

**PART I****Comprehension ability (30 marks)**

**Questions 1 to 6:** *Read the passage below and answer the questions 1 to 6 each in maximum 4-5 sentences.*

Sleep is a fundamental biological process essential for maintaining physical and mental health. It plays a vital role in cognitive functions, emotional regulation, immune system support, and metabolic processes. The human body requires approximately 7–8 hours of quality sleep each night to function optimally. However, disruptions in sleep patterns can lead to various health problems, including cardiovascular diseases, obesity, diabetes, and psychological disorders. Sleep is structured into cycles consisting of non-rapid eye movement (NREM) and rapid eye movement (REM) stages. NREM sleep has three phases: light sleep, deep sleep, and slow-wave sleep, which are crucial for physical restoration. REM sleep, characterized by intense brain activity and dreaming, is essential for emotional regulation and memory consolidation. A typical sleep cycle lasts about 90 to 120 minutes and repeats several times throughout the night.

Quality sleep contributes significantly to mental health. It helps consolidate memories, process emotions, and enhance problem-solving abilities. On the other hand, sleep deprivation can lead to mood swings, anxiety, depression, and impaired cognitive function. Studies suggest that poor sleep can exacerbate mental health disorders, creating a cycle where psychological distress further disrupts sleep patterns.

Various sleep disorders can interfere with an individual's ability to achieve restful sleep. Insomnia, one of the most common disorders, is characterized by difficulty falling or staying asleep. Narcolepsy, a neurological disorder, causes excessive daytime

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sleepiness and sudden sleep attacks. Restless Legs Syndrome (RLS) leads to an uncontrollable urge to move the legs, particularly at night. Sleep apnea, a condition where breathing repeatedly stops and starts, can cause fragmented sleep and severe health risks if untreated.

The impact of sleep extends beyond mental well-being to physical health. During deep sleep, the body undergoes tissue repair, muscle growth, and immune system strengthening. Sleep deprivation has been linked to an increased risk of hypertension, heart disease, and weakened immunity. Moreover, sleep plays a role in metabolism and weight management. Hormonal imbalances caused by inadequate sleep can lead to increased appetite and weight gain.

Sleep needs vary across different age groups. Infants and young children require more sleep to support their rapid development, while adults need a consistent sleep schedule to maintain overall health. Aging can also impact sleep patterns, leading to shorter sleep duration and increased nighttime awakenings.

To improve sleep quality, individuals should practice good sleep hygiene, which includes maintaining a consistent sleep schedule, creating a comfortable sleep environment, and avoiding stimulants like caffeine and electronic screens before bedtime. Relaxation techniques such as deep breathing and meditation can also promote better sleep.

Recent studies highlight the growing importance of sleep research in understanding human health. Findings suggest that sleep quality is often more crucial than sleep duration. As research continues, the role of sleep in disease prevention, mental well-being, and overall health will gain even greater significance. Prioritizing sleep is essential for leading a balanced and healthy life.

1. Explain the importance of sleep for maintaining physical and mental health.



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*(Questions 4-5). Choose the correct adjectival form of the words given below.*

4. Year

- (A) Year before                      (B) Perennial  
(C) Yearwise                         (D) Annual

5. Youth

- (A) Youthly                         (B) Juvenile  
(C) Puerile                         (D) Fertile

*(Questions 6-10). Which of the phrases (A), (B), and (C) given below, in each sentence should replace the phrases printed in bold in the following sentences to make the sentence grammatically correct. If the sentence is correct as it is and no correction is required, mark (D) as the answer.*

6. If sense permits, it is **safe to use** short sentences than long ones.

- (A) is safe using                      (B) is safer to use  
(C) is safe for using                 (D) No correction required

7. If the accused **was guilty for** the crime, he should be punished.

- (A) was guilty in                      (B) has been guilty for  
(C) is guilty of                         (D) No correction required

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8. He is unique as he behaves with the same courtesy **of the poor as of** the rich.
- (A) with the poor as of                      (B) with the poor as with  
(C) for the poor as for                      (D) No correction required
9. The teacher asked the student **why was he looking so depressed.**
- (A) why was he looking so depress  
(B) why he looked depressing  
(C) why he was looking so depressed  
(D) No correction required
10. **As the time were** hard for all, the country was generally making progress.
- (A) Though the times were  
(B) Because the time was  
(C) Since the times were  
(D) No correction required

*(Questions 11-13). Each sentence below has one or two blanks, each blank indicating that something has been omitted. Beneath the sentence are four sets of words labeled A through D. Choose the set of words that, when inserted in the sentence, best fits the meaning of the sentence as a whole.*

11. Sadly, many tropical rain forests are so \_\_\_\_\_ by agricultural and industrial over-development that they may \_\_\_\_\_ by the end of the century.
- (A) threatened, vanish                      (B) augmented, diminish  
(C) rejuvenated, disappear                      (D) none of these

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12. My plea is not for drab and \_\_\_\_\_ technical writing about music but for pertinent information conveyed with as much \_\_\_\_\_ as possible.

