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Score: 70/239 (29.29%)

Code: 9013

1. English is a ____ language.

- A) **Common** B) Day
C) Night D) Evening (Incorrect)

2. Using Internet is easy if we learn ____?.

- A) Sports (Incorrect) B) **English**
C) Maths D) Science

3. We can learn English by ____?.

- A) Cooking B) Playing
C) **Reading newspaper (Correct)** D) None of these

4. Tom tries to read the name boards, advertisements and posters that are in English. This helps him to _____.

- A) Play B) Friends
C) See D) **Improve his English (Correct)**

5. When people from different states/ countries meet officially, ____? is the commonly used language to communicate with each other.

- A) Latin B) **English**
C) Newspaper (Incorrect) D) Action

6. Words that are used to name people, places, animals and things are _____.

- A) Person B) Table
C) **Naming words (Correct)** D) Key

7. Naming words are also called ____?.

- A) **Nouns** B) Verbs (Incorrect)
C) Action D) Pronouns

8. Bats fly during the night. In this sentence the word Bat is _____.

- A) A boring word B) An action word (Incorrect)
C) A cool word D) **A Naming Word**

9. Ram was asked to measure his cupboard. It was 4 feet tall. Here feet means ____.

- A) Taste B) Hand
C) Leg (Incorrect) D) **Measurement**

10. John was travelling by bus to his village. He noted the names of places that he could see on his journey. What are these words called as?

- A) **Naming words** B) His (Incorrect)
C) That D) See

11. Cats is an example of ____ word.

- A) Words B) **Plural**
C) Singular D) Opposite (Incorrect)

12. Singular naming words are used when ____ person, place or thing is present.

- A) Many (Incorrect) B) Few
C) **One** D) More

13. Plural form of child is ____.

- A) Person B) Infant
C) Kid (Incorrect) D) **Children**

14. A child was working in the computer lab which had many computers. The word 'computers' is in the ____ form.

- A) Less B) **Plural**
C) Minimum D) Maximum (Incorrect)

15. Vinay visited the dentist because he was suffering from tooth ache. Dentist treats our teeth problems. In this sentence, which is the plural word?

- A) **Teeth** B) Tooth
C) Vinay (Incorrect) D) Dentist

16. Pronouns (ex: he, she, her) can be used in the place of _____.

- A) Spellings B) Adjective
C) Verb (Incorrect) D) **Naming words**

17. They? is used when we want to refer to ____.

- A) He B) She (Incorrect)
C) **Many people** D) Our

18. The pronoun 'I' is used for _____.

- A) Many B) **Myself (Correct)**
C) Other D) That

19. Ramesh is working in Chennai. ____likes the office environment.

- A) He
C) That (Incorrect)
- B) It
D) What

20. Sita and I are friends. ____stays in Gandhi Bazar.

- A) What
C) A (Incorrect)
- B) She
D) And

21. Action words are also called ____.

- A) Center
C) Verbs (Correct)
- B) Are
D) Is

22. Verbs tell the action of the ____.

- A) Cow
C) Act
- B) Change
D) Naming words (Correct)

23. Kim fell from her bike yesterday. The action in the sentence is in_____tense.

- A) Future
C) Present
- B) Past
D) Clear (Incorrect)

24. 'It is going to be a sunny day tomorrow'. The action in this sentence is in _____tense.

- A) Future
C) Date (Incorrect)
- B) Past
D) Day

25. Arun travels to school by bus. The action word in the sentence is ____.

- A) bus
C) school (Incorrect)
- B) travels
D) Arun

26. Adjectives are ____words.

- A) Sound
C) Describing (Correct)
- B) Finish
D) Neutral

27. Describing words add more information to the __?.

- A) Naming words
C) Sad (Incorrect)
- B) Bad
D) Numbers

28. It is a ____?knife. Fill in the correct adjective.

- A) this
C) and
- B) sharp (Correct)
D) there

29. 'The sea is blue'. In this sentence ____is an adjective.

- A) sea
C) is
- B) the
D) blue (Correct)

30. 'Arjun filled water into a large pot'. In this sentence the

describing word is _____.

- A) large
C) water (Incorrect)
- B) Arjun
D) into

31. The punctuation in a sentence makes the meaning_____?to understand.

- A) ambiguous (Incorrect)
C) think
- B) unclear
D) clear

32. The beginning of a sentence should start with _____letter

- A) Capital
C) Cursive
- B) Small
D) Italics (Incorrect)

33. Comma is used to show a ____within the sentence.

- A) Full stop
C) Break
- B) Pair
D) Capital letter (Incorrect)

34. Sita wanted to ask Nina about her summer plan. Choose the correct answer.

- A) Nina is your plan.
C) What Nina asked?
- B) Nina, what is your summer plan? (Correct)
D) None of these

35. Add comma wherever it is necessary. After the meeting we will go out.

- A) After, the meeting, we will go out.
C) After the, meeting we will go, out.
- B) After the meeting, we will go out.
D) After the meeting we will go out. (Incorrect)

36. Sentences are_____.

- A) group of words with complete meaning
C) Nouns
- B) Verbs (Incorrect)
D) Letters

37. A declarative sentence tells us some information or explanation. It ends with _____.

- A) Comma (,)
C) Full stop (.)
- B) Question mark (?)
D) Exclamatory mark (!) (Incorrect)

38. An exclamatory sentence ends with the ____.

- A) Full stop (.) (Incorrect)
C) Question mark (?)
- B) Comma (,)
D) Exclamatory mark (!)

39. The police were questioning about his crime. What type of sentence is it?

- A) Declarative (.) (Correct)
C) Exclamatory (!)
- B) Interrogative (?)
D) None of these

40. Every complete sentence has ____.

- A) 1 part (Incorrect) B) 2 parts
C) 3 parts D) 4 parts

41. The _____ is what or whom a sentence is about.

- A) **Subject (Correct)** B) Predicate
C) Object D) Verb

42. An occupation undertaken for a long period and with opportunities for progress is called

- A) Job B) **Career**
C) Work D) Hobby (Incorrect)

43. Everything that we do outside work is ____.

- A) **Personal life** B) Professional life
C) Tuition D) Dislikes (Incorrect)

44. Balance in _____ is important to have a healthy and happy life.

- A) Career demand B) Job satisfaction
C) **Work-life (Correct)** D) Salary

45. Siddhu is planning to start his career. He should have ____.

- A) Education (Incorrect) B) Career plan
C) Resume D) **All of these**

46. Sarah is a teacher at a school for one year. After that, she becomes a trainer for new teachers and then a principal. What does this job progression show?

