

Read the given passage and answer the questions that follow:-

While melatonin supplements may seem like a quick fix for sleep problems, health experts caution against relying on them as a magic long-term solution. The supplements, available in various forms like gummies, pills, and liquid, have become increasingly popular among individuals struggling with sleep issues. However, experts advise that they should only be used under medical supervision and for specific purposes.

According to Dr. Neetu Jain, a sleep specialist, melatonin supplements are not effective for individuals with underlying anxiety or depression. "People with these conditions require psychiatric consultation and therapy, such as cognitive behavioural therapy (CBT), to address their sleep problems,".

CBT is a talking therapy that helps individuals cope with challenges in life by addressing their thought processes. It is a first-line treatment for sleep-related problems before resorting to pharmacological treatments.

Melatonin supplements are most beneficial for individuals with irregular work shifts, those crossing time zones, or individuals recovering from periods of poor sleep patterns. However, experts warn that prolonged use of these supplements can lead to side effects like grogginess and nausea.

Moreover, melatonin supplements are not sedatives or sleep-inducing drugs but rather "physiological supplements" that support the brain in restoring the quality, structure, and pattern of sleep. Experts emphasise the importance of good "sleep hygiene", including avoiding stimulating activities or drinks in the evening, reducing screen time, and engaging in relaxing activities before bed.

Individuals struggling with sleep issues should consult a sleep specialist to determine the underlying cause of their problem and develop a personalized treatment plan.

Q1. Why do health experts caution against relying on melatonin supplements as a long-term solution?

- (a) They are highly addictive and can cause withdrawal symptoms.
- (b) They are only effective for individuals with severe sleep disorders.
- (c) They do not address underlying sleep issues and may have side effects.
- (d) They are not approved by medical authorities for sleep treatment.

Q2. What is the primary purpose of Cognitive Behavioral Therapy (CBT) in sleep treatment?

- (a) To replace medication with herbal alternatives.
- (b) To alter negative thought patterns affecting sleep.
- (c) To prescribe melatonin in a controlled manner.
- (d) To provide physical exercises that improve sleep quality.

Q3. According to Dr. Neetu Jain, why are melatonin supplements ineffective for individuals with anxiety or depression?

- (a) People with these conditions need psychiatric treatment rather than sleep aids.
- (b) Melatonin supplements increase anxiety and depressive symptoms.
- (c) Individuals with anxiety & depression require stronger medication.
- (d) The melatonin supplements interfere with antidepressants.

Q4. What is the significance of the term "physiological supplements" in describing melatonin?

- (a) It suggests melatonin directly induces sleep without any other support.

- (b) It highlights the idea that melatonin supports natural biological processes to improve sleep.
- (c) It means melatonin is a type of drug with strong sedative effects.
- (d) It implies that melatonin is only useful for people with physiological sleep disorders.

People came to him when the patient was on his last legs. Dr. Raman often burst out, "Why couldn't you have come a day earlier?" The reason was obvious - the visiting fee was twenty-five rupees, and more than that, people liked to shirk the fact that the time had come to call Dr. Raman; for them there was something ominous in the very association. As a result, when the big man came on the scene, it was always a quick decision one way or another. There was no scope or time for any kind of wavering or whitewashing.

Long years of practice had bred in the doctor a certain curt truthfulness; for that very reason, his opinion was valued; he was not a mere doctor expressing an opinion but a judge pronouncing a verdict. The patient's life hung on his words. This never unduly worried him. He never believed that agreeable words ever saved lives. He did not think it was any of his business to provide unnecessary hope when, as a matter of course, nature would tell them the truth in a few hours. However, when he glimpsed the faintest sign of hope, he rolled up his sleeve and stepped into the arena: it might be hours or days, but he never withdrew till he wrested the prize from the Yama's hands.

Today, the doctor felt that he himself needed someone to tell him soothing lies. He mopped his brow and sat down beside the bed where lay his dearest friend in the world.

Q5. What quality of Dr. Raman made his opinions highly valued?