(A) repetitive, redundancy      (B) inscrutable, ambivalence

(C) obscure, felicity      (D) euphonious, harmony

13. Most of Jay's friends think his life is unbelievably \_\_\_\_\_, but in fact he spends most of his time in \_\_\_\_\_ activities.

(A) fruitful, productive      (B) wasteful, useless

(C) varied, sportive      (D) scintillating, mundane

*(Questions 14-17). Choose the option that most closely matches the highlighted word.*

14. **Vivacious**

(A) Imaginary      (B) Lively

(C) Lazy      (D) Timely

15. **Persevere**

(A) Hesitate      (B) Concede

(C) Renounce      (D) Persist

**16. Vent**

- (A) Opening (B) Stodge  
(C) End (D) Past tense of go

**17. August**

- (A) Common (B) Ridiculous  
(C) Dignified (D) Petty

*(Questions 18-20). Choose the option that is opposite to the highlighted word.*

**18. Exodus**

- (A) Influx (B) Home-coming  
(C) Return (D) Restoration

**19. Relinquish**

- (A) Abdicate (B) Renounce  
(C) Possess (D) Deny

**20. Cacophony**

- (A) Disharmony (B) Pandemonium  
(C) Hullabaloo (D) Euphony

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*(Questions 21- 22). Some proverbs/idioms are given below together with their meanings. Choose the correct meaning of proverb/idiom.*

21. To end in smoke

- (A) To make completely understand
- (B) To ruin oneself
- (C) To overcome someone
- (D) None of these

22. A black sheep

- (A) A black sheep
- (B) A lucky person
- (C) An ugly person
- (D) None of these

*(Questions 23-25). In the questions below the sentences have been given in Active/Passive voice. From the given alternatives, choose the one that best expresses the given sentence in Passive/Active voice.*

23. Who is creating this mess?

- (A) Who has been created this mess?
- (B) By whom has this mess been created?
- (C) By whom this mess is being created?
- (D) By whom is this mess being created?

24. I cannot accept your offer.

- (A) Your offer cannot be accepted.
- (B) I cannot be accepted by your offer.
- (C) The offer cannot be accepted by me.
- (D) Your offer cannot be accepted by me.

25. He is said to be very rich.

- (A) He said he is very rich.
- (B) People say he is very rich.
- (C) He said it is very rich.
- (D) People say it is very rich.

*(Questions 26- 30). Each question consists of two words that have a certain relationship to each other followed by four pairs of related words, Select the pair that has the same relationship.*

26. DISTANCE : MILE

- (A) weight : scale
- (B) bushel : corn
- (C) liquid : litre
- (D) fame : television

27. CORPOREAL : SPIRITUAL

- (A) mesa : plateau
- (B) moron : savant
- (C) foreigner : immigrant
- (D) pedagogue : teacher

28. ARMY : LOGISTICS

- (A) business : strategy
- (B) soldier : students
- (C) war : logic
- (D) team : individual

29. Arrange the following words in a meaningful sequence.

- (i) Heptagon, (ii) Square, (iii) Hexagon, (iv) Polygon, (v) Triangle
- (A) (v), (ii), (iii), (i), (iv)
- (B) (i), (v), (iii), (ii), (iv)
- (C) (v), (iii), (i), (ii), (iv)
- (D) (ii), (i), (iii), (iv), (v)

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30. Arrange the words given below as per order in the dictionary.

(i) Wistful, (ii) Watch, (iii) Willful, (iv) Wanton, (v) Wanted

(A) (v), (iv), (ii), (iii), (i)            (B) (i), (iv), (ii), (iii), (v)

(C) (v), (iv), (iii), (ii), (i)            (D) (v), (ii), (iv), (iii), (i)

### Part III

**Writing Skills** ( $2 \times 20 = 40$  marks)

Write notes on **any two** of the topics given below within 500 words and **not more than three-four paragraphs**.

1. Impact of social networking websites on individuals.
2. Printed document vs. electronic documents
3. Significance of libraries in students' lives.