

101. Select the related word/letters/number from the given alternatives.  
GI : HJ :: PR : ?  
A. QR B. PO  
C. QS D. NO  
Ans. C
102. Select the related word/letters/number from the given alternatives.  
AIDS : VIRUS :: MALARIA : ?  
A. Protozoa B. Bacteria  
C. Fungi D. Algae  
Ans. A
103. Select the related word/letters/number from the given alternatives.  
E : V :: D : ?  
A. E B. G  
C. I D. W  
Ans. D
104. Select the related word/letters/number from the given alternatives.  
58531 : 11 :: 78363 : ?  
A. 2 B. 9  
C. 4 D. 7  
Ans. B
105. Find out the odd word/letters/number/number pair from the given alternatives.  
A. Tamil Nadu B. Kerala  
C. Andhra Pradesh D. Delhi  
Ans. D
106. Find out the odd word/letters/number/number pair from the given alternatives.  
A. EV B. GT  
C. JQ D. PL  
Ans. D
107. Find out the odd word/letters/number/number pair from the given alternatives.  
A. 2308 B. 3412  
C. 4520 D. 6742  
Ans. A
108. Find out the odd word/letters/number/number pair from the given alternatives.  
A. 6305 B. 7426  
C. 9728 D. 5305  
Ans. D
109. A series is given with one term missing. Choose the correct alternative from the given ones that will complete the series.  
? , Kerosene, Diesel, Fuel oil  
A. Lubricating oil B. Asphalt  
C. Petrol D. Wax  
Ans. C
110. A series is given with one term missing. Choose the correct alternative from the given ones that will complete the series.  
105, 130, 180, 255, ?  
A. 345 B. 365  
C. 355 D. 335  
Ans. C
111. In the following question, two statements are given each followed by two conclusions I and II. You have to consider the statements to be true even if they seem to be at variance from commonly known facts. You have to decide which of the given conclusions, if any, follows from the given statements.  
Statement:  
(I) All radios are electric goods.  
(II) All table-lamps are electric goods.  
Conclusions:  
(I) Some radios are table-lamps.  
(II) Some table lamps are radios.  
A. Conclusion I follows  
B. Conclusion II follows  
C. Neither I nor II follows  
D. Both I and II follows  
Ans. C
112. A series is given with one term missing. Choose the correct alternative from the given ones that will complete the series.  
MNP, STV, YZB, ?  
A. GHJ B. JKM  
C. EFH D. CDB  
Ans. C
113. A series is given with one term missing. Choose the correct alternative from the given ones that will complete the series.  
AN, CP, ER, ?  
A. LY B. WJ  
C. VI D. GT  
Ans. D
114. If 1st January 2013 was Tuesday, then what day of the week will be 31st December 2013?  
A. Wednesday B. Thursday  
C. Tuesday D. Monday  
Ans. C
115. Arrange the given words in the sequence in which they occur in the dictionary.  
i. Fabric ii. Face  
iii. Failure iv. Faculty  
A. iv, ii, i, iii B. iii, iv, ii, i  
C. iv, iii, i, ii D. i, ii, iv, iii  
Ans. D

116. In a certain code language, "VENUS" is written as "TVOFW". How is "FAMILY" written in that code language?

A. ZMJN BG                      B. GBNJ MZ  
C. EZLQ KX                      D. XKHL ZQ

Ans. A

117. In the following question, select the missing number from the given series.

7	3	336
11	2	110
8	3	?

A. 472                              B. 514  
C. 504                              D. 482

Ans. C

118. If "A" denotes "added to", "C" denotes "divided by", "D" denotes "multiplied by" and "B" denotes "subtracted from", then  $72 \text{ C } 9 \text{ D } 2 \text{ B } 6 \text{ A } 10 = ?$

A. 30                                B. 20  
C. 35                                D. 40

Ans. B

119. Which set of letters when sequentially placed at the gaps in the given letter series shall complete it?

\_AB\_PQ\_AB\_P\_

A. QQCPR                      B. RPQCQ  
C. QRCRC                      D. CRRCRQ

Ans. D

120. Starting from his home, a boy rides on his bike for 8 km towards west, takes a left turn and travels 10 km more. From there, he turns  $180^\circ$  in the clockwise direction and travels another 16 km. Finally, he takes a right turn and travels 8 km more. How far and in what direction is he now from his original position?

