

NIS YOGA Admission Test

Topic:- YOGA SET01

1) Which is not the most important asana according to Hath Pradipika?

हठ प्रदीपिका के अनुसार सबसे महत्वपूर्ण आसन कौन सा है?

[Question ID = 579][Question Description = 101_Yoga_Set1_JAN22_Q01]

1. Muktasana / मुक्तासन [Option ID = 2313]
2. Padmasana / पद्मासन [Option ID = 2314]
3. Simhasana / सिंहसन [Option ID = 2315]
4. Bhadrasana / भद्रासन: [Option ID = 2316]

2) What pose is called Bhadrasana?

भद्रासन किस आसन को कहते हैं?

[Question ID = 580][Question Description = 102_Yoga_Set1_JAN22_Q02]

1. Siddhasana / सिद्धासन [Option ID = 2317]
2. Gomukhasana / गोकुशासन [Option ID = 2318]
3. Gorakhasana / गोरक्षासन [Option ID = 2319]
4. Guptasana / गुप्तासानी [Option ID = 2320]

3) According to Patanjali Yoga Sutras, which is not included in Kriya Yoga?

पतंजलि योग सूत्र के अनुसार क्रिया योग में कौन-सा सम्मिलित नहीं है?

[Question ID = 581][Question Description = 103_Yoga_Set1_JAN22_Q03]

1. Tenacity/Tap / तप/नल [Option ID = 2321]
2. Pardon/Kshama / क्षमा/क्षमा [Option ID = 2322]
3. Autonomy/Swaddhyay / स्वायत्तता/स्वाध्याय [Option ID = 2323]
4. Godhead/Ishwarpranidhan / देवत्व/ईश्वरप्रणिधान [Option ID = 2324]

4) According to Patanjali Yoga Sutras, which is not the result of Bhoothendriyas?

पतंजलि योग सूत्र के अनुसार कौन-सा भूतेन्द्रियों का परिणाम नहीं है?

[Question ID = 582][Question Description = 104_Yoga_Set1_JAN22_Q04]

1. Religion / धर्म [Option ID = 2325]
2. Symptoms / लक्षण [Option ID = 2326]
3. Raised / उठा हुआ [Option ID = 2327]
4. State / राज्य [Option ID = 2328]

5) What is the fourth stage of nadanusandhan called as ?

नादनुसंधान की चतुर्थ अवस्था को क्या कहते हैं ?

[Question ID = 583][Question Description = 105_Yoga_Set1_JAN22_Q05]

1. Ghata avastha / घट अवस्था [Option ID = 2329]
2. Parichay / परिचय [Option ID = 2330]
3. Aarambh / आरंभ [Option ID = 2331]
4. Nischpatti / निश्चयपट्टी [Option ID = 2332]

6) 'Ida ----- pura prokta'?

'इडा ----- पुर प्रोक्त'?

[Question ID = 584][Question Description = 106_Yoga_Set1_JAN22_Q06]

1. Ganga / गंगा [Option ID = 2333]
2. Yamuna / यमुना [Option ID = 2334]
3. Saraswati / सरस्वती [Option ID = 2335]
4. Krishna / कृष्णा [Option ID = 2336]

7) What is the tenth name of the Sun in the Sun Mantras?

सूर्य मंत्रों में सूर्य का दसवां नाम क्या है?

[Question ID = 585][Question Description = 107_Yoga_Set1_JAN22_Q07]

1. Ravi / रवि [Option ID = 2337]
2. Savitru / सावित्र [Option ID = 2338]
3. Mitra / मित्र [Option ID = 2339]
4. Aditya / आदित्य [Option ID = 2340]

8) According to Maharishi Patanjali, the 26th element is?

महर्षि पतंजलि के अनुसार 26वां तत्व है?

[Question ID = 586][Question Description = 108_Yoga_Set1_JAN22_Q08]

1. Ego / अहंकार [Option ID = 2341]
2. The nature / प्रकृति [Option ID = 2342]
3. The soul / आत्मा [Option ID = 2343]
4. Ishwar / ईश्वर [Option ID = 2344]

9) Which yoga is not described in the Bhagavad Gita?