- (a) His ability to provide emotional support.
- (b) His tendency to use complex medical jargon.
- (c) His blunt and truthful nature.
- (d) His reputation for never making mistakes.

Q6. What does the reference to "wresting the prize from Yama's hands" symbolize?

- (a) His struggle to save his patients from the clutches of death.
- (b) His greed for fame and success.
- (c) His rivalry with other doctors.
- (d) His belief in mythology over medicine.

Q7. What is the primary theme reflected in this passage?

- (a) The importance of financial planning for medical treatment.
- (b) The inevitability of fate and death.
- (c) The balance between truth and compassion in a doctor's profession.
- (d) The limitations of medical science in modern times.

Q8. Why did Dr. Raman feel that he needed someone to tell him "soothing lies" at the end of the passage?

- (a) He was exhausted and needed rest.
- (b) He was worried about his own health and needed solace.
- (c) He was emotionally distressed over his friend's condition.
- (d) He had lost faith in his medical abilities.

Read the given passage and answer the four questions that follow:-

As to your studies, I wish you to learn Latin, French, and dancing. I insist particularly on dancing because it is often neglected yet crucial to success in life. First impression depends on two things: dress and address-both within our control. Neglecting these often leads to slights, coldness, and contempt, which even integrity and talents cannot always overcome. Ignoring what ensures others' favourable opinions suggests arrogance or defiance-never without serious consequences. Neglect of appearance implies disrespect for others and often stems from poor sense as much as poor nature. The maxim, "Desire to please, and you will infallibly please," explains this well.

Slovenliness can be cured with effort, but a graceful carriage requires early habit, often with the dancing master's help. Awkwardness creates prejudice; stumbling in manner suggests insecurity or a lack of confidence. In contrast, openness, freedom, and self-possession set others at ease, revealing inner harmony. Grace in women secures affections and signals a well-balanced soul, just as awkwardness in men impedes gallantry and connection.

Lastly, avoid pouring over books until bent double; this habit is hard to break and harmful to both health and esteem. A stoop diminishes public and private standing. You are upright now, walking boldly and spiritedly-preserve this carefully. Elasticity of limbs and upright deportment is vital to worldly success as much as actions.

Do not, by neglecting how to enter a room properly, stumble at the very threshold of good graces. Remember, nothing prejudices people more than awkwardness.

Q9. The author advises about the importance of elegance in one's carriage to .

- (a) facilitate self-esteem and personal growth
- (b) avoid prejudice and signs of insecurity and nervousness
- (c) enhance the ability to focus on learning and excellence
- (d) show one's bountiful possessions.

Q10. Neglecting one's attire and manner of speaking leads to .

- (a) permanent alienation from society
- (b) a lack of inner harmony and balance
- (c) a misunderstanding of one's integrity and talents
- (d) humiliation, indifference, or scorn from others

Q11. What does the author warn against when studying?

- (a) Ignoring worldly advantages in pursuit of knowledge.
- (b) Focusing solely on dancing and physical exercises.
- (c) Developing a stoop that harms one's health and reputation.
- (d) Spending too much time on books instead of practical tasks.

Q12. The maxim "Desire to please, and you will infallibly please" implies that .

- (a) genuine intent to please others resonates positively and usually succeeds
- (b) overdoing the efforts to please others often involves compromise and bears negatively
- (c) desire to please ends up in neglect of one's own happiness
- (d) sycophancy can unerringly lead you to be out of favour

Q13. Match the sentences in List-I with the suitable proverbs given in List-II:-

List-I (Sentences)	List-II (Proverbs)
(A) Anil invested in high risk ventures and suffered major losses when some of them failed.	(I) He who pays the piper calls the tune
(B) Anuj is convinced that he will top the exam and has already planned a celebration, though there are a few brilliant students who stand a fair chance at topping.	(II) You cannot make bricks without straw.
(C) Mr. Srinivasan is funding the entire project of the over-bridge, and he has asked to see the detailed plans for it, which seems reasonable.	(III) If you play with fire, you get burnt
(D) Advising these poverty-stricken mothers to eat a nutritious diet is unfair as all their money goes into feeding and clothing their children.	(IV) There's many a slip betwixt the cup and the lip

Choose the correct answer from the options given below:-

- (a) (A) - (III), (B) - (IV), (C) - (II), (D) - (I)
- (b) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- (c) (A) - (III), (B) - (II), (C) - (IV), (D) - (I)
- (d) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

Q14. Select the appropriate word from the given option to complete the sentence:-

The actions of the mill owners were eventually exposed, leading to widespread public outrage.