- A) Sarah's job (Incorrect) B) Sarah's hobby
C) **Sarah's career** D) Sarah's education

47. Activities that one is good at and can do well are called ____.

- A) **Abilities (Correct)** B) Interests
C) Passion D) Sports

48. Things that one loves to do are called ____.

- A) Abilities (Incorrect) B) Job
C) **Interests** D) Work

49. We should choose our career based on our ____?.

- A) Disadvantages (Incorrect) B) **Strengths**
C) Weakness D) Workplace

50. Nisha loves cooking and she is good at dancing. Her ability is ____.

- A) Cooking B) **Dancing**

- C) Painting (Incorrect) D) Singing

51. Jack is very good at MS Excel. He must apply for a job based on his ____.

- A) Interests B) **Abilities**
C) Decision D) Mood (Incorrect)

52. A ____ path is a series of jobs to help you progress towards your goals.

- A) **Career** B) Foot
C) Unsatisfying D) Work (Incorrect)

53. One must choose the career path based on the changing ____.

- A) Interests B) Abilities
C) Cities D) **Market demands (Correct)**

54. How can creating career pathway posters help you plan your career?

- A) By teaching unrelated skills B) By ignoring market demands
C) **By providing clarity on your future goals (Correct)** D) By limiting your career growth

55. Suraj has finished his ITI course. He can create a career path that helps him progress towards his ____ and ____?.

- A) Cooking and painting B) **Goals and Objectives (Correct)**
C) Strengths and weakness D) Singing and dancing

56. Prem has completed his fashion design course. Which of the following he must consider when choosing a career path?

- A) Demands B) Trends
C) Ability D) **All of these (Correct)**

57. What does a market scan help us do?

- A) Learn new hobbies B) Get better at sports (Incorrect)
C) **Identify different career pathways** D) None of these

58. Which is NOT a proper way to collect data about a career?

- A) **Listening to gossips** B) Career magazines (Incorrect)
C) Career guidance agencies D) News papers

59. What can be the source of information for a market scan?

- A) Internet B) Industry visits
C) Alumni (Incorrect) D) **All of these**

60. Latha is planning to join a beauty salon. But she is not very sure about this profession. Who should she speak with to get a better understanding of the profession?

- A) **Professionals** B) Parents
C) Classmates D) Strangers (Incorrect)

61. Raghu's father had a typewriting press/shop. Now, he is replacing typewriters with_____.

- A) Phones **B) Computers**
C) TV (Incorrect) D) Radio

62. A _____is something you really want in life. You plan and take the right actions to make it happen.

- A) Dream B) Desire (Incorrect)
C) Goal D) None of these

63. The goal that someone plans to achieve within a year is called a _____.

- A) Long term goal B) Steps
C) Milestone (Correct) D) Desire

64. SMART stands for _____.

- A) Specific, Measurable, Achievable, Relevant, and Time-Bound.** B) Specific, Measurable, Archive, Relevant, and Time-Bound.
C) Specific, Measurable, Achievable, Relevant, and Trim D) Specific, Memorable, Achievable, Relevant, and Time-Bound. (Incorrect)

65. Nithya aims to achieve a score of 75% in her 10th- grade exams by the end of the academic year. This is a _____goal.

- A) SMART** B) STAR (Incorrect)
C) Great D) Life-time

66. Ramesh wanted to collect 50 stamps in 6 months. So, he started by collecting two stamps every week. This is a _____goal.

- A) Short-term** B) Life-time
C) Long-term (Incorrect) D) Unrealistic

67. We can share our thoughts, ideas and feelings through ____?.

- A) Communication** B) Reading (Incorrect)
C) Watching D) Hearing

68. Effective communication needs to be -

- A) Simple B) Clear
C) Complete (Incorrect) **D) All of these**

69. Which among these is a type of communication?

- A) Verbal B) Non-Verbal

- C) Visual **D) All of these (Correct)**

70. Nitya wanted to discuss an issue with her teammates. What type of communication is it?

- A) Written **B) Verbal (Correct)**
C) Image D) Video

71. The way we sit, our facial expression and body language show _____ communication.

- A) non- verbal** B) verbal (Incorrect)
C) informal D) written

72. Verbal communication is the use of _____.

- A) Sign (Incorrect) **B) Words**
C) Maths D) Images

73. Forms of verbal communication are _____.

- A) Making eye contact (Incorrect) B) Thinking
C) Writing and Speaking D) Dancing

74. Clear communication leads to _____.

- A) Different work (Incorrect) B) Opposite work
C) Slow work **D) Faster work**

75. Seetha is speaking to her customers to understand how to improve her business. What type of communication is this?

- A) Verbal Communication** B) Non-Verbal Communication
C) No Communication D) Written communication (Incorrect)

76. Raj and Tej talk to each other only on the phone. What type of communication is this?

- A) Sign communication B) Non-Verbal Communication (Incorrect)
C) Verbal Communication D) Written communication

77. Letter is a form of _____communication.

- A) Non-verbal B) Spoken
C) Written D) Telephone (Incorrect)

78. A formal letter can be used for _____purposes.

- A) Boring (Incorrect) **B) Official**
C) Friendship D) Fighting

79. 'Reg' in the letter means _____.

- A) Regarding** B) Subject
C) Greetings (Incorrect) D) Body

80. Tom received a letter, but it did not have any details of who sent it. The letter was missing the _____?address.

- A) Receiver?s (Incorrect) **B) Sender?s**
C) Greetings D) Subject

81. Sam wanted to apply for a job. He thought of writing a cover letter to the company. But his friend suggested to attach _____with the cover letter.

- A) Brochure (Incorrect) B) Leave
C) Formal **D) Resume**

82. Which is not a type of non-verbal communication ?

- A) E-mail (Correct)** B) Eye-contact
C) Hand movements D) Facial expression

83. Shouting shows we are angry. Talking very slowly shows we are tired or sleepy. What part of non-verbal communication helps us understand this?

- A) Smile (Incorrect) B) Hand movements
C) Tone of voice D) Eye movements

84. Distance between yourself and the other person is called _____.

- A) Spatial distance** B) Relationship
C) Informal (Incorrect) D) Close

85. When talking to our co-workers, we should not stand or sit _____ to them.

- A) too close** B) opposite
C) In front of (Incorrect) D) next to

86. Cherry is going for an interview. What should she not do?

- A) Wear formal dress **B) Apply too much makeup or perfume**
C) Take her resume D) Wear clean clothes (Incorrect)

87. You can speak to your friend_____.

- A) Formally **B) Informally (Correct)**
C) By reading their mind D) By dancing

88. Which is not a type of communication?

- A) Verbal B) Non-verbal
C) Written **D) Driving (Correct)**

89. Formal communication is used at ___?.

- A) Friend B) House
C) Party **D) Workplace (Correct)**

90. Vinod met his new manager at his workplace. He had to

_____himself first.

- A) Thank (Incorrect) **B) Introduce**
C) Appreciate D) Praise

91. Whenever we are communicating we have to be dressed appropriately, maintain our body language and maintain ___?.

- A) a very loud volume B) make up
C) eye contact (Correct) D) silence

92. Exchange of ideas happen through _____.

- A) Communication** B) Listening
C) Watching D) Singing (Incorrect)

93. At workplace, communication must follow the _____.

- A) Ideas B) Text
C) 6Cs D) Close (Incorrect)

94. Organizations communicate mainly through _____.

- A) Letters **B) E-mails**
C) Project (Incorrect) D) Unfamiliar words

95. In a meeting, Surya speaks in Hindi. Some of his team members understand both English & Hindi, while others only know English. What should Surya do?

- A) Speak in Hindi B) Scold people (Incorrect)
C) Stop talking **D) Speak in English**

96. Which communication method should be used to share confidential information and documents in the workplace?

- A) WhatsApp **B) Email**
C) Instagram (Incorrect) D) Phone

97. Sharing will help everyone feel involved and _____.

- A) Happy B) Sad
C) Motivated D) Close (Incorrect)

98. Which of these is a bad practice in a workplace?

- A) Open and honest communication B) Opportunity to grow in the company (Incorrect)
C) Good work- life balance **D) No trust between co-workers**

99. Good, professional relationship with co-workers can give the feeling of_____.

- A) Job satisfaction (Correct)** B) Fear
C) Confusion D) Negative energy

100. How can we save resources on our planet?

- A) Use less electricity B) Create less pollution

C) Use less plastic

D) All of these (Correct)

101. Ganesh greets his co-workers every day. He is trying to maintain _____ at work.

A) his authority

B) good relationships

C) frustration (Incorrect)

D) power

102. Kim has a habit of switching off her desktop and PC when not in use. This helps to _____ energy at the workplace.

A) Spend

B) Waste (Incorrect)

C) Conserve (Save)

D) Practice

103. _____ is the process of taking steps to look neat and presentable.