भगवद गीता में किस योग का वर्णन नहीं है?

[Question ID = 587][Question Description = 109_Yoga_Set1_JAN22_Q09]

1. Sankha Yoga / शंख योग [Option ID = 2345]
2. Vibhuti Yoga / विभूति योग [Option ID = 2346]
3. Swar yoga / स्वर योग [Option ID = 2347]
4. Purushottam Yoga / पुरुषोत्तम योग [Option ID = 2348]

10) What is the second stage of nadanusandhan called as ?

नादनुसंधान की द्वितीय अवस्था को क्या कहते हैं ?

[Question ID = 588][Question Description = 110_Yoga_Set1_JAN22_Q10]

1. Ghata avastha / घट अवस्था [Option ID = 2349]
2. Parichay / परिचय [Option ID = 2350]
3. Aarambh / आरम्भ [Option ID = 2351]
4. Nischpatti / निश्चयपट्टी [Option ID = 2352]

11) From which word the word 'Yoga' is taken from in Bhakti yoga?

भक्ति योग में 'योग' शब्द किस शब्द से लिया गया है?

[Question ID = 589][Question Description = 111_Yoga_Set1_JAN22_Q11]

1. Yuj / युज [Option ID = 2353]
2. Yug / युग [Option ID = 2354]
3. Yujam / युजम् [Option ID = 2355]
4. Yugam / युगम् [Option ID = 2356]

12) As per Hathpradipika, how many main types of kumbhakas are there?

हठप्रदीपिका के अनुसार, कितने कुम्भक हैं?

[Question ID = 590][Question Description = 112_Yoga_Set1_JAN22_Q12]

1. 2 [Option ID = 2357]
2. 4 [Option ID = 2358]
3. 6 [Option ID = 2359]
4. 8 [Option ID = 2360]

13) As per Hathpradipika, the sequence for bandhas is?

हठप्रदीपिका के अनुसार, बंधों का क्रम है?

[Question ID = 591][Question Description = 113_Yoga_Set1_JAN22_Q13]

1. Mul, Jalandhar, Uddiyaan / मूल, जालंधर, उड़ियां [Option ID = 2361]
2. Jalandhar, Mul, Uddiyaan / जालंधर, मूल, उड़ियां [Option ID = 2362]
3. Uddiyaan, Mul, Jalandhar / उड़ियां, मूल, जालंधर [Option ID = 2363]
4. Mul, Uddiyaan, Jalandhar / मूल, उड़ियां, जालंधर [Option ID = 2364]

14) How many aasanas have to be practiced in the shankh prakshalan kriya / master cleansing?

शंख प्रक्षालन क्रिया / मास्टर सफाई में कितने आसनों का अभ्यास करना पड़ता है?

[Question ID = 592][Question Description = 114_Yoga_Set1_JAN22_Q14]

1. 5 [Option ID = 2365]
2. 6 [Option ID = 2366]
3. 7 [Option ID = 2367]
4. 8 [Option ID = 2368]

15) What is the meaning of 'Tha' in the word 'Hatha'?

'हठ' शब्द में 'था' का क्या अर्थ है?

[Question ID = 593][Question Description = 115_Yoga_Set1_JAN22_Q15]

1. Prana / प्राण [Option ID = 2369]
2. Shiva / शिव [Option ID = 2370]
3. Bindu / बिंदू [Option ID = 2371]
4. Sun / सूरज [Option ID = 2372]

16) Which book was composed by Maharishi Abhinav?

महर्षि अभिनव ने किस पुस्तक की रचना की थी?

[Question ID = 594][Question Description = 116_Yoga_Set1_JAN22_Q16]

1. Shivasanrita / शिवसंहिता [Option ID = 2373]
2. Tantrasaar / तन्त्रसायी [Option ID = 2374]
3. Varagyasandipan / वरग्यसंदीपन [Option ID = 2375]
4. None of these / इनमें से कोई नहीं [Option ID = 2376]

17) Who is the Creator of Yoga Martand?

