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# UP NHM CHO

**Previous Year Paper**  
**10th September 2021**



## 100 Questions

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**Que. 1** Which of the following statements related to in vitro fertilisation is correct?

1. Fertilisation takes place inside the body via a test tube.
2. It involves the fertilisation of the zygote.
3. The ovum is fertilised with the sperm outside the body of the woman.
4. Fertilisation of male and female gametes takes place at 40°C.

Correct Option - 3

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**Que. 2** Which of the following goal are you aiming for when you teach a pregnant woman how to do Kegel exercises?

1. Prevent perineal lacerations
2. Increase pelvic muscle tone
3. Lose pregnancy weight quickly
4. Stimulate labor contractions

Correct Option - 2

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**Que. 3** What kind of counselling is done by a person or counsellor who may be approachable and understanding, but may not be professionally qualified?

1. Substantial counselling
2. Informal counselling
3. Non-specialist counselling
4. Professional counselling

Correct Option - 2

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**Que. 4** The crude birth rate is calculated by:

1. dividing the total population by the number of births in one year
2. dividing the total population by the number of births in one decade
3. multiplying the total population by the number of births in one month
4. dividing the total population by the number of deaths in one year

Correct Option - 1

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**Que. 5** Which assessment would indicate that a woman is in true labor?

1. Membranes are ruptured and fluid is clear
2. Progressive cervical dilatation, 90% effaced
3. Presenting part is engaged and not floating
4. Contractions last 30 seconds, every 5 to 10 minutes

Correct Option - 2

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**Que. 6** In which year did Madras Presidency succeed in enacting the Madras Nurses and Midwives Act to promote the hiring of a registered midwife for service during childbirth?

1. 1928

3. 1923
4. 1926

Correct Option - 4

---

**Que. 7** The cessation of menstrual cycles at the end of a woman's reproductive years is referred to as:

1. amenorrhea
2. menopause
3. menorrhagia
4. menarche

Correct Option - 2

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**Que. 8** Which of the following is a common type of female pelvic shape with features such as round, shallow and open?

1. Platypelloid
2. Android
3. Gynecoid
4. Anthropoid

Correct Option - 3

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**Que. 9** Community assessment tools that are present with a community health centre can be used to collect valid information about a \_\_\_\_\_ in order to provide better health services.

1. environment
2. culture
3. community
4. disease

Correct Option - 3

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**Que. 10** WHO's \_\_\_\_\_ assesses the quality, safety and efficacy of Covid-19 vaccines and is a prerequisite for COVAX Facility vaccine supply.

1. Life Saving Drugs
2. Listing of Highly Efficient Vaccine
3. Emergent Utility List
4. Emergency Use Listing

Correct Option - 4

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**Que. 11** Community health nursing emphasises on \_\_\_\_\_ or wellness.

1. negative health
2. positive health
3. level of nutrition
4. community standard of living

Correct Option - 2

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**Que. 12** Which of the UN's Sustainable Development Goals (SDGs) is related to health and wellbeing?

1. 13th target
2. third goal

3. 5th target
4. 16th target

Correct Option - 2

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**Que. 13** \_\_\_\_\_ is the first step in the establishment of a health programme for community members.

1. Establishment of a plan of action
2. Community diagnosis
3. Establishment of priorities
4. Definition of objectives for action

Correct Option - 2

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**Que. 14** In which year was the National Rural Health Mission (NRHM) passed in the Indian Parliament?

1. 2003
2. 2008
3. 2005
4. 2006

Correct Option - 3

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**Que. 15** Which of the following is/are characteristics of community health nursing?

1. Population orientation
2. Industrialisation and urbanisation
3. Pollution - noise and radiation
4. Public behaviour

Correct Option - 1

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**Que. 16** Time limit for registering births in within:

1. 10 days
2. 7 days
3. 21 days
4. 14 days

Correct Option - 3

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**Que. 17** In India, which of the following ministries has the overall responsibility of monitoring the 'Integrated Child Development Services' (ICDS) scheme?