A. 6 km, North                  B. 10 km, South  
C. 12 km, West                  D. 6 km, East

Ans. D

121. A word is represented by only one set of numbers as given in any one of the alternatives. The sets of numbers given in the alternatives are represented by two classes of alphabets as shown in the given two matrices. The columns and rows of Matrix-I are numbered from 0 to 4 and that of Matrix-II are numbered from 5 to 9. A letter from the matrices can be represented first by its row and next by its column, for example, 'N' can be represented by 21, 67 etc. and 'R' can be

represented by 66, 57 etc. Similarly, you have to identify the set for the word 'METER'.

Matrix-I

	0	1	2	3	4
0	J	R	A	N	B
1	W	U	N	R	L
2	E	N	R	G	J
3	N	J	P	O	M
4	E	T	O	F	A

Matrix-II

	5	6	7	8	9
5	H	M	R	I	T
6	M	R	N	T	P
7	C	S	T	E	U
8	S	N	S	M	S
9	M	B	E	Q	U

A. 65, 40, 68, 99, 66  
B. 88, 20, 59, 97, 13  
C. 56, 78, 41, 40, 67  
D. 95, 41, 40, 68, 57

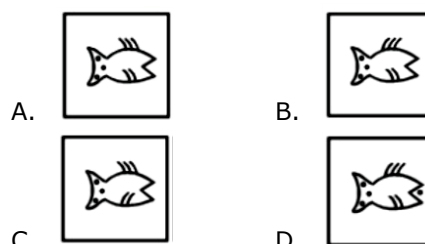
Ans. B

122. Introducing a boy, Sia says, "He is the grandson of my father. I have no siblings." How is Sia related to the boy?

A. Aunt  
B. Grandmother  
C. Mother  
D. Cannot be determined

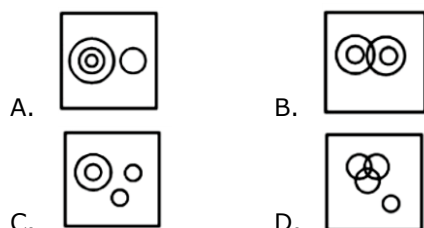
Ans. C

123. If a mirror is placed on the line MN, then which of the answer figures is the right image of the given figure?



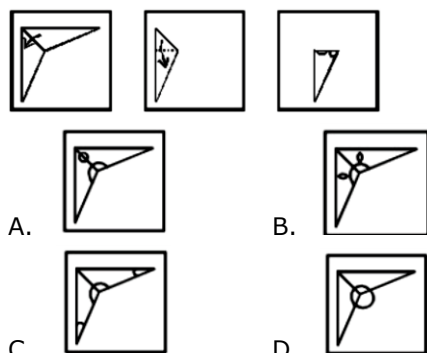
Ans. A

124. Identify the diagram that best represents the relationship among the given classes.  
Europe, Italy, Delhi, Rome



Ans. A

125. A piece of paper is folded and punched as shown below in the question figures. From the given answer figures, indicate how it will appear when opened.



Ans. A

126. The first programming language was
- A. Perl B. FORTRAN  
C. Visual Basic D. C

Ans. B

127. Barometer was invented by
- A. Evangelista Torricelli  
B. Charles Xavier Thomas  
C. Edward Teller  
D. Gustav Tauschek

Ans. A

128. Which is the largest organ in human beings?
- A. Skin B. Large Intestine  
C. Small Intestine D. Liver

Ans. A

129. Delonix regia Rafin is the scientific name of
- A. Banyan B. Gulmohar  
C. Tamarind D. Chiku

Ans. B

130. Amoeba belongs to the phylum
- A. Protozoa B. Annelida  
C. Porifera D. Platyhelminthes

Ans. A

131. Which among the following is white phosphorus?

A. P1 B. P6  
C. P4 D. P5

Ans. C

132. Alkali metals can
- A. be highly unstable at room temperature  
B. vaporize at room temperature  
C. easily gain electrons  
D. easily lose electrons