योग मार्तण्ड के रचयिता कौन हैं ?

[Question ID = 595][Question Description = 117_Yoga_Set1_JAN22_Q17]

1. Chouranginath / चौरंगीनाथ [Option ID = 2377]
2. Gaurakshanath / गौरक्षनाथी [Option ID = 2378]
3. Shankaracharya / शंकराचार्य [Option ID = 2379]
4. Madhavacharya / माधवाचार्य [Option ID = 2380]

18) Prakriti & Purusha concept is explained in which darshan shastra

प्रकृति और पुरुष अवधारणा को किस दर्शन शास्त्र में समझाया गया है?

[Question ID = 596][Question Description = 118_Yoga_Set1_JAN22_Q18]

1. Nyay Darshan / न्याय दर्शन [Option ID = 2381]
2. Vedant Darshan / वेदान्त दर्शन [Option ID = 2382]
3. Vaishechik Darshan / वैशेषिक दर्शन [Option ID = 2383]
4. Saankhya Darshan / सांख्य दर्शन [Option ID = 2384]

19) What does the word Saar mean in the word Vaatasaar?

वातसार शब्द में सार शब्द का क्या अर्थ है?

[Question ID = 597][Question Description = 119_Yoga_Set1_JAN22_Q19]

1. Complete / पूर्ण [Option ID = 2385]
2. Purification / शुद्धिकरण [Option ID = 2386]
3. Element / तत्व [Option ID = 2387]
4. Cleansing / सफाई [Option ID = 2388]

20) What is the meaning of 'JU' in word 'YAJURVED' ?

'यजुर्वेद' शब्द में 'JU' का क्या अर्थ है?

[Question ID = 598][Question Description = 120_Yoga_Set1_JAN22_Q20]

1. Consciousness / चेतना [Option ID = 2389]
2. Sky / आकाश [Option ID = 2390]
3. God / भगवान [Option ID = 2391]
4. Earth / धरती [Option ID = 2392]

21) What is inexhaustible knowledge called as?

अटूट ज्ञान को क्या कहा जाता है?

[Question ID = 599][Question Description = 121_Yoga_Set1_JAN22_Q21]

1. Pramaad / प्रमाद [Option ID = 2393]
2. Aalas / आलस [Option ID = 2394]
3. Avirati / अविरति [Option ID = 2395]
4. Bhranti Darshan / भ्रान्ती दर्शन [Option ID = 2396]

22) Which of these postures is the advanced state of Halasan?

इनमें से कौन सी मुद्रा हलासन की उन्नत अवस्था है?

[Question ID = 600][Question Description = 122_Yoga_Set1_JAN22_Q22]

1. Utkatasan / Chair pose / उत्कटासन / चेयर पोज [Option ID = 2397]
2. Scorpion pose / बिच्छू मुद्रा [Option ID = 2398]
3. Vistrutpaad Halasan / Split leg halasan / विसुतपाद हलासन / स्प्लिट लेग हलासन [Option ID = 2399]
4. Bhujangasana / भुजंगासन [Option ID = 2400]

23) What is the second name of Vyomachakra mudra ?

व्योमचक्र मुद्रा का दूसरा नाम क्या है ?

[Question ID = 601][Question Description = 123_Yoga_Set1_JAN22_Q23]

1. Mahamudra / महामुद्रा [Option ID = 2401]
2. Khechari Mudra / खेचरी मुद्रा [Option ID = 2402]
3. Shaktichalini / शक्तिचालिनी [Option ID = 2403]
4. Jalandhar bandh / जालंधर बंध [Option ID = 2404]

24) Bhasrika is type of which kumbhak?

भास्करिका किस कुम्भक का प्रकार है ?