1. Ministry of Agriculture & Farmers' Welfare
2. Ministry of Women and Child Development
3. Ministry of Ayush
4. Ministry of Tribal Affairs

Correct Option - 2

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**Que. 18** Infant mortality rate is the number of deaths of children of the age \_\_\_\_\_.

1. 0-1 year per thousand live births
2. 0-1 year per 100 live births
3. 0-5 years per thousand live births

4. 0-1 month per lakh live births

Correct Option - 1

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**Que. 19** When an infant is treated, and if his heart rate remains less than 80 beats per minute even after an external cardiac massage, which of the following should be given to him?

1. sodium bicarbonate
2. adrenaline
3. Sodium chloride
4. potassium bicarbonate

Correct Option - 2

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**Que. 20** Up to what age does the term 'newborn' apply to babies?

1. up to 1 year of birth
2. up to 1 month after birth
3. up to 7 days after birth
4. up to 15 hours after birth

Correct Option - 2

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**Que. 21** Babies who are born before the end of 37 weeks of gestation and have a normal rate of intrauterine growth are called \_\_\_\_\_.

1. big for date
2. preterm
3. small for date (SFD)
4. post-term

Correct Option - 2

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**Que. 22** Which of the following is a disorder of red blood cells?

1. Anaemia
2. Thalassemia
3. Haemophilia
4. Leukaemia

Correct Option - 1

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**Que. 23** Which of the following is the main cause of Japanese encephalitis?

1. Protozoa
2. Blue-green algae
3. Virus
4. Bacteria

Correct Option - 3

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**Que. 24** Polio is a highly infectious disease caused by:

1. bacteria
2. virus
3. fungi
4. protozoa

Correct Option - 2

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**Que. 25** Which of the following options most appropriately describes the term 'inanimate object'?

1. A non-living article like a pen, pencil, linen or handkerchief which helps in the spread of infection
2. Microbes which cause infection and disease
3. A living organism which helps in the spread of infection from one person to another
4. An infectious agent that may be transferred directly or indirectly from one infected person to another

Correct Option - 1

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**Que. 26** The sinus venarum and the atrium meet at the muscular ridge called \_\_\_\_\_.

1. the crista terminalis
2. the fossa ovalis
3. the auricle
4. the venae cordis minimae

Correct Option - 1

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**Que. 27** The covering of the heart is called \_\_\_\_\_.

1. atria
2. thorax
3. stemum
4. pericardium

Correct Option - 4

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**Que. 28** Why is hand wash an important step in the procedure for care of a wound?

1. To cover the wound and quicken healing
2. To prevent cross-contamination
3. To avoid any further injury
4. To help remove extra moisture from the wound

Correct Option - 2

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**Que. 29** Plasma of the blood is made up of:

1. protein and salt
2. carbohydrate
3. protein, water and salt
4. water

Correct Option - 3

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**Que. 30** Nosocomial infections occur due to microbes known as:

1. fungi
2. bacteria
3. blue-green algae
4. virus

Correct Option - 2

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**Que. 31** In medical surgical nursing which of the process is known as cleaning:

1. the removal of all foreign material, such as soil or organic material
2. Removal of virus
3. Removing of pathogenic only
4. the elimination of many or all micro-organisms

Correct Option - 1

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**Que. 32** Which of the following is NOT a part of an animal cell?

1. Plasma membrane
2. Cellwall
3. Nucleus
4. Cytoplasm

Correct Option - 2

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**Que. 33** Which of the following plays an important role in developing of an individuals physical characteristics?

1. Socio-cultural factors
2. Mental attitudes
3. Heredity
4. Personal habits

Correct Option - 3

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**Que. 34** Which of the following is not a measure of health and well-being?

1. Environmental fitness
2. Social fitness
3. Spiritual fitness
4. Physical fitness

Correct Option - 1

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**Que. 35** Which of the following factors lead to a tendency towards drinking, smoking, substance abuse, chewing tobacco or irregular eating habits, leading to a various health problems?