A) Grooming

B) Brooming

C) Caring (Incorrect)

D) Uniform

104. Why is personal grooming important?

A) It creates a positive first impression.

B) It helps you feel confident.

C) It shows self-discipline. (Incorrect)

D) All of these

105. During an industrial visit or an interview we have to dress ____?.

A) formally (Correct)

B) dirty

C) in pajamas

D) casually

106. What happens if we do not maintain good personal hygiene (cleanliness)?

A) We become more popular.

B) We feel happier. (Incorrect)

C) We can get sick easily.

D) Our health improves.

107. Shreyas is going for an interview. He has picked a shirt from the cupboard. He must _____ before wearing it.

A) soak

B) color

C) tear (Incorrect)

D) iron

108. _____ can be a physical, mental, or emotional reaction, that makes us feel worried.

A) Stress

B) Food

C) Job

D) Action (Incorrect)

109. What kind of stress can lead to lifelong physical and mental health issues?

A) Short-term

B) Long-term (Correct)

C) Mid-term

D) Good stress

110. _____ stress can make us feel excited and motivated.

A) Bad

B) Good

C) Short-term

D) Long-term (Incorrect)

111. Tom feels very tensed and scared. He is unable to concentrate before his exams. He is sweating. What kind of stress is this?

A) Good

B) Small (Incorrect)

C) Bad

D) Never

112. Arjun focuses only on his work and does not get involved in workplace politics. He also makes sure he does not work after office-hours. He makes time for his family. What is he doing?

A) He is working a lot.

B) He is not working at all.

C) He is maintaining good work-life balance. (Correct)

D) He is enjoying workplace politics.

113. A _____ is the first document an employer will look at when reviewing the job application.

A) Certificate (Incorrect)

B) Resume

C) Ticket

D) Bank statement

114. What are the key elements of a resume?

A) Personal information (Incorrect)

B) Career objective

C) Education

D) All of these

115. Which of the following is NOT a soft skill?

A) Time Management (Incorrect)

B) Communication Skill

C) Carpentry

D) Goal Setting

116. Vimal wanted to update his resume. Which of the following he should NOT include in his resume?

A) Salary expectations

B) Name

C) Qualification

D) Date of birth (Incorrect)

117. Harry has knowledge of circuits and wiring. He can apply as a/an _____ in a company.

A) Beautician

B) Plumber

C) Fitter

D) Electrician (Correct)

118. _____ is the formal process of checking if the candidate is suitable for the job.

A) Interview (Correct)

B) Onboarding

C) Training

D) Reading

119. Which of the following is NOT an interview skill?

A) Clear communication

B) Painting (Correct)

C) Active listening

D) Showing confidence

120. Which of the following are good manners in an interview?

- A) Not making eye contact (Incorrect) B) Speaking too fast
C) **Being on time** D) Getting irritated

121. The interviewer asked Rahul to wait for a few days. What can Rahul do after few days?

- A) **Follow up with the employer on phone call or email** B) Give up his hope
C) Never call D) Meet his friends (Incorrect)

122. Seema is attending an interview. What is she supposed to carry for the interview?

- A) Resume B) Certificates
C) ID cards D) **All of these (Correct)**

123. Which of the following will the interviewer expect from the candidates?

- A) **Good soft skills** B) Cooking skills (Incorrect)
C) Singing skills D) Painting skills

124. Which of the following should be avoided while facing an interview?

- A) **Use mobile** B) Speaking (Incorrect)
C) Listening D) Answering questions

125. The job interview is a discussion between ____ and ____ for mutual benefit.

- A) teacher and student B) **employee and employer**
C) brother and sister D) friends and relatives (Incorrect)

126. Nagma has an important job interview tomorrow. What should she do to prepare for her interview?

- A) Arrive late to show she is busy B) Wear casual clothes to feel comfortable
C) Talk only about her personal life D) **Research the company & prepare questions to ask (Correct)**

127. Rita did not enjoy her work in her previous company. She is going for interview to another company. What should Rita NOT do?

- A) **Talk badly about her previous company (Correct)** B) Communicate clearly
C) Take her resume D) Be on time for the interview

128. A mock interview is a ____ job interview.

- A) fun B) **practice (Correct)**
C) virtual D) difficult

129. The main purpose of mock interviews is to ____?.

- A) give marks B) judge people (Incorrect)
C) **give feedback** D) waste time

130. Which of the following is an advantage of a mock interview?

- A) Learning how to speak B) Learning how to dress
C) Using proper body language (Incorrect) D) **All of these**

131. Geetha wants to take a mock interview before attending the real one. Whom do you think she must choose as an interviewer?

- A) A stranger B) **Her senior**
C) Her younger sister D) Shopkeeper (Incorrect)

132. Keith recorded his interview as a video to understand his performance. This is also one of the methods to receive ____?.

- A) **feedback** B) wishes
C) compliments D) Greetings (Incorrect)

133. How can a professional network support your career growth?

- A) By offering free travel discounts B) **By sharing knowledge and professional guidance**
C) By organizing social parties D) By giving financial loans (Incorrect)

134. Who can be in your professional network?

- A) College professors (Incorrect) B) Classmates
C) Co-workers D) **All of these**

135. Where can you build a professional network?

- A) Social events (Incorrect) B) Current job
C) Alumni clubs D) **All of these**

136. Rekha takes care of all water-pipe fittings in her company. Which professional network can she be a part of?

- A) **Plumbers** B) Carpenters (Incorrect)
C) Tailors D) Beauticians

137. Saif's college professor guided him to choose the right career path. He must show ____? to his guide.

- A) **Gratitude** B) Anger
C) Fear D) Arrogance (Incorrect)

138. The lack of success in achieving a goal or completing a task is called ____.

- A) Failure
B) Success
C) Boring
D) Satisfaction (Incorrect)

139. Something that is not accepted by someone is called ____.

- A) Acceptance
B) **Rejection (Correct)**
C) Failure
D) Success

140. One needs to handle failure and rejection with a ____ attitude.

- A) Negative (Incorrect)
B) Helpful
C) **Positive**
D) Rude

141. Sundar's hotel business was under heavy loss. He had to close business. How can he learn from failure and achieve success?

- A) Think about what happened in a systematic way (Incorrect)
B) Stay positive to learn from failure
C) Don't give-up and try again
D) **All of these**

142. Sheela prepared for an interview for a week but got nervous and was rejected. What should she do to improve?

- A) Keep thinking about her failure
B) **Do not lose focus from her goals**
C) Avoid future interviews
D) Ignore feedback from the interview (Incorrect)

143. _____?helps in experiencing the real world of work.