- (a) treacherous
- (b) riveting
- (c) unpretentious
- (d) ingenuous

Q15. Match the definitions in List-I with the words in List-II:-

List-I (Definitions)	List-II (Words)
(A) A person who supports a particular idea or party	(I) Fanatic
(B) Someone with a very strong belief that something is great	(II) Radical
(C) Someone who believes that there should be extreme change	(III) Reactionary
(D) Someone opposed to change or new ideas	(IV) Adherent

Choose the correct answer from the options given below:-

- (a) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)
- (b) (A) - (IV), (B) - (II), (C) - (III), (D) - (I)
- (c) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)
- (d) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)

Q16. Rearrange the following parts to form a meaningful sentence:-

- (A) human society, from ethics and religion to education and
- (B) research and scientific inquiry unveil critical aspects of
- (C) research to prioritize and steer the trajectory of scientific progress
- (D) economics, while societal decisions about which areas of

Choose the correct answer from the options given below:-

- (a) (B), (A), (D), (C)
- (b) (B), (A), (C), (D)
- (c) (A), (D), (C), (B)
- (d) (C), (B), (D), (A)

Q17. Rearrange the following parts to form a meaningful sentence:-

- (A) networks within the brain, improving overall cognitive
- (B) exercise helps build key connections between the
- (C) performance and stalling the onset of Alzheimer
- (D) there's a growing body of research proving that

Choose the correct answer from the options given below:-

- (a) (D), (B), (A), (C)
- (b) (D), (A), (B), (C)
- (c) (C), (A), (B), (D)
- (d) (C), (B), (D), (A)

Q18. Match the definitions in List-I with the words in List-II:-

List-I (Definitions)	List-II (Words)
(A) Few words packed with meaning, concise	(I) Circumlocution
(B) Talking around, a way of talking indirectly	(II) Colloquial
(C) Informal, less grammatically rigid language	(III) Magniloquent
(D) Sonorous, emphasizing style at the expense of thought	(IV) Laconic

Choose the correct answer from the options given below:-

- (a) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
- (b) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)
- (c) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)
- (d) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

Q19. Select the most appropriate preposition from the given options to fill in the blank in the following sentence:-

We cruised \_\_\_\_\_ the canal for a few miles.

- (a) along
- (b) across
- (c) through
- (d) upto

Q20. Complete the sentences given in List-I with the Prepositional Phrases from List-II:-

List-I (Sentences)	List-II (Prepositional Phrases)
(A) ___ he has a very important job, he isn't particularly well paid.	(I) in spite of
(B) I drew a map for Sarah ___ she couldn't find the house.	(II) although
(C) She accepted the job ___ the salary, which was rather low.	(III) because of
(D) I couldn't go to sleep the noise.	(IV) in case

Choose the correct answer from the options given below:-

- (a) (A) - (I), (B) - (IV), (C) - (II), (D) - (III)
- (b) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (c) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
- (d) (A) - (II), (B) - (IV), (C) - (III), (D) - (I)

Q21. Rearrange the following parts to form a meaningful sentence:-

- (A) caused by harmful UVA light, which can lead to skin
- (B) powerful antioxidants that protect the skin from damage
- (C) carotenoids, found in foods like carrots and tomatoes, are
- (D) aging and wrinkles, though they cannot replace sunscreen

Choose the correct answer from the options given below:-

- (a) (C), (B), (D), (A)
- (b) (C), (B), (A), (D)
- (c) (B), (A), (D), (C)
- (d) (B), (A), (C), (D)

Q22. Select the appropriate verb forms to fill in the blanks in the given sentence:-

If I \_\_\_\_\_ to renew the books, I \_\_\_\_\_ to pay a fine.