1. Environmental
2. Genetic
3. Behavioural
4. Social

Correct Option - 3

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**Que. 36** Cancer causative agents are called \_\_\_\_\_.

1. carcinogen
2. leukaemia
3. benign tumour
4. lymphoma

Correct Option - 1

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**Que. 37** A person can cope with life's routine stresses by paying attention to which of the following aspects of personal health?

1. mental health
2. environmental health
3. physical health
4. social health

Correct Option - 1

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**Que. 38** Why is milk considered the best and complementary food for babies?

1. It is a rich source of protein.
2. It is a rich source of protein and calcium.
3. It is a rich source of protein, fat, vitamin A and calcium.
4. It is a rich source of protein and fat.

Correct Option - 3

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**Que. 39** Which of the following nutrient is also called 'body-building food'?

1. Vitamin
2. Protein
3. Carbohydrate and fat
4. Mineral

Correct Option - 2

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**Que. 40** What is the permissible amount of vegetables for each student to ensure a balanced and nutritious diet to the children of upper primary class (Class VI to VIII) as per the 1st September, 2021 'Mid-Day Meal' scheme?

1. 80 gms
2. 65 gms
3. 45 gms
4. 75 gms

Correct Option - 4

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**Que. 41** Which of the following is externally motivated and arises as a result of our interactions with other people?

1. Environmental stress
2. Physical stress
3. Spiritual stress
4. Social stress

Correct Option - 4

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**Que. 42** Which of the following is an example of negative symptoms of schizophrenia?

1. People with these delusions believe that they are being conspired, spied on, slandered, threatened, attacked, or deliberately tortured.
2. people move spontaneously or make strange faces and gestures
3. lack of thought, feeling, and behavior
4. excess of thoughts, feelings, and behaviors

Correct Option - 3

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**Que. 43** In which of the following there are recurrent anxiety attacks, in which the person experiences extreme fear?

1. Panic disorder
2. Anxiety disorder
3. Social phobias
4. Generalised anxiety disorder

Correct Option - 1

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**Que. 44** Which of the following refers to our ability to organize and observe our own behaviour?

1. self efficacy
2. Self-instruction
3. self-esteem
4. Self-regulation

Correct Option - 4

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**Que. 45** The character of a person, which ties him to a social or cultural group, is derived from his \_\_\_\_\_.

1. social identity
2. social security
3. self-esteem
4. Personal identity

Correct Option - 1

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**Que. 46** Which of the following is the most appropriate definition of disorganized type of schizophrenia?

1. Does not fit any subtype, but meets symptom criteria
2. hallucinations with delusions or auditory hallucinations
3. Disorganized conversation and behavior, inappropriate or general affect, no catatonic symptoms
4. Extreme motor immobility, excessive motor inactivity, extreme negativism

Correct Option - 3

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**Que. 47** H. J. Eysenck proposed that a person's personality can be reduced to \_\_\_\_\_ broad dimensions.

1. two
2. five
3. three
4. six

Correct Option - 1

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**Que. 48** Psychoneuroimmunology focuses on the links between mind, brain, and \_\_\_\_\_.

1. nervous system
2. digestive System
3. reproductive system
4. immune system

Correct Option - 4

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**Que. 49** Which of the following elements is the most abundant element in living organisms?

1. Hydrogen
2. Oxygen
3. Nitrogen
4. Carbon

Correct Option - 2

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**Que. 50** Which of the following journal helps in keeping a daily or weekly log (details) of food and beverage intake as well as time spent watching television, playing video games and exercising?

1. Fitness journal
2. Field journal
3. Research journal
4. Diet journal

Correct Option - 4

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**Que. 51** After food is propelled to the stomach by the oesophagus, it is then sent to \_\_\_\_\_ from the food pipe at one end and opens into: where physical digestion via segmentation takes place.