Ans. D

133. Khangchendzonga National Park is in
- A. Maharashtra B. Orissa  
C. Rajasthan D. Sikkim

Ans. D

134. The Karma dance belongs to which state?
- A. West Bengal B. Sikkim  
C. Madhya Pradesh D. Uttar Pradesh

Ans. C

135. If price of an article decreases from P1 to Rs 25, quantity demanded increases from 900 units to 1200 units. If point elasticity of demand is -2 find P1?
- A. Rs. 20 B. Rs. 30  
C. Rs. 35 D. Rs. 15

Ans. B

136. Which among the following is a characteristic of Laissez-faire system?
- A. No government intervention  
B. Market forces are highly regulated  
C. It is a socialist system  
D. Maximum government intervention

Ans. A

137. Sulphur Dioxide pollution is indicated by an excessive growth of which of the following?
- A. Algal Blooms B. Lichens  
C. Bryophytes D. Protozoa

Ans. B

138. Evidence suggests that life on Earth has existed for about \_\_\_\_\_.
- A. 3.5 million years  
B. 35 billion years  
C. 35 million years  
D. 3.5 billion years

Ans. D

139. Hollywood is located in \_\_\_\_\_.
- A. New Jersey B. Florida  
C. London D. California

Ans. D

140. Which is the longest national highway in India?  
A. NH-4                      B. NH-44  
C. NH-10                    D. NH-5  
Ans. B
141. Which among the following is not a dwarf planet?  
A. Mars                      B. Makemake  
C. Pluto                     D. Eris  
Ans. A
142. Battle of Panipat was fought in the year 1526 between Babur and \_\_\_\_\_.  
A. Rana Sanga  
B. Muhammad Bin Tughlak  
C. Hemu  
D. Ibrahim Lodi  
Ans. D
143. When was Indian Navy Act passed?  
A. 1927                      B. 1937  
C. 1947                      D. 1957  
Ans. A
144. Pulitzer Prize was established in \_\_\_\_\_.  
A. 1762                      B. 1883  
C. 1917                      D. 1965  
Ans. C
145. An object at rest will remain at rest and an object in motion will remain in motion until and unless it is acted upon by an external force. This is Newton's  
A. First law                B. Second law  
C. Third law                D. Fourth law  
Ans. A
146. What will happen if an object is dropped from a height and there is no air resistance?  
A. It will fall with a constant speed and acceleration  
B. Its acceleration will increase  
C. Both speed and acceleration will increase  
D. Its speed will increase  
Ans. D
147. What is the retirement age of the Prime Minister of India?  
A. 60 years                B. 70 years  
C. 80 years                D. No limit  
Ans. D
148. In case State emergency is declared, it needs Parliamentary approval after every \_\_\_\_\_.  
A. 6 months                B. 1 year  
C. 2 years                    D. 3 years  
Ans. A
149. Ajeet Bajaj is associated with which Sport?  
A. Badminton              B. Adventure Sports  
C. Cricket                   D. Hockey  
Ans. B
150. Who is the author of 'Million Mutinies Now'?  
A. Aurobindo Ghosh      B. K P S Gill  
C. Nirad Chaudhuri      D. V S Naipaul  
Ans. D
151. Reflection of the point (2,-7) in the y-axis is  
A. (2,7)                      B. (-2,-7)  
C. (-7,2)                    D. (7,-2)  
Ans. B
152. The price of an article is cut by 3%. To restore to its original value, the new price must be increased by  
A. 3 percent                B. 7.11 percent  
C. 3.09 percent            D. 2.69 percent  
Ans. C
153. Simple interest on a certain sum of money for 3 years at 8% per annum is half the compound interest on Rs. 16000 for 2 years at 10% per annum. The sum placed on simple interest is:  
A. Rs 14000                B. Rs 3500  
C. Rs 7000                 D. Rs 5600  
Ans. D
154. On dividing  $144a^3b^3c^3$  by  $24b^2c$ , we get  
A.  $6a^2bc^2$                 B.  $24a^3bc^2$   
C.  $24b^2c$                  D.  $6a^3b^2c$   
Ans. A
155. If  $\cos^4 A - \sin^4 A = x$ , then value of X is?  
A.  $\cos^2 A - 1$             B.  $2\cos^2 A - 1$   
C.  $2\cos^2 A + 1$            D.  $\cos^2 A + 1$   
Ans. B
156. Ticket for an adult is Rs 1600 and a child is Rs 1200. 1 child goes free with two adults. If a group has 23 adults and 10 children what is the discount the group gets?  
A. 25.95 percent        B. 24.59 percent  
C. 25.77 percent        D. 31.60 percent  
Ans. B
157. A tent is to be built in the form of a cylinder of radius 10 m surmounted by a cone of the same radius. If the height of the cylindrical part is 5 m and slant height of the conical part is 15 m, how much canvas will be required to build the tent? Allow 20% extra canvas for folding and stitching. (Take  $\pi = 22/7$ )  
A. 4714.43 sq m        B. 3772.14 sq m  
C. 6783.86 sq m        D. 2451.42 sq m  
Ans. D