- (a) phoned, wouldn't have
- (b) had phoned, wouldn't have had
- (c) have phoned, wouldn't
- (d) phone, didn't have

Q23. From the given options, select the most appropriate word to fill in the blank in the given sentence:-

Her new book was wonderfully \_\_\_\_\_ of the long forgotten memories of bygone times.

- (a) evasive
- (b) evocative
- (c) contextual
- (d) obnoxious

Q24. Select the synonym for the word: ENTAIL

- (a) Exclude
- (b) Require
- (c) Eliminate
- (d) Postpone

Q25. Rearrange the following parts to form a meaningful sentence:-

- (A) as we tend to put our personal pursuits aside for other responsibilities

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- (B) successful people find time to unwind by creatively stimulating their mind
- (C) we think are more important although the most highly motivated and
- (D) finding time to follow our hobbies away from work can be a challenge

Choose the correct answer from the options given below:-

- (a) (B), (A), (C), (D)
- (b) (D), (A), (C), (B)
- (c) (D), (A), (B), (C)
- (d) (A), (C), (B), (D)

Q26. Select the word opposite in meaning to the highlighted word in the given sentence:-  
He exercised vigorously to keep himself fit.

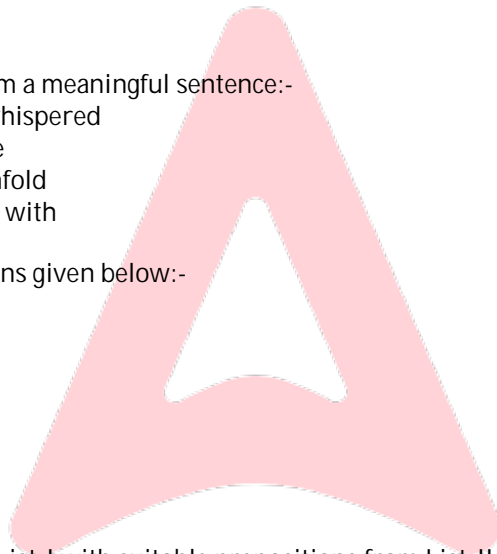
- (a) languorously
- (b) seriously
- (c) continuously
- (d) consistently

Q27. Rearrange the following parts to form a meaningful sentence:-

- (A) meadow, casting long shadows that whispered
- (B) twilight's golden hues spread over the
- (C) jasmine, promised mysteries yet to unfold
- (D) forgotten secrets, while the air, heavy with

Choose the correct answer from the options given below:-

- (a) (C), (B), (D), (A)
- (b) (B), (C), (D), (A)
- (c) (B), (A), (D), (C)
- (d) (C), (B), (A), (D)



Q28. Complete the sentence given in List-I with suitable prepositions from List-II:-

List-I	List-II
(Sentences)	(Prepositions)
(A) He gives a lot of attention ___ small details and rules.	(I) in
(B) If the members of the club persist their demand for better facilities, management will have to give in.	(II) of
(C) The brave soldiers stuck to their positions and kept fighting, heedless ___ consequences.	(III) on
(D) Lata prides herself ___ the beautiful plants that she grows in her garden.	(IV) to

Choose the correct answer from the options given below:-

- (a) (A) - (IV), (B) - (III), (C) - (I), (D) - (II)
- (b) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
- (c) (A) - (IV), (B) - (I), (C) - (II), (D) - (III)
- (d) (A) - (II), (B) - (III), (C) - (IV), (D) - (I)

Q29. Rearrange the following parts to form a meaningful sentence:-

- (A) share the principle that life is precious and must not be

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- (B) pacifists, guided by the belief that war is never justified,
- (C) opposing all forms of violence, even in self-defense
- (D) wasted, with some drawing their views from religion and

Choose the correct answer from the options given below:-

- (a) (B), (C), (A), (D)
- (b) (B), (A), (D), (C)
- (c) (C), (B), (A), (D)
- (d) (C), (B), (D), (A)