- A) Interview
B) **Industry visit (Correct)**
C) Mock interview
D) Failure

144. What is the advantage of an Industry visit?

- A) Chance to talk to the family
B) Chance to talk to the friends
C) **Chance to talk to the experts**
D) Chance to talk to the teachers (Incorrect)

145. Raji is studying to be a Baker in a from an ITI. Which place is suitable for her to do industry visit?

- A) **Bread factory**
B) Paint factory
C) Toy factory
D) Chemical factory (Incorrect)

146. During the industrial visit I will _____?about the company/ industry that I visit.

- A) **learn about the company/industry that is being visited (Correct)**
B) have fun with friends

C) do sight seeing

D) enjoy all the benefits from the company

147. How can an industrial visit benefit students in career development?

- A) **By showing how real jobs are done and what different roles involve**
B) By allowing them to skip regular classes (Incorrect)
C) By offering them immediate employment
D) By giving them opportunities to relax and have fun

148. During an industry visit, an important thing to observe is_____?.

- A) Canteen food
B) Colors
C) **Behaviour of workers (Correct)**
D) Generator

149. _____opportunities can also be found during industry visit.

- A) Playing
B) Cooking (Incorrect)
C) Painting
D) **Internship**

150. After industry visit, how can you reflect on your experience?

- A) Share your experience with classmates, teachers and family
B) Write a report about what you learned and observed
C) Review and think about any advice you received during the visit
D) **All of these (Correct)**

151. Which of these is NOT a question to ask during an industrial visit?

- A) How do you keep things safe and high quality?
B) What are the main products made here?
C) **What is your favourite hobby? (Correct)**
D) How does your production line work?

152. Which of the following aspects did you focus on the most during your industrial visit?

- A) The quality of food in the cafeteria
B) **The types of machinery and technology used in manufacturing processes (Correct)**
C) The uniforms worn by employees
D) The decoration of the offices

153. A formal interaction between students and a guest speaker is known as _____.

- A) Group meeting
B) **Guest lecture**
C) A casual chat (Incorrect)
D) time pass

154. Guest lectures act as a platform to talk to alumni about

their _____

- A) experience (Correct)** B) hobbies
C) family life D) travel plans

155. Which of these is NOT a question to ask alumni during guest lecture?

- A) How did you prepare yourself for a job/workplace? **B) What are your travel plans?**
C) How did you convince your parents/family to work? D) Did you relocate for your job? What were the main challenges? (Incorrect)

156. What is the most important thing to focus in a Guest Lecture?

- A) YouTube Reels **B) Expectations of the workplace**
C) Shopping centers near workplace D) Holidays (Incorrect)

157. Farida met an ex-student of her institute. He/she can be called as an _____?

- A) Alumni** B) Interviewer (Incorrect)
C) Professor D) Referee

158. _____ are jobs that you find by being part of a particular online platform or an app.

- A) Platform- based jobs** B) Life time jobs
C) Railway platform jobs (Incorrect) D) None of these

159. Which of these is NOT a platform for finding platform-based jobs?

- A) Urban Company (Incorrect) B) Uber
C) Swiggy **D) Government office**

160. Which of these services can you find on platform-based job portals?

- A) Home & Appliance Repair services (Incorrect) B) Beauty salon services
C) Cleaning services **D) All of these**

161. Shilpa wanted to get her house cleaned before Diwali. On which portal can she book this service?

- A) Helpr (Correct)** B) Swiggy
C) Zomato D) Ola

162. Chandu is sick and unable to cook food. From which platform can he order food?

- A) Flipkart (product selling app) B) Urban Company (home cleaning & repair services) (Incorrect)

C) Swiggy (food delivery app) D) Myntra (Shopping app)

163. Job search engines are also called _____.

- A) Shopping platforms **B) Job portals**
C) Resume Builder D) Play store (Incorrect)

164. Which of the following is a specialized app or portal designed to find jobs?

- A) Zomato B) Myntra
C) Amazon **D) Naukri (Correct)**

165. Creating profiles on multiple portals always helps in _____ reach.

- A) Low (Incorrect) **B) Wider/Vast**
C) Limited D) Small

166. Ram just finished his training course. Which portal can he use to look for jobs as a fresher?

- A) Freshersworld** B) Urban Company
C) Swiggy D) Myntra (Incorrect)

167. A company is asking for money for applying for a job from Ruhi. She realized that it must be a _____ job.

- A) good (Incorrect) B) real
C) fake D) great

168. What is the full form of NAPS?

- A) National Appraisal Promotion Scheme **B) National Apprenticeship Promotion Scheme**
C) National Appreciation Pro Scheme (Incorrect) D) National Apparent Provident Scheme

169. NAPS is a scheme by the Government of India to provide apprenticeship training through the ____.

- A) Employers** B) Teachers
C) Trainers (Incorrect) D) Professors

170. NAPS provides apprenticeship training opportunities for a student who has completed ____ years.

- A) 18 B) 21
C) 14 D) 10 (Incorrect)

171. Vibha wants to register on the NAPS portal. She should have _____ to register.

- A) Diploma **B) ITI certificate**
C) Degree D) Masters degree (Incorrect)

172. Arunima has completed an apprenticeship training on NAPS. She will be getting a _____ on completion.

A) Certificate

B) Credit Card

C) Clothes

D) Scholarship (Incorrect)

173. Which of the following options is an Employability Skill?

A) Good Interview Skills

B) Good Communication Skills

C) Digital Skills (Incorrect)

D) All of these

174. An employee is someone who _____.

A) Goes to school to study

B) Does not work

C) Works for a salary (Correct)

D) Goes to play

175. Which are the two skills needed for good career growth?

A) Watching TV & Making friends

B) Traveling & Shopping

C) Playing video games & cooking skills

D) Technical Skills & Employability Skills (Correct)

176. Gopi is always willing to learn and improve in his work. He has a _____?

A) Fixed mindset

B) Certificate

C) Growth mindset

D) Marksheet (Incorrect)

177. What are Employability Skills?

A) Skills used only in sports

B) Skills needed to be successfully employed (Correct)

C) Skills for good communication

D) Skills for playing video games

178. When we learn something online, it is called _____.

A) Classroom learning

B) Teaching

C) E-learning (Correct)

D) Digital marketing

179. Which of these is an advantage of learning online?

A) Learn anytime & anywhere

B) Make friends with classmates (Incorrect)

C) No need to study

D) Have shorter classes

180. Which of these is an e-learning portal?

A) ASEEM

B) Bharat Skills Portal (Correct)

C) NAPS portal

D) Netflix

181. Ram works as a fitter in a company. He wants to upgrade his trade skills and employability skills in his free time. What should he do?

A) Play sports

B) Watch news (Incorrect)

C) Find courses: online or offline

D) Quit job

182. Zeena wants to enroll for an e-learning course. The most important thing she needs is a _____.

A) Book (Incorrect)

B) Pen

C) Mobile phone or Computer

D) Library card

183. In today's world, _____ have become a basic skill requirement in many jobs.

A) Acting skills (Incorrect)

B) Digital skills

C) Painting skills

D) Dancing skills

184. _____ jobs help to reduce pollution, preserve the environment and the planet.

A) Software

B) Hardware

C) Green (Correct)

D) Part-time

185. Green Jobs are important because _____.

A) they help protect the environment

B) they harm the environment (Incorrect)

C) they pay more money

D) they require no skill

186. Geetha has just completed her education. She joined a basic English course to improve her _____ skills.

A) Technical (Incorrect)

B) Digital

C) Communication

D) Problem solving

187. Ram wants to start his own business. He is considering two options - opening an audio cassette shop or starting an online retail business. Which of these options would you suggest?

