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Direction: Read the passage given below and answer these questions:

The reformer must know that what moves people is the authentic life, not mere writing. The newspaper and journals that Tilak and other reformers ran, the books they wrote, sold little, but had enormous effect. Their writing was known to reflect and be just an extension of, their exemplary lives. It was the authenticity of their lives which lent weight to their message, to their example. All knew that their lives were an integral whole – they were not moral in public life and lack in private, not vice versa. They were not full of pious thoughts and sacred resolutions within the walls of a temple.

A writer who is merely entertaining his readers, even one who is merely informing them, can do what he wants with the rest of his life. But the writer, who sets out to use his pen to reform public life, cannot afford such dualities. Here is the testimony of one great man – about the influence of another, Lokmanya Tilak.

“I believe that an editor who has anything worth saying and who commands a clientele cannot easily be hushed. He delivered his finished message as soon as he is put under duress. Tilak spoke more eloquently from the Mandalay fortress than through columns of the printed Kesari. His influence was multiplied thousand fold by his imprisonment and his speech and his pen had acquired much greater power after he was discharged than before his imprisonment. By his death we have been editing his paper without pen and speech through the sacred resolution of the people to realize his life’s dream.

Direction: Read the passage given below and answer these questions:

He could possibly have done more if he were today in flesh preaching his view. Critics like me would perhaps be still finding fault in the expression of this or that. Today, his message rules millions of hearts which are determined to raise permanent living memorial by the fulfilment of his ambition in their lives.

I. Complete the following sentence: Tilak's messages were most effective [CMAT 2020]

- A. when he delivered them through editorials
- B. after his death
- C. before his imprisonment
- D. when delivered in speeches



2. Which of the following is the result of Lokmanya Tilak's exemplary life? [CMAT 2020]

- A. The books written by him are useful
- B. He was put in jail at Mandalay
- C. The newspapers edited by him did not incur monetary loss
- D. People resolved to fulfil his life's dreams



**3. Which of the following is the general tendency of critics according to the passage?
[CMAT 2020]**

- A. To justify their criticism
- B. To find fault with one or the other expression of a writer
- C. To praise only those writers who they like
- D. To condemn one and all the reformer writers



4. In the context of the passage, a reformer becomes effective if: [CMAT 2020]

- A. He is an author with an excellent style of writing
- B. He is a journalist with an objective view point
- C. He is good critic of social practices
- D. He is a person with consistency in his writing and life style



5. Which of the following types of writers can be moral in their personal life and lack in public life? [CMAT 2020]

- A. Those who want to reform people
- B. Those whose writing is an extension of their exemplary lives
- C. Those who want to entertain people
- D. Those who lead an authentic life



6. In the context of the passage, which of the following statements about Tilak and the reformers is true? [CMAT 2020]

- A. They were moral in private life but lack in public life
- B. Very few people used to read the newspapers even from inside the jail
- C. They were allowed to edit their newspapers even from inside the jail
- D. Their influence on people was negligible



Direction: Read the passage given below and answer these questions:

All travelers from India experience a sense of familiarity about Bali, a sense of walking on a bridge across vast gulfs of time. Tagore, who visited Ubud in the 1920's, wrote enthusiastically, "Some puranic age seemed to have come back to life before our own eyes, some picture from the Ajanta caves come out from the realm of art into the realm of life to travel in the sunshine."

This connection to India goes down to the very bedrock. Till Wegener's theory of continental drift, the West saw the Earth as immutable, perfectly preserved as it was from the day of creation. The ancient Balinese, however, were less sanguine. Legend holds that in the beginning, Bali floated freely on the primeval ocean, causing chaos. It was Lord Shiva who broke off a fragment of Mount Meru and anchored the wandering island to the ocean floor with it. This fragment is Mount Agung, the luring volcano that is going through a current cycle of eruptions. I'd seen Agung from the plane on the approach, aloof, so tall that it pierces the boiling milk of the cloud cover. One glimpse instantly erased the interminable hours in the cramped plane.

The Indian traveler today only has to fear the avariciousness of low-cost airlines, which delight in cramming them into impossible densities. The same could not be said thousands of years ago when enterprising merchants from present-day Odisha set out across untamed seas, braving storms, rumoured sea monsters and, in a pre-insurance age, potential financial ruin.