Q30. Fill in the blanks given in sentences in List-I with the appropriate Phrasal Verbs from List-II:-

List-I (Sentences)	List-II (Phrasal Verbs)
(A) There was a very large ____ at the concert.	(I) turn down
(B) I am not going to __ for the concert this year.	(II) turn out
(C) I did not expect her to _____ the offer of promotion.	(III) turn over
(D) The company had an extremely high ____ in this quarter.	(IV) turn up

Choose the correct answer from the options given below:-

- (a) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (b) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)
- (c) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- (d) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

Q31. Rearrange the following parts to form a meaningful sentence:-

- (A) Finland, with its quiet melancholy, and flat economy, has risen to
- (B) in the land of endless winters and muted, obscure skies,
- (C) proving that fulfillment does not depend on warmth or wealth
- (D) the pinnacle of happiness, defying expectations and

Choose the correct answer from the options given below:-

- (a) (B), (A), (C), (D)
- (b) (A), (B), (D), (C)
- (c) (B), (C), (D), (A)
- (d) (B), (A), (D), (C)

Q32. Select the most appropriate antonym for the underlined word in the following sentence:-

Her devious actions irritated everyone.

- (a) obscure
- (b) straightforward
- (c) devilish
- (d) diverting

Q33. Select the word that is opposite in meaning to the word BERATE.

- (a) Endorse
- (b) Censure
- (c) Gentle
- (d) Liberate

Q34. From the given options, select the word that is opposite in meaning to the highlighted word in the given sentence:-  
Her affable charm helped her to navigate the tense meeting with a warm smile and easy humor, disarming even her harshest critics.

- (a) gullible
- (b) surly
- (c) tactless
- (d) gracious

Q35. Complete the sentences given in List-I with the appropriate homonyms from List-II:-

List-I	List-II
(Sentences)	(Homonyms)
(A) The wind blew so strongly that the weather _____ on the rooftop spun rapidly.	(I) vain
(B) She has a personal ___ in the success of the play.	(II) steak
(C) Her ___ efforts to fix the broken device only ended up frustrating her.	(III) vane
(D) The conversation sizzled like a ___ on the grill, heated and rich with unspoken tension.	(IV) stake

Choose the correct answer from the options given below:-

- (a) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)
- (b) (A) - (I), (B) - (III), (C) - (II), (D) - (IV)
- (c) (A) - (II), (B) - (III), (C) - (I), (D) - (IV)
- (d) (A) - (IV), (B) - (II), (C) - (III), (D) - (I)

Q36. Select the synonym for the word : Nimble

- (a) Austere
- (b) Agile
- (c) Languid
- (d) Lazy

Q37. Select the appropriate pair of words to fill in the blanks in the following sentence:-

The diligent investigator posed several \_\_\_\_\_ questions to the suspect in order to \_\_\_\_\_ the details of the case.

- (a) evasive, confuse
- (b) irrelevant, obscure
- (c) incisive, elicit

(d) vague, exaggerate

Q38. Select the synonym of the underlined word in the following sentence:-

Her speech was filled with such hackneyed expressions that it felt like she was reading from a well-worn script.

- (a) shallow
- (b) trite
- (c) innovative
- (d) jagged

Q39. Select the word that is opposite in meaning to the highlighted word:-

These results closely accord with our predictions.

- (a) conflict
  - (b) manage
  - (c) react
  - (d) approve
- Q. 40

Q40. Select the synonym for the underlined word in the following sentence:-

Amid the whispered retractions that shadowed her every step, she walked with a quiet dignity as if truth itself walked beside her.

- (a) adulation
- (b) vindication
- (c) slander
- (d) vendetta

Q41. Rearrange the following parts to form a meaningful sentence:-

- (A) the sycamore tree whose leaves and pods produce a natural
- (B) other plants that might compete for water and nutrients
- (C) few other plants can grow beneath the canopy of
- (D) herbicide that reaches into the surrounding soil, inhibiting

Choose the correct answer from the options given below:-

- (a) (A), (C), (B), (D)
- (b) (A), (B), (C), (D)
- (c) (C), (A), (D), (B)
- (d) (C), (B), (D), (A)

Q42. From the given options, select the most appropriate expression to fill in the blank in the given sentence:-

The athlete's career took a dramatic after her record-breaking performance.