158. 7 hrs after a goods train passed a station, another train travelling at a speed of 54 km/hr following that goods train passed through that station. If after passing the station the train overtakes the goods train in 11 hours. What is the speed of the goods train?

A. 39.6 km/hr B. 49.5 km/hr  
C. 33 km/hr D. 26.4 km/hr

Ans. C

159. The simplified form of  $112b^3x^2a^4z^3/7a^3b^2z$  is?

A.  $16bx^2a^2z$  B.  $16bx^2az^2$   
C.  $16ba^2z$  D.  $16bxa^2z$

Ans. B

160. What is the equation of the line if its slope is  $3/4$  and y-intercept is 5?

A.  $3x + 4y = -20$  B.  $3x + 4y = 20$   
C.  $3x - 4y = -20$  D.  $3x - 4y = 20$

Ans. C

161. Find two numbers whose sum is 29 and the product is 100.

A. 20, 5 B. 20, 9  
C. 25, 4 D. 10, 10

Ans. C

162.  $6.651 - (148.6 - x) - 57.22 = 6.098$  Find x.

A. 205.267 B. 90.827  
C. -91.933 D. 218.569

Ans. A

163. Find measure of central angle of the sector whose perimeter is 25 cm and radius of the circle is 7 cm?

A.  $45^\circ$  B.  $22.5^\circ$   
C.  $135^\circ$  D.  $90^\circ$

Ans. D

164. A labourer can do a job in 50 hours. After 5 hours he takes a break. What fraction of the job is yet to be done?

A. 0.8 B. 0.5  
C. 0.75 D. 0.9

Ans. D

165. In an army selection process, the ratio of selected to unselected candidates was 6:1. If 30 less had applied and 10 less selected, the ratio of selected to unselected would have been 7:1. How many candidates had applied for the process?

A. 910 B. 1820  
C. 455 D. 2730

Ans. A

166. A quadrilateral is inscribed in a circle. If the opposite angles of the quadrilateral are equal and length of its adjacent sides are 6 cm and 8 cm, what is the area of the circle?

A.  $64\pi$  sq cm B.  $25\pi$  sq cm  
C.  $36\pi$  sq cm D.  $49\pi$  sq cm

Ans. B

167.  $\sqrt{(\operatorname{cosec}^2 - 1)}/\operatorname{cosec}A$  is equal to?