[Question ID = 602][Question Description = 124_Yoga_Set1_JAN22_Q24]

1. Antarkumbhak / अंतरकुम्भक [Option ID = 2405]
2. Bahyakumbhak / बह्यकुम्भक [Option ID = 2406]
3. Sahitkumbhak / साहितकुम्भक [Option ID = 2407]
4. Kevalkumbhak / केवलकुम्भक [Option ID = 2408]

25) What is the lifetime of Maharishi Gherand?

महर्षि घेरंड का जीवनकाल क्या है?

[Question ID = 603][Question Description = 125_Yoga_Set1_JAN22_Q25]

1. 1450-1550 [Option ID = 2409]
2. 1550-1650 [Option ID = 2410]
3. 1650-1750 [Option ID = 2411]
4. 1150-1250 [Option ID = 2412]

Topic:- 1 General Knowledge SET 01

1) What is the 100m World Record of Usain Bolt?

उसैन बोल्ट का 100 मीटर विश्व रिकॉर्ड क्या है?

[Question ID = 1][Question Description = 101_Section2_GeneralKnowledge_JUN22_Q01]

1. 14.35 sec
14.35 सेकंड [Option ID = 1]
2. 9.58 sec
9.58 सेकंड [Option ID = 2]
3. 9.05 sec
9.05 सेकंड [Option ID = 3]
4. 10.12 sec
10.12 सेकंड [Option ID = 4]

2) The abbreviation EMI in banking sector stands for:

बैंकिंग क्षेत्र में संक्षिप्त ईएमआई का अर्थ है:

[Question ID = 2][Question Description = 102_Section2_GeneralKnowledge_JUN22_Q02]

1. Equated Monthly Instalment
समान मासिक किस्त
[Option ID = 5]
2. Equalised Monthly Instalment
संबंधित मासिक किस्त
[Option ID = 6]
3. Equated Money Instalment
समान धन किस्त
[Option ID = 7]
4. Equal Monthly Increment
समान मासिक वेतन वृद्धि
[Option ID = 8]

3) Which Sportsman is given the title of the Flying Sikh?

फ्लाईंग सिख का खिताब किस खिलाड़ी को दिया गया है?

[Question ID = 3][Question Description = 103_Section2_GeneralKnowledge_JUN22_Q03]

1. Bahadur Singh Chauhan
बहादुर सिंह चौहान
[Option ID = 9]
2. Milkha Singh
मिल्खा सिंह
[Option ID = 10]
3. Kamaljeet Sandhu
कमलजीत संधू
[Option ID = 11]
4. Harmandeep Singh
हरमनदीप सिंह
[Option ID = 12]

4) Message sent by computer is known as:

कंप्यूटर द्वारा भेजे गए संदेश को जाना जाता है:

[Question ID = 4][Question Description = 104_Section2_GeneralKnowledge_JUN22_Q04]

1. SMS

एसएमएस

[Option ID = 13]

2. FAX

फैक्स

[Option ID = 14]

3. E-mail

ई-मेल

[Option ID = 15]

4. Telegram

टेलीग्राम

[Option ID = 16]

5) Where is the famous Boxer Mary Kom from?

प्रसिद्ध बॉक्सर मैरी कॉम कहां की हैं?

[Question ID = 5][Question Description = 105_Section2_GeneralKnowledge_JUN22_Q05]

1. Manipur

मणिपुर [Option ID = 17]

2. Mizoram

मिज़ोरम [Option ID = 18]

3. Nagaland

नागालैंड [Option ID = 19]

4. Tripura

त्रिपुरा [Option ID = 20]

6) What do the 5 Rings in the Olympic Flag represent?

ओलंपिक ध्वज में 5 वलय क्या दर्शाते हैं?

[Question ID = 6][Question Description = 106_Section2_GeneralKnowledge_JUN22_Q06]

1. 5 Cities of The World

दुनिया के 5 शहर

[Option ID = 21]

2. 5 Countries of The World

दुनिया के 5 देश

[Option ID = 22]

3. 5 Continents of The World

दुनिया के 5 महाद्वीप

[Option ID = 23]

4. 5 Sports of The World

दुनिया के 5 खेल

[Option ID = 24]

7) Whose Autobiography is named as “Sandy Storm”?