1. the anus
2. the liver
3. the large intestine
4. the small intestine

Correct Option - 4

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**Que. 52** Which of the following components of the ring structure of chlorophyll helps in maintaining the ribosome structure?

1. Magnesium
2. Iron
3. Sulphur
4. Potassium

Correct Option - 1

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**Que. 53** The digestive juice presents in \_\_\_\_\_ breaks down proteins into simpler substances.

1. the liver
2. the large intestine
3. the small intestine
4. the stomach

Correct Option - 4

---

**Que. 54** Which age group is an opportune time for interventions to address anaemia?

1. Adolescence
2. Youth
3. Adult
4. infant

Correct Option - 1

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**Que. 55** Which of the following statements is incorrect regarding the nutritional limits of fast food?

1. Fast food meals are high in sodium, which is not desirable.
2. Fast foods contain small amounts of essential nutrients such as calcium, riboflavin and vitamin A, unless milk or milkshakes are consumed.
3. The percentage of energy derived from fat is very low in many food combinations.
4. Only a few fast foods are sources of folic acid and fiber.

Correct Option - 3

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**Que. 56** The process in which digested food can move into the blood vessels of the intestinal wall is called \_\_\_\_\_.

1. assimilation
2. egestion
3. digestion
4. absorption

Correct Option - 4

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**Que. 57** A child of 3 years of age has suffered burns due to hot tea spilled on his hands and feet. How will you take care of this baby immediately after the accident at home?

1. running cold water over the burn
2. using a bandage on the affected area
3. resting the affected area
4. applying ice to the affected area

Correct Option - 1

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**Que. 58** Which of the following is not the basic objective of first aid?

1. relieve pain
2. immediate care
3. placing the casualty on a ventilator
4. To protect the casualty from further harm

Correct Option - 3

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**Que. 59** There are \_\_\_\_\_ bones in the adult human body.

1. 225
2. 206
3. 300
4. 116

Correct Option - 2

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**Que. 60** Hypothermia develops when the body temperature is below \_\_\_\_\_.

1. 45°C
2. 30°C
3. 35°C
4. 20°C

Correct Option - 3

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**Que. 61** What type of injury is a contusion?

1. Soft tissue injury
2. Bone injury
3. Luxation injury
4. Joint injury

Correct Option - 1

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**Que. 62** An injury to the skin caused by a sharp cut of an object is called \_\_\_\_\_.

1. abrasion
2. avulsion
3. incision
4. puncture wound

Correct Option - 3

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**Que. 63** What is the full form of ORS?

1. Oral Recovered Solution
2. Oral Rehydration Salts
3. Oral Regenerate Salts
4. Oral Regenerate Solution

Correct Option - 2

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**Que. 64** The most frequent incomplete fracture in children, in which the bone is twisted, is called \_\_\_\_\_.

1. spiral fracture
2. oblique fracture
3. green stick fracture
4. transverse fracture

Correct Option - 3

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**Que. 65** \_\_\_\_\_ is a condition in which food is not digested properly, and the stomach feels full.

1. Vomiting
2. indigestion
3. Constipation
4. Diarrhoea

Correct Option - 2

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**Que. 66** Each tooth is embedded in an antrum in the jaw bone. What is this type of attachment called?

1. thecodont
2. pyloric
3. diphyodont
4. fundic

Correct Option - 1

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**Que. 67** Which of the following cell forms the boundary of cytoplasm protected from outside by external shock?

1. Peroxisomes
2. Vacuole
3. Lysosomes
4. plasma membrane

Correct Option - 4

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**Que. 68** The cerebrum is also known as:

1. the frontal lobe
2. the parietal lobe
3. the cerebral cortex
4. the temporal lobe

Correct Option - 3

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**Que. 69** A muscular sphincter (gastro-oesophageal) regulates the opening of the oesophagus into:

1. the pancreas
2. the stomach
3. the large intestine
4. the liver

Correct Option - 2

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**Que. 70** The peripheral neural system is divided into two parts; these parts are called the somatic neural system and \_\_\_\_\_.

