set 4

16. (d) The passage does not confirm, elaborate, promote, or disprove the myth that an eight-hour sleep is natural. Instead, it examines the myth by presenting evidence that suggests that humans used to sleep in two distinct chunks.
17. (a), (b), and (c) The experiment conducted by Thomas Wehr proved that sleeping for eight consecutive hours is not a norm. It also proved that when the nights are longer, people slept in two distinct chunks. This suggests that the segmented sleeping pattern may be a natural way for humans to sleep.
18. (c) Roger indicated that a segmented sleeping pattern was a historically established common old habit. He found that there are more than 500 references to a segmented sleeping pattern in diaries, court records, medical books, and literature from all over the world. This suggests that the segmented sleeping pattern was a common way for people to sleep for centuries.
19. (d) The passage does not mention that people visited all-night coffee shops during the segmented sleeping pattern. However, it does mention that people were physically active, socially active, and prayed actively during this time.
20. (d) The passage states that the idea of a first and second sleep started to disappear during the late 17th Century. This was due to a number of factors, including improvements in street lighting, domestic lighting, and the rise of coffee houses. These factors made it easier for people to stay up later and engage in activities that would have been impossible in

the dark. As a result, the need for a segmented sleeping pattern declined and eventually disappeared.

Set 5

21. (a) The Global Tiger Forum is an international collaboration of tiger-bearing countries.
22. (a) The passage states that the biggest increase in tiger population has been from 2014 to 2018, with an increase of 741 individuals.
23. (d) doubling the count of India's tiger population. The passage states that the Global Tiger Forum has set a goal of doubling the count of wild tigers by 2022.
24. (b) The passage states that the 2018 census on the big cat has been the most reliable because as many as 2,461 individual tigers (83% of the total) have actually been photographed by trap cameras.
25. (b) The passage states that the survival of the tiger is vital today because it is central to the food chain and the ecosystem.
26. (c) The passage states that researchers refer to places where tigers are found not by States but by the term "landscapes".
27. (d) The passage states that the tiger population of Madhya Pradesh is 526.
28. (c) The passage states that the number of tiger reserves went up to 50 in 2018. So the statement that the tiger reserves have increased to 100 in 2018 is not true.
29. (c) The passage states that the rehabilitation of villages outside core areas in many parts of the country has led to the availability of more inviolate space for tigers. This has encouraged the tiger to breed, and as a result, tiger numbers have increased.
30. (b) The word "conducive" means "favorable or appropriate to something". The word "helpful" means "providing or offering help".

Set 6

31. (c) The MidWest Trial 2 was a study conducted in the University of Kansas, U.S. on how regular, supervised exercise

influences body weight. The trial involved 100 overweight, previously inactive young men and women who were made to work out five times a week at a physiology lab, jogging or otherwise sweating until they had burned up to 600 calories per session.

32. (d) The MidWest Trial 2 was a 10-month study.
33. (d) Several studies show that as a result of the workout, the majority lost a little weight, a few had the desired weight loss and some gained some weight.
34. (b) The difference between the MidWest Trial 2 study and the MidWest Trial 2 Follow-up study that was taken up later was that the calorie intake and the time of exercise were examined in the follow-up study.
35. (c) The finding of the MidWest Trial 2 Follow-up study was that the best time for exercise was before noon.
36. (b) The successful weight losers in the MidWest Trial 2 Follow-up study remained active, walked more and ate less.
37. (d) By 'larkish exercisers' the writer refers to people who exercise in the morning.
38. (c) The word 'regimen' means a set of rules about food and diet that someone follows.
39. (b) The word 'vexing' means confusing or annoying.
40. (c) Dr. Willis would say to someone who has given up exercising because they cannot do so in the morning that any exercise is better than none.

Set 7

41. (a) The passage is about the recruitment of women in the Indian Army as soldiers in the Military Police.
42. (c) The passage says that Sneha is from Iritty, Kerala.
43. (c) The passage says that Sneha has been diagnosed with chickenpox.
44. (b) The passage says that 3,000 women were shortlisted for the recruitment rally at Belagavi. Of these, about one-third turned up, which means that about 1,000 women are participating at the rally.

45. (c) The passage says that the PM had announced that women officers recruited into the armed forces under the Short Service Commission would be given the option of taking up permanent commission.
46. (b) The passage says that this rally marks the first time that women will be taken in as soldiers.
47. (c) The passage says that women soldiers will be involved in investigating offences involving molestation, theft and rape, assisting in maintaining order and discipline, and handling prisoners of war in custody.
48. (c) The passage says that women have to clear a physical fitness test, which includes a 1.6 km race to be completed within 8 minutes, long jump and high jump. They also have to speak English. However, there is no mention of having to pass an English language test.
49. (d) The passage says that the Belagavi centre covered candidates from Karnataka, Kerala, Tamil Nadu, Andhra Pradesh, Telangana and the UTs of Lakshadweep, Andaman and Nicobar and Puducherry. Maharashtra and Goa are not mentioned in the passage.
50. (d) The passage says that 3,000 women registered for the recruitment rally at Belagavi. However, only about one-third of these women turned up, which means that only about 1,000 women actually participated in the rally.