किसकी आत्मकथा का नाम “सैंडी स्टॉर्म” रखा गया है? [Question ID = 7][Question Description = 107_Section2_GeneralKnowledge_JUN22_Q07]

1. Sachin Tendulkar

सचिन तेंदुलकर [Option ID = 25]

2. Roger Binny

रोजर बिननी [Option ID = 26]

3. Sandeep Patil

संदीप पाटिल [Option ID = 27]

4. Sunil Gavaskar

सुनील गावस्कर [Option ID = 28]

8) When is National Sports Day of India celebrated?

भारत का राष्ट्रीय खेल दिवस कब मनाया जाता है?

[Question ID = 8][Question Description = 108_Section2_GeneralKnowledge_JUN22_Q08]

1. April - 6

- अप्रैल 6 [Option ID = 29]
2. October - 11
अक्टूबर 11 [Option ID = 30]
3. September - 14
सितंबर 14 [Option ID = 31]
4. August - 29
अगस्त 29 [Option ID = 32]

9) Where is the Headquarters of International Labour Organisation (ILO)?

अंतर्राष्ट्रीय श्रम संगठन (ILO) का मुख्यालय कहाँ है?

[Question ID = 9][Question Description = 109_Section2_GeneralKnowledge_JUN22_Q09]

1. India
भारत [Option ID = 33]
2. Geneva
जिनेवा [Option ID = 34]
3. New York
न्यू यॉर्क [Option ID = 35]
4. Sydney
न्यू यॉर्क [Option ID = 36]

10) The Currency of Finland is _____.

फिनलैंड की मुद्रा _____ है.

[Question ID = 10][Question Description = 110_Section2_GeneralKnowledge_JUN22_Q10]

1. Dollar
डॉलर [Option ID = 37]
2. Real
रिअल [Option ID = 38]
3. Euro
यूरो [Option ID = 39]
4. Franc
फ्रैंक [Option ID = 40]

Topic:- 2 Logical Reasoning and Coaching Aptitude SET 01

1) In a certain code language, if STUDENT is coded as USWCGMV, then how will TEACHER be coded?

एक निम्नलिखित भाषा में यदि STUDENT को USWCGMV के रूप में कोड किया जाता है, तब TEACHER को कैसे कोड करेंगे?

[Question ID = 11][Question Description = 111_Section2_LR_JUN22_Q11]

1. VCDBJCT
VCDBJCT [Option ID = 41]
2. VDCBJDT
VDCBJDT [Option ID = 42]
3. VDBCJDT
VDBCJDT [Option ID = 43]
4. VCBDJCT
VCBDJCT [Option ID = 44]

2) In which of two months of the year 2022, days of all dates will be the same?

साल 2022 के किन दो महीनों के सभी तारीखों के दिन समान होंगे?

[Question ID = 12][Question Description = 112_Section2_LR_JUN22_Q12]

1. January, October
जनवरी, अक्टूबर [Option ID = 45]
2. March, August
मार्च, अगस्त [Option ID = 46]
3. April, September
अप्रैल, सितंबर [Option ID = 47]
4. June, November
जून, नवंबर [Option ID = 48]

3) A man is facing North-East. He turns clockwise by 135° , then anti clockwise by 90° and finally clockwise by 45° . Now, he is facing which direction?

एक आदमी उत्तर-पूर्व की ओर देख रहा है वह घड़ी की तरह 135° घुमता है, फिर घड़ी के विपरीत 90° घुमता है और अंत में घड़ी की तरह 45° घुमता है अब वह किस दिशा में देख रहा है?

[Question ID = 13][Question Description = 113_Section2_LR_JUN22_Q13]

1. South-West
दक्षिण-पश्चिम

[Option ID = 49]

2. West

पश्चिम

[Option ID = 50]

3. East

पूर्व

[Option ID = 51]

4. South-East

दक्षिण-पूर्व

[Option ID = 52]

4) Suman said to Rekha, "That girl singing on the stage is elder of two sisters of the son of my mother". How is the girl singing at the stage is related to Suman?