I. As per passage, Lord Shiva anchored the wandering island to the ocean floor with the fragment that is known as: [SRCC GBO 2020]

- A. Bali
- B. Odisha
- C. Mount Agung
- D. Wegener



2. The problem with the low-cost airlines is: [SRCC GBO 2020]

- A. Less cost of travel
- B. Current cycle of eruptions
- C. Wandering islands
- D. Too many passengers crammed in less space



3. What was not relevant to the sea-travelling merchants thousands of years ago? [SRCC GBO 2020]

- A. Sea storms
- B. No insurance against financial ruin
- C. Rumoured sea monsters
- D. Long journey in a cramped plane



4. Which statement doesn't support the author's observation that Agung seems to be piercing the boiling milk of the cloud cover? [SRCC GBO 2020]

- A. Agung peaks above the clouds
- B. Agung is a fragment of Mount Meru
- C. It's a very tall mountain.
- D. The clouds look milky from the plane



5. When Tagore mentions about 'some puranic age that seemed to have come back', what is/which place is being referred? [SRCC GBO 2020]

- A. Burma
- B. Meru
- C. Ajanta
- D. Ubud



Direction: Read the passage given below and answer these questions:

Nutrition for injured athletes

Poor nutrition can lead to conditions that increase the risk of injury. But injuries are often an unavoidable aspect when participating in any physical activity. An injury can be particularly distressing for the eating disordered athlete. Psychological support is important. No change in diet is necessary when a quick recovery is expected.

There is a need in modification of food intake when an injury limits activity for less than a week. The need to reduce food intake is necessary to meet lower energy needs, if recovery is expected to take longer than a week. Long-term recovery may require an absolute reduced diet.

Surgical trauma, fever, or infection requires dietary changes. In these cases, protein intake should be increased during the early stages of recovery, because proteins repair damaged tissues. Protein is important for immune function. If a slow recovery is expected, the injury might cause significant emotional stress. Fear, anxiety, and anger are all typical reactions to injury. These emotions can increase the secretion of epinephrine (adrenaline) from the adrenal gland. This in turn can cause a series of metabolic changes that result in increased loss of nitrogen (protein) through the urine. In general, the importance of psychological support for injured athletes varies depending on length of recovery and injury severity.

Direction: Read the passage given below and answer these questions:

Anxiety about the injury might lead to increased food cravings, more free time and less structure in the daily routine can lead to boredom and increases opportunities to eat more and it may result in weight gain. Some injured athletes simply do not adjust their energy needs and continue to follow their typical training diet.

Nutritional need while travelling

Maintaining good nutritional practices while travelling to and from events may affect an athlete's health and athletic success. A slightly lower carbohydrate and higher protein intake for strength athletes (40-48% carbohydrate, 20-26% protein, and 34% fat), stress the importance of eating natural and whole foods. Sports nutrition experts recommend that athletes should have multiple small meals per day (five or six feedings). Travelling with snacks helps to ensure that caloric needs are being met, despite unpredictable travel delays. Fresh vegetables and fruits, fruit smoothies, energy bars, nuts, bagels, and raisins are suggested to carry while travelling.



I. Which of the following leads to higher risk of injury? [TISSNET 2017]

- A. Eating disorders
- B. Excessive travelling
- C. Physical activity
- D. Poor nutrition



**2. Which factor influences the need for a change in diet in the recovery process the most?
[TISSNET 2017]**

- A. Presence or absence of psychological support
- B. Excessive travelling
- C. Time required for recovery
- D. Type of injury



3. Why is protein intake important in the recovery process? [TISSNET 2017]

- A. Because protein repairs damaged tissues
- B. Proteins help in building strength
- C. Proteins boost immunity
- D. All of the above



4. Which of the following can be the reasons for weight gain? [TISSNET 2017]

- A. Sticking to typical training diet
- B. Anxiety
- C. Physical stress
- D. None of the above



5. Why, according to the author, is it crucial for athletes to maintain their nutrition while travelling? [TISSNET 2017]

- A. It ensures their caloric needs are met
- B. It reduces stress
- C. It ensures faster recovery from injuries
- D. It reduces the risk of injury



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