A.  $\cos A$  B.  $\sin A$   
C.  $\operatorname{cosec} A$  D.  $\sec A$

Ans. A

168. What is the value of  $\sin - 7\pi/4$ ?

A.  $-1/\sqrt{2}$  B.  $2/\sqrt{3}$   
C.  $1/\sqrt{2}$  D.  $-2/\sqrt{3}$

Ans. C

169. If in a two digit number, the digit at unit place is y and the digit at tens place is 5, then the number is

A.  $50y + y$  B.  $5y + 5$   
C.  $50 + y$  D.  $50y + 5$

Ans. C

170. A wholesaler sells a watch to a retailer at a gain of 32% and the retailer sells it to a customer at a loss of 20%. If the customer pays Rs 1,953.6, what had it cost the wholesaler?

A. Rs 2063 B. Rs 2394  
C. Rs 1850 D. Rs 1637

Ans. C

171. In the first 39 overs of a cricket match, the run rate was 4.6 runs/over. Calculate the required run rate in the remaining 11 overs to reach the target of 252 runs?

A. 7.2 B. 6.6  
C. 7.8 D. 6

Ans. B

172. Refer the below table and answer the following Question.

Division/STd श्रेणी/कक्षा	Boys लड़के	Girls लड़कियाँ
Division A/Standard 5 श्रेणी A/कक्षा 5	10	30
Division A/Standard 5 श्रेणी B/कक्षा 5	15	25
Division A/Standard 5 श्रेणी C/कक्षा 5	25	15
Division A/Standard 6 श्रेणी A/कक्षा 6	25	10
Division A/Standard 6 श्रेणी B/कक्षा 6	15	15
Division A/Standard 6 श्रेणी C/कक्षा 6	15	20

What is the ratio of boys to girls?

A. 23 : 25 B. 23 : 21  
C. 21 : 23 D. 25 : 23

Ans. C

173. Refer the below data table and answer the following Question.

Marks / अंक	Boys/लड़के
40 and above 40 और उस से उपर	20
30 and above 30 और उस से उपर	45
30 and above 30 और उस से उपर	62
10 and above 10 और उस से उपर	88
0 and above 0 और उस से उपर	99

How many students have scored marks 20 or more but less than 40?

- A. 62 B. 42  
C. 45 D. 107

Ans. B

174. Refer the below data table and answer the following Question.

Year / वर्ष	GDP growth rate for the year (in %) वर्ष में सकल घरेलू उत्पाद (जीडीपी) की वृद्धि का दर (प्रतिशत में)
2011	6
2012	-3
2013	5
2014	4
2015	-7

If the GDP of the country was \$8 trillion at the end of 2013, what was it at the beginning of 2015?

- A. \$8.32 trillion B. \$7.44 trillion  
C. \$8.4 trillion D. \$7.76 trillion

Ans. A

175. Refer the below data table and answer the following Question.

Subjects / विषय	Marks scored / प्राप्त अंक
English / अंग्रेजी	65
Hindi / हिंदी	75
Math / गणित	45
Science / विज्ञान	75
Arts / कला	70

Five points are to be deducted from the students average of marks scored because of poor attendance. What will be the students net average marks scored?

- A. 56 B. 51  
C. 66 D. 61

Ans. D

176. Rearrange the parts of the sentence in correct order. You fail to

P-what someone is born,  
Q-recognize that it matters not  
R-but what they grow to be!

- A. QPR B. PRQ  
C. RPQ D. QRP

Ans. A

177. Select the antonym of Humdrum

- A. tedious B. trite  
C. drab D. fascinating

Ans. D

178. Improve the bracketed part of the sentence.

The young man (was carried by) the passionate appeal made by the social worker.

- A. was carried towards  
B. was carried off by  
C. got carried away by  
D. no improvement

Ans. C

179. In the following question, the sentence given with blank to be filled in with an appropriate word. Select the correct alternative out of the four and indicate it by selecting the appropriate option.

A large \_\_\_\_\_ of angry bisons rampaged through the villages.

- A. herd B. swarm  
C. group D. flock

Ans. A

180. Select the word with the correct spelling.

- A. acolade B. registry  
C. gaudiest D. frackture

Ans. B

181. In the following question, out of the four alternatives, select the alternative which is the best substitute of the phrase. Average in amount, intensity, quality, or degree.