सुमन ने रेखा से कहा, "वह लडकी जो मंच पर गा रही है, वह मेरी माँ के बेटे की बड़ी बहन है". मंच पर गाने वाली लडकी का सुमन से क्या रिश्ता है?

[Question ID = 14][Question Description = 114_Section2_LR_JUN22_Q14]

1. Daughter

बेटी

[Option ID = 53]

2. Niece

भतीजी

[Option ID = 54]

3. Sister

बहन

[Option ID = 55]

4. Cousin

चचेरी बहन

[Option ID = 56]

5) A school has 5 working days in a particular week. On 3 days it has 7 periods/day and on 2 days it has 6 periods/day. Everyday, there is the one recess. Electric bell is used to indicate start/end of the period/recess. How many times, the bell should ring in that week?

एक स्कूल में किसी सप्ताह में, पांच दिन पढ़ाई होती है 3 दिनों में सात पीरियड्स प्रति दिन और 2 दिनों में छ पीरियड्स प्रति दिन होते हैं प्रति दिन एक अंतराल (रिसेस) होती है इलैक्ट्रिक घंटी को पीरियड्स/रिसेस के आरम्भ/अंत को दर्शाने के लिए प्रयोग में लाया जाता है उस सप्ताह घंटी को कितनी बार प्रयोग में लाया जायेगा?

[Question ID = 15][Question Description = 115_Section2_LR_JUN22_Q15]

1. 35

[Option ID = 57]

2. 38

[Option ID = 58]

3. 40

[Option ID = 59]

4. 43

[Option ID = 60]

6) Find the odd one out of the following.

निम्नलिखित में से विषम खोजिए

KIL, MOP, SQT, WUX

[Question ID = 16][Question Description = 116_Section2_LR_JUN22_Q16]

1. KIL

[Option ID = 61]

2. MOP

[Option ID = 62]

3. SQT

[Option ID = 63]

4. WUX

[Option ID = 64]

7) Fill the blank in the series with the most appropriate figure from the options.

दिये गये विवरणों में से श्रेणी का रिक्त स्थान चुनिये

6, 24, 60, _____, 210

[Question ID = 17][Question Description = 117_Section2_LR_JUN22_Q17]

1. 90

[Option ID = 65]

2. 114

[Option ID = 66]

3. 120

[Option ID = 67]

4. 150

[Option ID = 68]

8) In a row of 25 boys, Mohan is at 17th place from one end and Rohit is at 18th place from other end. How many boys are there between Mohan and Rohit?

25 लड़कों की पंक्ति में, मोहन एक किनारे से 17 वें स्थान पर है और रोहित दूसरे किनारे से 18 वें स्थान पर है मोहन और रोहित के बीच में कितने लड़के हैं?

[Question ID = 18][Question Description = 118_Section2_LR_JUN22_Q18]

1. 7

7

[Option ID = 69]

2. 8

8

[Option ID = 70]

3. 9

9

[Option ID = 71]

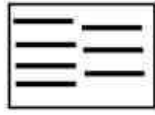
4. 10

10

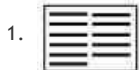
[Option ID = 72]

9) Given a series of figures, which option will continue the series?

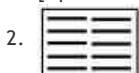
चित्रों की एक श्रेणी दी गई है विकल्पों में से कौन सा चित्र श्रेणी को जारी रखेगा?



[Question ID = 19][Question Description = 119_Section2_LR_JUN22_Q19]



[Option ID = 73]

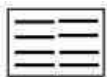


[Option ID = 74]



[Option ID = 75]

4.



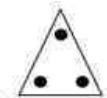
[Option ID = 76]

10) Find the odd figure out of the given figures.

दिए गए चित्रों में से, विषम चित्र खोजें

[Question ID = 20][Question Description = 120_Section2_LR_JUN22_Q20]

1.



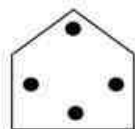
[Option ID = 77]

2.