1. the spinal neural system
2. the visceral nervous system
3. the sympathetic neural system
4. the autonomic neural system

Correct Option - 4

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**Que. 71** In most mammals, including humans, two sets of teeth are formed during their lives: the first set of temporary milk teeth or dentition, which is later replaced by a set of permanent or adult teeth. What is this type of dentition called?

1. thecodont
2. diphyodont
3. pyloric
4. fundic

Correct Option - 2

---

**Que. 72** The human nervous system is divided into two parts, one of which is the central nervous system and the other is \_\_\_\_\_.

1. the peripheral neural system
2. the enteric nervous system
3. the parasympathetic neural system
4. the cervical spinal neural system

Correct Option - 1

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**Que. 73** Which of the following is NOT a direct mode of transmission in communicable diseases?

1. Direct Infection
2. Skin and eye infection
3. Mucosa
4. Typhoid

Correct Option - 1

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**Que. 74** In medical healthcare, what is the full form of the term GDA?

1. Group of Doctor's Association
2. Gross Disease Area
3. General Duty Assistant
4. General Doctor Associations

Correct Option - 3

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**Que. 75** Which of the following types of stretchers can be folded from the middle?

1. Pale and canvas stretcher
2. Utile stretcher
3. Scoop (orthopaedic) stretcher
4. Improvised stretcher

Correct Option - 2

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**Que. 76** What is the full form of ANM?

1. Assistant Nursing Medical staff
2. Associate Nursing Medical
3. Auxiliary Nurse Midwife
4. Auxiliary Nurse Medical caretaker

Correct Option - 3

---

**Que. 77** The Expert Committee for Health Manpower Planning, Production and Management was constituted in which year?

1. 1985
2. 1999
3. 2000
4. 1976

Correct Option - 1

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**Que. 78** Which of the following types of laboratories are responsible for blood tests?

1. Haematology laboratory
2. Parasitology laboratory
3. Bacteriology laboratory
4. Clinical biochemistry laboratory

Correct Option - 1

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**Que. 79** Who is the author of the book 'Notes on Nursing: What it is and what it is not'?

1. Dr. Ashok Ganguli
2. Florence Nightingale
3. Virginia Henderson
4. Dr. Rajkumari Amrita Kaur

Correct Option - 2

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**Que. 80** In which method of nursing is the nurse expected to provide complete nursing care to the patient?

1. Team method
2. Patient method
3. Individual method
4. Functional method

Correct Option - 2

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**Que. 81** From the given alternatives, select the number which can come in place of the question mark (?) in the following series?

12, 17, 23, 31, 42, ?

1. 55
2. 57
3. 60
4. 53

Correct Option - 2

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**Que. 82** Four sets of letters are given, out of which three are congruent and one is incompatible. Select the inconsistent one.

1. ACFK
2. MORW
3. YADJ
4. JLOT

Correct Option - 3

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**Que. 83** Which of the following was the first mRNA vaccine in India to be licensed for emergency use?

1. Moderna mRNA 1273
2. Pfizer vaccine
3. Sinovac
4. Sputnik

Correct Option - 1

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**Que. 84** The average monthly income of R1 and R2 is Rs. 99,500. The average monthly income of R2 and R3 is Rs. 1,15,600 and the average monthly income of R1 and R3 is Rs. 81,000. What will be the monthly income of R2?

1. Rs. 1,39,400
2. Rs. 1,45,300
3. Rs. 1,22,200
4. Rs. 1,34,100

Correct Option - 4

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**Que. 85** If 'A # B' means - 'A is the sister of B', 'A ^ B' means - 'A is the mother of B', 'A \* B' means - 'A is the wife of B', and 'A % B' means 'A is the father of B', then how is 'C' related to 'E' in the following expression?