A) Online retail

B) Audio cassette shop

C) Anything is fine (Incorrect)

D) Video rental store

188. A person with a growth mindset is always willing to _____. | ಬೆಳವಣಿಗೆಯ ಮನಸ್ಥಿತಿ ಹೊಂದಿರುವ ವ್ಯಕ್ತಿಯು ಯಾವಾಗಲೂ _____ ಸಿದ್ಧರಿದ್ದಾರೆ.

A) relax | ವಿಶ್ರಾಂತಿ (Incorrect)

B) grow, change, learn | ಬೆಳೆಯಿರಿ, ಬದಲಿಸಿ, ಕಲಿಯಿರಿ

C) keep quiet | ಮೌನವಾಗಿರಿ

D) become rich | ಶ್ರೀಮಂತರಾಗುತ್ತಾರೆ

189. Jobs that have become outdated in the past 5 years _____. | ಕಳೆದ 5 ವರ್ಷಗಳಲ್ಲಿ ಹಳತಾದ ಕೆಲಸಗಳು _____

A) STD booth | STD ಬೂತ್

B) ola | ಓಲ

C) uber | ಉಬರ್

D) swiggy | ಸ್ವಿಗ್ಗಿ (Incorrect)

190. To be in a job or work is _____. | ಕೆಲಸ ಅಥವಾ ಕೆಲಸದಲ್ಲಿ ಇರುವುದು ಎಂದರೆ _____

A) employ | ಉದ್ಯೋಗಿ

B) skill | ಕೌಶಲ್ಯ

C) knowledge | ಜ್ಞಾನ
(Incorrect)

D) aptitude | ಯೋಗ್ಯತೆ

191. Ethics means _____. | ನೀತಿಶಾಸ್ತ್ರ ಎಂದರೆ _____

A) decide what is right and wrong for a human conduct | ಮಾನವ ನಡವಳಿಗೆ ಯಾವುದು ಸರಿ ಮತ್ತು ತಪ್ಪು ಎಂದು ನಿರ್ಧರಿಸಿ (Correct)

B) name of a city | ಒಂದು ನಗರದ ಹೆಸರು

C) employability skills | ಉದ್ಯೋಗ ಕೌಶಲ್ಯಗಳು

D) not relevant to society | ಸಮಾಜಕ್ಕೆ ಸಂಬಂಧಿಸಿಲ್ಲ

192. _____ is a brief statement about purpose and principles of the constitution. | _____ ಸಂವಿಧಾನದ ಉದ್ದೇಶ ಮತ್ತು ತತ್ವಗಳ ಸಂಕ್ಷಿಪ್ತ ಹೇಳಿಕೆಯಾಗಿದೆ.

A) Syllabus | ಪಠ್ಯಕ್ರಮ

B) Module | ಮಾಡ್ಯೂಲ್
(Incorrect)

C) The preamble | ಪೀಠಿಕೆ

D) Unit | ಘಟಕ

193. Identify the improper term. | ಅಸಮರ್ಪಕ ಪದವನ್ನು ಗುರುತಿಸಿ.

A) Green pollution | ಹಸಿರು ಮಾಲಿನ್ಯ

B) Water pollution | ಜಲ ಮಾಲಿನ್ಯ

C) Air pollution | ವಾಯು ಮಾಲಿನ್ಯ

D) Sound pollution | ಧ್ವನಿ ಮಾಲಿನ್ಯ
(Incorrect)

194. Values are _____. | ಮೌಲ್ಯಗಳು _____

A) not punctual | ಸಮಯಪ್ರಜ್ಞೆಯಿಲ್ಲ

B) motivates our attitude and action | ನಮ್ಮ ವರ್ತನೆ ಮತ್ತು ಕ್ರಿಯೆಯನ್ನು ಪ್ರೇರೇಪಿಸುತ್ತದೆ

C) very costly | ಬಹಳ ದುಬಾರಿ

D) all have same value | ಎಲ್ಲಾ ಒಂದೇ ಮೌಲ್ಯವನ್ನು ಹೊಂದಿವೆ
(Incorrect)

195. To grow yourself you must _____. | ನೀವೇ ಬೆಳೆಯಲು ನೀವು ಮಾಡಬೇಕು _____

A) know your office | ನಿಮ್ಮ ಕಚೇರಿ ತಿಳಿದಿದೆ

B) know yourself | ನಿನ್ನನ್ನು ನೀನು ತಿಳಿಯಿರಿ (Correct)

C) know your institute | ನಿಮ್ಮ ಸಂಸ್ಥೆಯನ್ನು ತಿಳಿಯಿರಿ

D) know your country | ನಿಮ್ಮ ದೇಶವನ್ನು ತಿಳಿಯಿರಿ

196. Hard skill _____. | ಕಠಿಣ ಕೌಶಲ್ಯ _____

A) quick learner | ತ್ವರಿತ ಕಲಿಯುವವ

B) time management | ಸಮಯ ನಿರ್ವಹಣೆ

C) 60 WPM typing speed | 60 WPM ಟೈಪಿಂಗ್ ವೇಗ (Correct)

D) spoken english | ಇಂಗ್ಲೀಷ್ ಮಾತನಾಡುವ

197. Time management _____. | ಸಮಯ ನಿರ್ವಹಣೆ _____

A) complete your task on time | ನಿಮ್ಮ ಕೆಲಸವನ್ನು ಸಮಯಕ್ಕೆ ಪೂರ್ಣಗೊಳಿಸಿ (Correct)

B) managing time | ಸಮಯವನ್ನು ನಿರ್ವಹಿಸುವುದು

C) hard skill | ಕಠಿಣ ಕೌಶಲ್ಯ

D) problem solving | ಸಮಸ್ಯೆ ಪರಿಹರಿಸುವ

198. _____ is major changes takes place in manufacturing. | _____ ತಯಾರಿಕೆಯಲ್ಲಿ ಪ್ರಮುಖ ಬದಲಾವಣೆಗಳು ನಡೆಯುತ್ತವೆ.

A) Green revolution | ಹಸಿರು ಕ್ರಾಂತಿ
(Incorrect)

B) Industry revolution | ಕೈಗಾರಿಕಾ ಕ್ರಾಂತಿ

C) Water revolution | ಜಲ ಕ್ರಾಂತಿ

D) Food revolution | ಆಹಾರ ಕ್ರಾಂತಿ

199. 1st industrial revolution started in _____. | 1 ನೇ ಕೈಗಾರಿಕಾ ಕ್ರಾಂತಿ ಪ್ರಾರಂಭವಾಯಿತು _____

A) 18th century | 18 ನೇ ಶತಮಾನ

B) 19th century | 19 ನೇ ಶತಮಾನ

C) 20th century | 20 ನೇ ಶತಮಾನ
(Incorrect)

D) 21st century | 21 ನೇ ಶತಮಾನ

200. A resume should be _____. | ಪುನರಾರಂಭವು _____ ಆಗಿರಬೇಕು

A) short and precise | ಸಣ್ಣ ಮತ್ತು ನಿಖರ

B) fancy and colourful | ಅಲಂಕಾರಿಕ ಮತ್ತು ವರ್ಣಮಯ
(Incorrect)

C) having long and detailed information | ದೀರ್ಘ ಮತ್ತು ವಿವರವಾದ ಮಾಹಿತಿಯನ್ನು ಹೊಂದಿದೆ