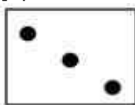
[Option ID = 78]

3.



[Option ID = 79]

4.



[Option ID = 80]

Topic:- 6 Basic Computer Knowledge SET 01

1) 'jpeg' extension refers usually to _____ file.

'jpeg' विस्तार को प्रायः _____ कहा जाता है

[Question ID = 39][Question Description = 131_Section2_BasicComputerKnowledge_JUN22_Q31]

1. System file

सिस्टम फाइल [Option ID = 153]

2. Animation/movie file

एनिमेशन/मुवी फाइल [Option ID = 154]

3. MS document

MS दस्तावेज [Option ID = 155]

4. Image file

प्रतिबिंब फाइल [Option ID = 156]

2) _____ are the hardware devices that are not part of the main computer system and can be added later to the computer system.

_____ मुख्य कंप्यूटर प्रणाली के हार्डवेयर यंत्र का भाग नहीं और कंप्यूटर प्रणाली में बाद में सहयोजित किए जा सकते हैं

[Question ID = 40][Question Description = 132_Section2_BasicComputerKnowledge_JUN22_Q32]

1. Peripherals

पेरिफेरल [Option ID = 157]

2. Clip Art

क्लिप आर्ट [Option ID = 158]

3. Highlight

हाईलाइट [Option ID = 159]

4. Execute

एक्जिक्यूट [Option ID = 160]

3) Which of the following is not a programming language?

निम्नलिखित कौन प्रोग्रामिंग की भाषा नहीं है?[Question ID = 41][Question Description = 133_Section2_BasicComputerKnowledge_JUN22_Q33]

1. Basic
बेसिक [Option ID = 161]
2. Java
जावा [Option ID = 162]
3. Turing
टर्निंग [Option ID = 163]
4. C ++
C ++ [Option ID = 164]

4) What kind of data can be sent by e-mail?

किस प्रकार के डाटा को ई-मेल द्वारा भेजा जा सकता है?[Question ID = 42][Question Description = 134_Section2_BasicComputerKnowledge_JUN22_Q34]

1. Audio
श्रव्य [Option ID = 165]
2. Pictures
चित्र [Option ID = 166]
3. Video
वीडियो [Option ID = 167]
4. All of the above
उपयुक्त सभी [Option ID = 168]

5) Main circuit board in a computer is _____.

एक कंप्यूटर का मुख्य परिपथ बोर्ड _____.

[Question ID = 43][Question Description = 135_Section2_BasicComputerKnowledge_JUN22_Q35]

1. Decoder
डिकोडर [Option ID = 169]
2. Highlight
हाईलाइट [Option ID = 170]
3. Graphic Card
ग्राफिक कार्ड [Option ID = 171]
4. Mother board
मदरबोर्ड [Option ID = 172]

Topic:- 3 Language and Communication SET 01A

1) Choose the right synonym for the given word from the options that follow.

COLOSSAL[Question ID = 25][Question Description = 121_Section2_Language&Communication_JUN22_Q21]

1. Nanoscopic [Option ID = 97]
2. Mammoth [Option ID = 98]
3. Diminutive [Option ID = 99]
4. Big [Option ID = 100]

2) Fill in the blank with the most suitable option.

Millions of people around the world have taken to exercise to burn _____ calories and build immunity.[Question ID = 26]

[Question Description = 122_Section2_Language&Communication_JUN22_Q22]

1. Out [Option ID = 101]
2. Away [Option ID = 102]
3. Off [Option ID = 103]
4. Down [Option ID = 104]

3) Fill in the blank with the most suitable option.

Actions speak _____ than words, is my mother's favourite quote.