- A. moderate B. supernatant  
C. hobble D. hum

Ans. A

182. Rearrange the parts of the sentence in correct order.

The wide world is all  
P-cannot for ever fence it out  
Q- about you: you can fence  
R- yourselves in, but you

- A. PRQ B. QRP  
C. RQP D. RPQ

Ans. B

183. Select the synonym of eminent  
 A. obscure                      B. common  
 C. renowned                  D. phenomenal

Ans. C

184. In the following question, some part of the sentence may have errors. Find out which part of the sentence has an error and select the appropriate option. If a sentence is free from error, select 'No Error'.

The officer asked the recruit (A)/which district(B)/he came from.(C)/No error(D)

- A. A                                  B. B  
 C. C                                  D. D

Ans. D

185. Select the antonym of celibate

- A. chaste                          B. virtuous  
 C. promiscuous                D. continent

Ans. C

186. In the following question, some part of the sentence may have errors. Find out which part of the sentence has an error and select the appropriate option. If a sentence is free from error, select 'No Error'.

The road from(A)/my house(B)/to temple is full of potholes.(C)/No error(D)

- A. A                                  B. B  
 C. C                                  D. D

Ans. C

187. Select the word with the correct spelling.

- A. transmit                      B. aplauds  
 C. mobility                       D. ceramix

Ans. C

188. Select the synonym of snatch

- A. detonate                      B. bequeath  
 C. confer                         D. wrench

Ans. D

189. In the following question, out of the four alternatives, select the alternative which best expresses the meaning of the idiom/phrase. Scot-free

- A. To escape from captivity  
 B. Be free of all responsibilities  
 C. To Get something unexpected  
 D. Without suffering any punishment or injury

Ans. D

190. In the following question, a sentence has been given in Direct/Indirect speech. Out of the four alternatives suggested, select the one which best express the same sentence in Indirect/Direct speech.

The holy prophet said, "God helps those who help others."

- A. The holy prophet said that God helped those who helped others.  
 B. The holy prophet said that God helps those who help others.  
 C. The holy prophet said that God helps people who help others.  
 D. The holy prophet said that God helps those people who help others.

Ans. D

191. In the following question, out of the four alternatives, select the alternative which best expresses the meaning of the idiom/phrase. Tongue-in-cheek

- A. In an insincere way  
 B. To praise wholeheartedly  
 C. A sensational news  
 D. To say something hurtful

Ans. A

192. In the following question, out of the four alternatives, select the alternative which is the best substitute of the phrase A factory, where workers are employed at very low wages for long hours and under poor conditions.

- A. Impalpable                  B. Outset  
 C. Bloomy                        D. Sweatshop

Ans. D

193. In the following question, the sentence given with blank to be filled in with an appropriate word. Select the correct alternative out of the four and indicate it by selecting the appropriate option.

Mangoes do not \_\_\_\_\_all at the same time. Hence, they are not plucked on the same day.

- A. germinate                  B. ripen  
 C. grow                          D. age

Ans. B

194. In the following question, a sentence has been given in Active/Passive voice. Out of four alternatives suggested, select the one which best expresses the same sentence in Passive/Active voice.

I saw the master conducting the orchestra.

- A. I saw that the orchestra was being conducted by the master.  
 B. I saw the orchestra being conducted by the master.  
 C. The master was seen conducting the orchestra by me.  
 D. The master was conducting the orchestra and I saw that.

Ans. A



195. Improve the bracketed part of the sentence.

Due to heavy monsoon showers, the water in the dam (rose another foot).

- A. raised another foot
- B. raised by a feet.
- C. had risen a foot
- D. no improvement

Ans. D

196. In the following passage some of the words have been left out. Read the passage carefully and select the correct answer for the given blank out of the four alternatives.