D) having acronyms and abbreviation | ಸಂಕ್ಷಿಪ್ತ ರೂಪಗಳು ಮತ್ತು ಸಂಕ್ಷೇಪಣವನ್ನು ಹೊಂದಿದೆ

201. When is capital letter used? | ದೊಡ್ಡ ಅಕ್ಷರವನ್ನು ಯಾವಾಗ ಬಳಸಲಾಗುತ್ತದೆ?

A) Beginning of a sentence | ಒಂದು ವಾಕ್ಯದ ಆರಂಭ
(Incorrect)

B) Names of persons | ವ್ಯಕ್ತಿಗಳ ಹೆಸರುಗಳು

C) Names of places | ಸ್ಥಳಗಳ ಹೆಸರುಗಳು

D) All the above | ಮೇಲಿನ ಎಲ್ಲಾ

202. When you greet higher official's such as Teacher, Instructor or Supervisor, you should use _____. | ಶಿಕ್ಷಕ, ಬೋಧಕ ಅಥವಾ ಮೇಲ್ವಿಚಾರಕನಂತಹ ಉನ್ನತ ಅಧಿಕಾರಿಗಳನ್ನು ನೀವು ಸ್ವಾಗತಿಸಿದಾಗ, ನೀವು _____ ಅನ್ನು ಬಳಸಬೇಕು

A) Good morning (Correct)

B) Hello

C) Hey

D) Hi

203. The word □ when □ denotes _____. | when (ಯಾವಾಗ) □ ಎಂಬ ಪದವು _____ ಅನ್ನು ಸೂಚಿಸುತ್ತದೆ

A) place | ಸ್ಥಳ

B) thing | ವಿಷಯ

C) person | ವ್ಯಕ್ತಿ
(Incorrect)

D) time | ಸಮಯ

204. Which one is a "Don't" of discussion etiquette? | ಮುಕ್ತ

ಮನಸ್ಸಿನವರಾಗಿರಿ?

- A) Be open minded | ಮುಕ್ತ ಮನಸ್ಸಿನವರಾಗಿರಿ
B) Use moderate tone | ಮಧ್ಯಮ ಸ್ವರವನ್ನು ಬಳಸಿ
C) Listen to others | ಇತರರ ಮಾತುಗಳನ್ನು ಕೇಳಿ (Incorrect)
D) Argue unnecessary | ಅನಗತ್ಯವಾದ

205. Fill in the blank with proper pronoun. "She made this cake _____". | ಸರಿಯಾದ ಸರ್ವನಾಮದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿಸಿ.
"She made this cake _____"

- A) itself (Incorrect)
B) myself
C) herself
D) himself

206. After receiving interview call, what is the next step? | ಸಂದರ್ಶನ ಕರೆ ಸ್ವೀಕರಿಸಿದ ನಂತರ, ಮುಂದಿನ ಹಂತ ಯಾವುದು?

- A) Send application letter | ಅರ್ಜಿ ಪತ್ರ ಕಳುಹಿಸಿ
B) Prepare the resume | ಪುನರಾರಂಭವನ್ನು ತಯಾರಿಸಿ (Incorrect)
C) Appear at interview | ಸಂದರ್ಶನದಲ್ಲಿ ಕಾಣಿಸಿಕೊಳ್ಳಿ
D) Send resume | ಪುನರಾರಂಭವನ್ನು ಕಳುಹಿಸಿ

207. Fill in the blank with comparative adjective. "Your pencil is _____ than mine". | ತುಲನಾತ್ಮಕ ವಿಶೇಷಣದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿಸಿ. "Your pencil is _____ than mine"

- A) sharp
B) sharper
C) blunt (Incorrect)
D) thick

208. Fill in the blank with suitable adjective for the given sentence "The little girl's _____ eyes revealed her mischief". | ಕೊಟ್ಟಿರುವ ವಾಕ್ಯಕ್ಕೆ ಸೂಕ್ತವಾದ ವಿಶೇಷಣದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿರಿ "The little girl's _____ eyes revealed her mischief"

- A) chubby
B) weak
C) short sighted (Incorrect)
D) twinkling

209. Which one is an exclamatory sentence? | ಆಶ್ಚರ್ಯಕರ ವಾಕ್ಯ ಯಾವುದು?

- A) What a beautiful house it is!
B) It is a beautiful house.
C) Is it a beautiful house?
D) Your house is beautiful. (Incorrect)

210. Fill in the blank with proper interrogative adjective. _____ are you going | ಸರಿಯಾದ ಪ್ರಶ್ನಾರ್ಥಕ ವಿಶೇಷಣದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿರಿ. _____ are you going?

- A) Who
B) Where (Correct)
C) Which
D) What

211. Which one of the following is a describing word? | ಕೆಳಗಿನವುಗಳಲ್ಲಿ ಯಾವುದು ವಿವರಿಸುವ ಪದವಾಗಿದೆ?

- A) Eat | ತಿನ್ನು
B) Repair | ದುರಸ್ತಿ
C) Hot | ಬಿಸಿ
D) Soup | ಸೂಪ್ (Incorrect)

212. Which one is NOT a benefit of the role playing? | ಪ್ರಾತ್ರ ನಿರ್ವಹಣೆಯ ಪ್ರಯೋಜನ ಯಾವುದು?

- A) Builds confidence | ಆತ್ಮವಿಶ್ವಾಸವನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ (Incorrect)
B) Develops listening skill | ಕೇಳುವ ಕೌಶಲ್ಯವನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸುತ್ತದೆ
C) Develops creative problem-solving skill | ಸೃಜನಾತ್ಮಕ ಸಮಸ್ಯೆ ಪರಿಹರಿಸುವ ಕೌಶಲ್ಯವನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸುತ್ತದೆ
D) Develops boredom | ಬೇಸರವನ್ನು ಅಭಿವೃದ್ಧಿಪಡಿಸುತ್ತದೆ

213. Which one is NOT a vowel? | ಯಾವುದು ಸ್ವರ ಅಲ್ಲ?

- A) a
B) e (Incorrect)
C) f
D) i

214. A written description of duties and responsibilities to be carried out in a job is called _____. | ಕೆಲಸದಲ್ಲಿ ನಿರ್ವಹಿಸಬೇಕಾದ ಕರ್ತವ್ಯಗಳು ಮತ್ತು ಜವಾಬ್ದಾರಿಗಳ ಲಿಖಿತ ವಿವರಣೆಯನ್ನು _____ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ

- A) CV
B) job description | ಕೆಲಸದ ವಿವರ (Correct)
C) resume | ಪುನರಾರಂಭ
D) job application | ಕೆಲಸದ ಅರ್ಜಿ

215. Choose the correct punctuation mark after the word "Rohan" in the given sentence. "Rohan David and Ram are playing hide and seek" | ಕೊಟ್ಟಿರುವ ವಾಕ್ಯದಲ್ಲಿ □ರೋಹನ್□ ಪದದ ನಂತರ ಸರಿಯಾದ ವಿರಾಮ ಚಿಹ್ನೆಯನ್ನು ಆರಿಸಿ. □ರೋಹನ್ ಡೇವಿಡ್ ಮತ್ತು ರಾಮ್ ಅಡಗಿಕೊಂಡು ಆಡುತ್ತಿದ್ದಾರೆ□

- A) Comma (,)
B) Period (.)
C) Slash (/) (Incorrect)
D) Hyphen (-)