[Question ID = 27][Question Description = 123_Section2_Language&Communication_JUN22_Q23]

1. Loudest [Option ID = 105]
2. Loud [Option ID = 106]
3. Louder [Option ID = 107]
4. Silently [Option ID = 108]

4) Choose the right sentence.[Question ID = 28][Question Description =

124_Section2_Language&Communication_JUN22_Q24]

1. The biggest communication problem is that we does not litse. [Option ID = 109]
2. The bigger communication problem is that we don't hear [Option ID = 110]
3. The bid communicating problem is that we don't listen. [Option ID = 111]
4. The biggest communication problem is that we do not listen. [Option ID = 112]

Topic:- 4 Language and Communication SET 01B

1) Read the following passage and answer the question given below by choosing the most appropriate option.

The first thing to understand is that pull-ups are a full body exercise, contrary to popular belief that it is purely an upper body exercise. Pull-ups require nothing more than a bar and engagement of dozen muscles from lats down to glutes. Experts say that it improves upper and middle body strength, shoulder mobility and core stability, while helping bone coordination too. Most people fail to master the pull-ups not because they are physically incapable but are not trained the right way. Beginners can practise hanging by grabbing the bar, engaging their abs and glutes to make their body stiff like a board. Focus on technique with patience is the trick to master push-ups.

Out of the various ways to ace the pull-ups exercises, the rule of the thumb is _____.

[Question ID = 29][Question Description = 101_Section2_Language&Communication_JUN22_Q25]

1. To take straight in the eye of the trainer.

[Option ID = 113]

2. To pump yourself with supplements.

[Option ID = 114]

3. To keep your abs and glutes tight.

[Option ID = 115]

4. To engage your mind positively and patiently.

[Option ID = 116]

2) Read the following passage and answer the question given below by choosing the most appropriate option.

The first thing to understand is that pull-ups are a full body exercise, contrary to popular belief that it is purely an upper body exercise. Pull-ups require nothing more than a bar and engagement of dozen muscles from lats down to glutes. Experts say that it improves upper and middle body strength, shoulder mobility and core stability, while helping bone coordination too. Most people fail to master the pull-ups not because they are physically incapable but are not trained the right way. Beginners can practise hanging by grabbing the bar, engaging their abs and glutes to make their body stiff like a board. Focus on technique with patience is the trick to master push-ups.

It is imperative that both glutes and lats work together in proper co-ordination to make sure that we _____.

[Question ID = 30][Question Description = 102_Section2_Language&Communication_JUN22_Q26]

1. Use monkey bars

[Option ID = 117]

2. Have proper digestion

[Option ID = 118]

3. Have no tension in life.

[Option ID = 119]

4. Have the proper mobility and stability.

[Option ID = 120]

Topic:- 5 Language and Communication SET 01C

1) Fill in the blank with most suitable option.

I wanted to _____ super cuts for this Earth Day, so I made a flip-flap book with different ideas and foldable cycles inside.

[Question ID = 31][Question Description = 127_Section2_Language&Communication_JUN22_Q27]

1. Have [Option ID = 121]

2. Take [Option ID = 122]

3. Do something [Option ID = 123]

4. Do cycling [Option ID = 124]

2) Fill in the blank with the most suitable option.

A powerful tool of engagement in a classroom is student _____ and good question.[Question ID = 32][Question Description = 128_Section2_Language&Communication_JUN22_Q28]

1. Rapport [Option ID = 125]

2. Sound [Option ID = 126]

3. Voice [Option ID = 127]

4. Demand [Option ID = 128]

3) Fill in the blank with most suitable option.

The Tourism Department of Uttarakhand has recently announced that it _____ allow trekkers to climb the glaciers in Kumaon region. [Question ID = 33][Question Description = 129_Section2_Language&Communication_JUN22_Q29]

1. Can [Option ID = 129]
2. Could [Option ID = 130]
3. Shall [Option ID = 131]
4. Would [Option ID = 132]

4) Fill in the blank with most suitable option.

I had promised to _____ her book but failed to do. Regretfully I acknowledge the lapse. [Question ID = 34][Question Description = 130_Section2_Language&Communication_JUN22_Q30]

1. Return [Option ID = 133]
2. Reply [Option ID = 134]
3. Profit [Option ID = 135]
4. Return back [Option ID = 136]