$A * B \% C \# D \wedge E \% F$

1. maternal aunt
2. Sister
3. Mother
4. Paternal Aunt

Correct Option - 1

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**Que. 86** Which of the following State Forest Department was launched to promote afforestation and restoration activities to compensate for the forests being taken for non-forest uses?

1. Compensatory Afforestation Fund Land Management and Planning Authority (CAMPA)
2. National Afforestation Program (NAP)
3. Ministry of Environment and Forests (MoEF)
4. National Forestry Program (NFP)

Correct Option - 1

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**Que. 87** Which of the following bacteria present in the soil produces a characteristic odour when it rains on heated soil?

1. Micrococcus
2. Staphymycetes
3. Streptomycetes
4. Diplomycetes

Correct Option - 3

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**Que. 88** Two segments of a LAN can be connected using a \_\_\_\_\_.

1. gateway
2. repeater
3. bridge
4. router

Correct Option - 3

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**Que. 89** In a \_\_\_\_\_ attack, the attacker attempts to write outside the bounds of a block of allocated memory, so that it can corrupt data or execute malicious code.

1. ransomware
2. buffer overflow
3. denial of service
4. SQL injection

Correct Option - 2

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**Que. 90** Amanda takes 14 hours to travel 720 km, if she travels 240 km by tow truck and the rest by van. If she travels 320 km by tow truck and the rest by van, she takes 40 minutes more. Find the ratio of the speeds of the tow truck and the van.

1. 5 : 3
2. 3 : 2
3. 2 : 3
4. 3 : 5

Correct Option - 3

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**Que. 91** From a group of 15 casting directors of a Bollywood film, four directors aged 18 years, 19 years, 17 years and 15 years were removed and replaced by four new directors, the average age of the group increased by 4 months it occurs. Find the average age of the newly joined directors.

1. 18 years 6 months
2. 17 years 6 months
3. 18 years 5 months
4. 17 years 4 months

Correct Option - 1

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**Que. 92** \_\_\_\_\_ topped the Sustainable Development Report (SDR) 2021.

1. Finland
2. India
3. USA
4. China

Correct Option - 1

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**Que. 93** The fastest hardware device in a computer is \_\_\_\_\_.

1. USB port
2. cache memory
3. laser printer
4. Processor

Correct Option - 4

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**Que. 94** A hexa-core microprocessor consists of \_\_\_\_\_ independent execution units.

1. 12
2. 6
3. 16
4. 4

Correct Option - 2

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**Que. 95** If Rohan paid Rs. 20 books at the rate of 120 each, Rs. 150 each and 30 books at the rate of Rs. Bought 15 books at the rate of 100 each, then find the average cost price per book.

1. Rs. 133.79
2. Rs. 134.45
3. Rs. 178.61
4. Rs. 129.23

Correct Option - 4

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**Que. 96**

From the given alternatives, select the number which can come in place of the question mark (?) in the following series?

3, 6, 5, 10, 9, 14, ?

1. 17
2. 18
3. 16
4. 19

Correct Option - 1

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**Que. 97** Which of the following bacteria is responsible for Curdling?

1. Lactic acid bacteria
2. Lactobacillus aureus
3. Lactobacillus acidophilus
4. Bacillus radicumicola

Correct Option - 4

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**Que. 98** \_\_\_\_\_ was established to design, manage and operate a national optical fiber network.

1. BharatNet
2. Startup India
3. Standup India
4. BharatMala

Correct Option - 1

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**Que. 99** A runner can complete his race in 16 hours. If his speed is decreased by  $\frac{1}{5}$ th, he can cover 40 km less distance in the same time. What was the speed of the runner in the beginning?

1. 15 km/h
2. 10 km/h
3. 18 km/h
4. 5 km/h

Correct Option - 2

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**Que. 100** Four sets of letters are given, out of which three are congruent and one is incompatible. Select the inconsistent one.

1. UWYA
2. FHJL
3. RTVX
4. EGJL

Correct Option - 4