216. Fill in the blank with suitable place preposition. "My house is _____ the third floor". | ಸೂಕ್ತವಾದ ಸ್ಥಳ ಪೂರ್ವಭಾವಿ ಸ್ಥಾನದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿಸಿ. "My house is _____ the third floor"

- A) at
B) in
C) on
D) under (Incorrect)

217. Choose the odd word. | odd (ಬೆಸ) ಪದವನ್ನು ಆರಿಸಿ.

- A) please
B) sorry
C) paper
D) thanks (Incorrect)

218. Re-arrange the following set of words into meaningful sentence. "teacher / school / worked / she / a / as" _____. | ಕೆಳಗಿನ ಪದಗಳ ಗುಂಪನ್ನು ಅರ್ಥಪೂರ್ಣ ವಾಕ್ಯವಾಗಿ ಮರು ಜೋಡಿಸಿ. "teacher / school / worked / she / a / as" _____

- A) school worked as a she teacher | ಶಾಲೆ ಅವಳು ಶಿಕ್ಷಕಿಯಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಳು
B) she worked as a school teacher | ಅವಳು ಶಾಲಾ ಶಿಕ್ಷಕಿಯಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಳು

C) she teacher worked as a school | ಅವಳು ಶಿಕ್ಷಕ ಶಾಲೆಯಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಳು
D) worked she as a school teacher | ಅವಳು ಶಾಲಾ ಶಿಕ್ಷಕಿಯಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಳು
(Incorrect)

C) Does not lead to long-term tension, loss of sleep | ದೀರ್ಘಾವಧಿಯ ಒತ್ತಡ, ನಿದ್ರೆಯ ನಷ್ಟಕ್ಕೆ ಕಾರಣವಾಗುವುದಿಲ್ಲ
D) Makes you physically ill or causes pain | ನಿಮ್ಮನ್ನು ದೈಹಿಕವಾಗಿ ಅಸ್ವಸ್ಥರನ್ನಾಗಿ ಮಾಡುತ್ತದೆ ಅಥವಾ ನೋವನ್ನು ಉಂಟುಮಾಡುತ್ತದೆ

219. Which punctuation mark should be used in the following sentence? Is there any site engineer here. | ಕೆಳಗಿನ ವಾಕ್ಯದಲ್ಲಿ ಯಾವ punctuation mark (ವಿರಾಮಚಿಹ್ನೆಯನ್ನು) ಬಳಸಬೇಕು? Is there any site engineer here

A) ? (question mark) (Correct)
B) , (comma)
C) . (full stop)
D) ! (exclamation)

220. Fill in the correct question word. "_____ is the speaker at the function". | ಸರಿಯಾದ ಪ್ರಶ್ನೆ ಪದವನ್ನು ಭರ್ತಿ ಮಾಡಿ. "_____ is the speaker at the function?"

A) What
B) When
C) Why
D) Who (Correct)

221. Fill in the blank with proper pronoun. "I made this cake _____". | ಸರಿಯಾದ ಸರ್ವನಾಮದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿ. "I made this cake _____"

A) myself (Correct)
B) yourself
C) himself
D) itself

222. Choose the correct tense of the verb. "I _____ music when I was child". | ಕ್ರಿಯಾಪದದ ಸರಿಯಾದ ಉದ್ವಿಗ್ನತೆಯನ್ನು ಆರಿಸಿ. "I _____ music when I was child"

A) learn
B) am learning (Incorrect)
C) will learn
D) had learnt

223. Fill in the blank with correct future tense of verb. "We _____ to the zoo after Breakfast". | ಭವಿಷ್ಯದ ಭವಿಷ್ಯದ ಕ್ರಿಯಾಪದದೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿ. "We _____ to the zoo after Breakfast"

A) went
B) are going
C) had gone
D) will go (Correct)

224. Fill in the blank with present progressive tense of the verb. "The train _____ through the tunnel". | ಕ್ರಿಯಾಪದದ ಪ್ರಸ್ತುತ ಪ್ರಗತಿಶೀಲ ಉದ್ವಿಗ್ನತೆಯೊಂದಿಗೆ ಖಾಲಿ ತುಂಬಿ. "The train _____ through the tunnel"

A) passed
B) is passing (Correct)
C) had passed
D) was passing

225. Which of these is a sign of good stress? | ಇವುಗಳಲ್ಲಿ ಯಾವುದು ಉತ್ತಮ ಒತ್ತಡದ ಸಂಕೇತವಾಗಿದೆ?

A) It prevents you from pursuing your goals | ಇದು ನಿಮ್ಮ ಗುರಿಗಳನ್ನು ಅನುಸರಿಸುವುದನ್ನು ತಡೆಯುತ್ತದೆ
B) It makes you doubt yourself | ಇದು ನಿಮ್ಮನ್ನು ಅನುಮಾನಿಸುತ್ತದೆ (Incorrect)

226. An activity that stops or reduces stress is called a stress buster. Which of the following according to you is not a stress buster? | ಒತ್ತಡವನ್ನು ನಿಲ್ಲಿಸುವ ಅಥವಾ ಕಡಿಮೆ ಮಾಡುವ ಚಟುವಟಿಕೆಯನ್ನು ಒತ್ತಡ ಬಸ್ಟರ್ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ನಿಮ್ಮ ಪ್ರಕಾರ ಈ ಕೆಳಗಿನವುಗಳಲ್ಲಿ ಯಾವುದು ಸ್ಟ್ರೆಸ್ ಬಸ್ಟರ್ ಅಲ್ಲ?

A) Spending long hours thinking about the problem | ಸಮಸ್ಯೆಯ ಬಗ್ಗೆ ದೀರ್ಘಕಾಲ ಯೋಚಿಸುವುದು. (Correct)
B) Going to bed on time | ಸಮಯಕ್ಕೆ ಸರಿಯಾಗಿ ಮಲಗುವುದು.

C) Listening to music | ಹಾಡು ಕೇಳುತ್ತಿದ್ದೇನೆ
D) Gardening | ತೋಟಗಾರಿಕೆ

227. _____ are the abilities and qualities you have as a person that helps you grow well in life and career. | _____ ಒಬ್ಬ ವ್ಯಕ್ತಿಯಾಗಿ ನೀವು ಹೊಂದಿರುವ ಸಾಮರ್ಥ್ಯಗಳು ಮತ್ತು ಗುಣಗಳು ಜೀವನ ಮತ್ತು ವೃತ್ತಿಜೀವನದಲ್ಲಿ ಉತ್ತಮವಾಗಿ ಬೆಳೆಯಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.

A) Personal strengths | ವೈಯಕ್ತಿಕ ಸಾಮರ್ಥ್ಯಗಳು
B) Personal weaknesses | ವೈಯಕ್ತಿಕ ದೌರ್ಬಲ್ಯಗಳು
C) Opportunities | ಅವಕಾಶಗಳು
D) Threats | ಬೆದರಿಕೆಗಳು (Incorrect)

228. Which of these should be considered while making decisions? | ನಿರ್ಧಾರಗಳನ್ನು ತೆಗೆದುಕೊಳ್ಳುವಾಗ ಇವುಗಳಲ್ಲಿ ಯಾವುದನ್ನು ಪರಿಗಣಿಸಬೇಕು?