\_\_\_\_\_ to a simple yoga technique in the morning, such as an energising sun-salutation or cat-cow pose, can wake up the whole mind-body element. It thus builds focus for the rest of the day and leaves you feeling \_\_\_\_\_ and ready. It also \_\_\_\_\_ awareness while doing so. This is a \_\_\_\_\_ that works backwards. You tend to sleep earlier as you are mindful of waking up early for the yoga class, so bedtime gets a higher priority in your life. Early morning yoga calms you down for the rest of the day by setting a steady tone. The breathing patterns are carried into the day leaving you \_\_\_\_\_ and relaxed.

\_\_\_\_\_ to a simple yoga technique

- A. Following
- B. Adhering
- C. Going after
- D. Superseding

Ans. B

197. In the following passage some of the words have been left out. Read the passage carefully and select the correct answer for the given blank out of the four alternatives.

\_\_\_\_\_ to a simple yoga technique in the morning, such as an energising sun-salutation or cat-cow pose, can wake up the whole mind-body element. It thus builds focus for the rest of the day and leaves you feeling \_\_\_\_\_ and ready. It also \_\_\_\_\_ awareness while doing so. This is a \_\_\_\_\_ that works backwards. You tend to sleep earlier as you are mindful of waking up early for the yoga class, so bedtime gets a higher priority in your life. Early morning yoga calms you down for the rest of the day by setting a steady tone. The breathing patterns are carried into the day leaving you \_\_\_\_\_ and relaxed.

leaves you feeling \_\_\_\_\_ and ready.

- A. rejuvenated
- B. updated
- C. refurbished
- D. restituted

Ans. A

198. In the following passage some of the words have been left out. Read the passage carefully and select the correct answer for the given blank out of the four alternatives.

\_\_\_\_\_ to a simple yoga technique in the morning, such as an energising sun-salutation or cat-cow pose, can wake up the whole mind-body element. It thus builds focus for the rest of the day and leaves you feeling \_\_\_\_\_ and ready. It also \_\_\_\_\_ awareness while doing so. This is a \_\_\_\_\_ that works backwards. You tend to sleep earlier as you are mindful of waking up early for the yoga class, so bedtime gets a higher priority in your life. Early morning yoga calms you down for the rest of the day by setting a steady tone. The breathing patterns are carried into the day leaving you \_\_\_\_\_ and relaxed.

It also \_\_\_\_\_ awareness

- A. booms
- B. facilitates
- C. speeds up
- D. enhances

Ans. D

199. In the following passage some of the words have been left out. Read the passage carefully and select the correct answer for the given blank out of the four alternatives.

\_\_\_\_\_ to a simple yoga technique in the morning, such as an energising sun-salutation or cat-cow pose, can wake up the whole mind-body element. It thus builds focus for the rest of the day and leaves you feeling \_\_\_\_\_ and ready. It also \_\_\_\_\_ awareness while doing so. This is a \_\_\_\_\_ that works backwards. You tend to sleep earlier as you are mindful of waking up early for the yoga class, so bedtime gets a higher priority in your life. Early morning yoga calms you down for the rest of the day by setting a steady tone. The breathing patterns are carried into the day leaving you \_\_\_\_\_ and relaxed.

This is a \_\_\_\_\_ that works backwards

- A. shortcut
- B. hymn
- C. melody
- D. mantra

Ans. D



200. In the following passage some of the words have been left out. Read the passage carefully and select the correct answer for the given blank out of the four alternatives.

\_\_\_\_\_ to a simple yoga technique in the morning, such as an energising sun-salutation or cat-cow pose, can wake up the whole mind-body element. It thus builds focus for the rest of the day and leaves you feeling \_\_\_\_\_ and ready. It also \_\_\_\_\_ awareness while doing so. This is a \_\_\_\_\_ that works

backwards. You tend to sleep earlier as you are mindful of waking up early for the yoga class, so bedtime gets a higher priority in your life. Early morning yoga calms you down for the rest of the day by setting a steady tone. The breathing patterns are carried into the day leaving you \_\_\_\_\_ and relaxed.

leaving you \_\_\_\_\_ and relaxed.

- A. lazy                                      B. carefree  
C. feeling at ease                      D. spontaneous

Ans. C