- (a) close call
- (b) lasting impression
- (c) downward spiral
- (d) upward trajectory

Q43. Select the idiom that best fits the meaning implied in the given sentence:-

During the meeting, her casual and thoughtless remarks deeply annoyed and irritated her colleagues.

- (a) keep someone at bay
- (b) rub someone up the wrong way
- (c) have it out with someone
- (d) be at loggerheads with others

Q44. Select the most appropriate word from the given options to fill in the blank in the given sentence:-

He won three championships, creating a record in the league's history.

- (a) concurrent
- (b) cumulative
- (c) consecutive
- (d) consequential

Q45. Complete the sentences given in List-I with the appropriate verb forms given in List-II:-

List-I (Sentences)	List-II (Verb forms)
(A) He promised__me a post in his department.	(I) have given
(B) I__my best years to the service of the nation.	(II) gave
(C) His services were terminated as he __trouble to the authorities.	(III) to give
(D) Atul always __ his hundred percent to the task at hand.	(IV) had been giving

Choose the correct answer from the options given below:-

- (a) (A) - (II), (B) - (I), (C) - (III), (D) - (IV)
- (b) (A) - (III), (B) - (I), (C) - (IV), (D) - (II)
- (c) (A) - (I), (B) - (IV), (C) - (III), (D) - (II)
- (d) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)

Q46. Select the most appropriate word from the given options to fill in the blank in the following sentence:-

As the storm approached, we could hear the distant \_\_\_\_\_ of thunder in the sky.

- (a) rumble
- (b) crackle
- (c) ripple
- (d) clank

Q47. Match the underlined and highlighted segments in List-I with the corresponding idioms in List-II:-

List-I (Sentences)	List-II (Idioms)
(A) I think there's a reason she's not telling us about that letter she sent to the boss.	(I) at the receiving end
(B) She's an awful boss to work for. The employees have to do what she wants whenever she wants, eight hours a day, seven days a week.	(II) hidden agenda
(C) He has had to take a lot of criticism from the press in recent weeks.	(III) left to my own device

(D) I don't want someone telling me what to do all the time. I'd rather be allowed to make my own decisions about how to do things.

(IV) at someone's beck and call

Choose the correct answer from the options given below:-

- (a) (A) - (I), (B) - (II), (C) - (III), (D) - (IV)
- (b) (A) - (IV), (B) - (I), (C) - (III), (D) - (II)
- (c) (A) - (I), (B) - (II), (C) - (IV), (D) - (III)
- (d) (A) - (II), (B) - (IV), (C) - (I), (D) - (III)

Q48. From the given options, select the most appropriate word to fill in the blank in the given sentence:-  
He gazed \_\_\_\_\_ at his beautiful parental home in the valley, his thoughts drifting to a memorable past.

- (a) zestfully
- (b) yieldingly
- (c) yearningly
- (d) woefully

Q49. Select the synonym for the word: QUERULOUS.

- (a) Imbecile
- (b) Stoic
- (c) Petulant
- (d) Deficient

Q50. Complete the sentences given in List-I with the appropriate adverbs given in List-II:-

List-I (Sentences)	List-II (Adverbs)
(A) She looked at him ____, trying to hide her excitement.	(I) efficiently
(B) He ____ admitted that he had forgotten the appointment.	(II) confidently
(C) They finished the project ____, avoiding any last minute stress.	(III) eagerly
(D) The professor spoke ____, capturing everyone's attention.	(IV) sheepishly

Choose the correct answer from the options given below:-

- (a) (A) - (II), (B) - (I), (C) - (IV), (D) - (III)
- (b) (A) - (I), (B) - (III), (C) - (II), (D) - (IV)
- (c) (A) - (IV), (B) - (III), (C) - (II), (D) - (I)
- (d) (A) - (III), (B) - (IV), (C) - (I), (D) - (II)