A) Your mood | ನಿಮ್ಮ ಮನಸ್ಥಿತಿ
B) The choices of your friends | ನಿಮ್ಮ ಸ್ನೇಹಿತರ ಆಯ್ಕೆಗಳು (Incorrect)
C) The rules of your community | ನಿಮ್ಮ ಸಮುದಾಯದ ನಿಯಮಗಳು
D) Your personal priorities | ನಿಮ್ಮ ವೈಯಕ್ತಿಕ ಆದ್ಯತೆಗಳು

229. Which of these is the full form of SWOT? | ಇವುಗಳಲ್ಲಿ SWOT ನ ಪೂರ್ಣ ರೂಪ ಯಾವುದು?

A) Special Wellness Organization Theme (Incorrect)
B) Speak Work Openly Together
C) Strong World Olympic Team
D) Strength Weakness Opportunity Threat

230. Which of these statements is true? | ಈ ಹೇಳಿಕೆಗಳಲ್ಲಿ ಯಾವುದು ನಿಜ?

A) All jobs are available in all cities | ಎಲ್ಲಾ ಉದ್ಯೋಗಗಳು ಎಲ್ಲಾ ನಗರಗಳಲ್ಲಿ ಲಭ್ಯವಿದೆ

B) Some cities have more opportunities than others for certain job roles | ಕೆಲವು ನಗರಗಳು ಕೆಲವು ಉದ್ಯೋಗದ ಪಾತ್ರಗಳಿಗೆ ಇತರರಿಗಿಂತ ಹೆಚ್ಚಿನ ಅವಕಾಶಗಳನ್ನು ಹೊಂದಿವೆ

C) Salary in metro cities is always higher than small towns | ಮೆಟ್ರೋ ನಗರಗಳಲ್ಲಿ ಸಂಬಳ ಯಾವಾಗಲೂ ಸಣ್ಣ ಪಟ್ಟಣಗಳಿಗಿಂತ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ (Incorrect)

D) Only a few cities have job opportunities | ಕೆಲವು ನಗರಗಳಲ್ಲಿ ಮಾತ್ರ ಉದ್ಯೋಗಾವಕಾಶಗಳಿವೆ

231. What is mindfulness? | ಸಾವಧಾನತೆ ಎಂದರೇನು?

A) It is the technique of not minding anything | ಯಾವುದಕ್ಕೂ ತಲೆಕೆಡಿಸಿಕೊಳ್ಳದೆ ತಂತ್ರವಿದು.

B) It is about sharpening your brain | ಇದು ನಿಮ್ಮ ಮೆದುಳನ್ನು ಚುರುಕುಗೊಳಿಸುವುದಾಗಿದೆ

C) It is the ability to be fully present in a moment | ಇದು ಒಂದು ಕ್ಷಣದಲ್ಲಿ ಸಂಪೂರ್ಣವಾಗಿ ಇರುವ ಸಾಮರ್ಥ್ಯ (Correct)

D) It is the word used to describe people who are full of thoughts | ಇದು ಆಲೋಚನೆಗಳಿಂದ ತುಂಬಿರುವ ಜನರನ್ನು ವಿವರಿಸಲು ಬಳಸುವ ಪದವಾಗಿದೆ

232. Having a clear idea of our personality including strengths, weaknesses, thoughts, beliefs, motivation, values etc is called _____. | ಸಾಮರ್ಥ್ಯಗಳು, ದೌರ್ಬಲ್ಯಗಳು, ಆಲೋಚನೆಗಳು, ನಂಬಿಕೆಗಳು, ಪ್ರೇರಣೆ, ಮೌಲ್ಯಗಳು ಇತ್ಯಾದಿಗಳನ್ನು ಒಳಗೊಂಡಂತೆ ನಮ್ಮ ವ್ಯಕ್ತಿತ್ವದ ಸ್ಪಷ್ಟ ಕಲ್ಪನೆಯನ್ನು ಹೊಂದಿರುವುದನ್ನು _____ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ.

A) belief | ನಂಬಿಕೆ

B) self awareness | ಸ್ವಯಂ ಅರಿವು

C) myth | ಪುರಾಣ

D) threat | ಬೆದರಿಕೆ (Incorrect)

233. Which of the following is true about stress? | ಒತ್ತಡದ ಬಗ್ಗೆ ಈ ಕೆಳಗಿನವುಗಳಲ್ಲಿ ಯಾವುದು ನಿಜ?

A) Stress can be managed | ಒತ್ತಡವನ್ನು ನಿಭಾಯಿಸಬಹುದು (Correct)

B) Stress cannot be controlled | ಒತ್ತಡವನ್ನು ನಿಯಂತ್ರಿಸಲಾಗುವುದಿಲ್ಲ

C) Stress can not be decreased | ಒತ್ತಡವನ್ನು ಕಡಿಮೆ ಮಾಡಲು ಸಾಧ್ಯವಿಲ್ಲ

D) All of the above | ಮೇಲಿನ ಎಲ್ಲವೂ

234. What is a comfort zone? | ಆರಾಮ ವಲಯ ಎಂದರೇನು?

A) It is a place where we go to sleep | ಇದು ನಾವು ಮಲಗಲು ಹೋಗುವ ಸ್ಥಳವಾಗಿದೆ

B) It is a place where children live | ಇದು ಮಕ್ಕಳು ವಾಸಿಸುವ ಸ್ಥಳವಾಗಿದೆ (Incorrect)

C) Our familiar lifestyle and behaviour is our comfort zone | ನಮ್ಮ ಪರಿಚಿತ ಜೀವನಶೈಲಿ ಮತ್ತು ನಡವಳಿಕೆಯು ನಮ್ಮ ಆರಾಮ ವಲಯವಾಗಿದೆ

D) A place designed in airport for resting | ವಿಮಾನ ನಿಲ್ದಾಣದಲ್ಲಿ ವಿಶ್ರಾಂತಿಗಾಗಿ ವಿನ್ಯಾಸಗೊಳಿಸಲಾದ ಸ್ಥಳ

235. Goals are of 2 types _____. | ಗುರಿಗಳು 2 ವಿಧಗಳಾಗಿವೆ

A) good and bad goals | ಒಳ್ಳೆಯ ಮತ್ತು ಕಟ್ಟು ಗುರಿಗಳು (Incorrect)

B) long-term and short-term goals | ದೀರ್ಘಕಾಲೀನ ಮತ್ತು ಅಲ್ಪಾವಧಿಯ ಗುರಿಗಳು

C) rich and poor goals | ಶ್ರೀಮಂತ ಮತ್ತು ಕಳಪೆ ಗುರಿಗಳು

D) fixed-term and non-fixed term goals | ಸ್ಥಿರ-ಅವಧಿಯ ಮತ್ತು ಸ್ಥಿರವಲ್ಲದ ಅವಧಿಯ ಗುರಿಗಳು

236. This intention to move out of one's place to another for better jobs is called _____. | ಉತ್ತಮ ಉದ್ಯೋಗಗಳಿಗಾಗಿ ಒಬ್ಬರ ಸ್ಥಳದಿಂದ ಇನ್ನೊಬ್ಬರಿಗೆ ಸ್ಥಳಾಂತರಗೊಳ್ಳುವ ಈ ಉದ್ದೇಶವನ್ನು _____ ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ.

A) mitigation | ತಗ್ಗಿಸುವಿಕೆ

B) litigation | ವ್ಯಾಜ್ಯ

C) migration | ವಲಸೆ (Correct)

D) irrigation | ನೀರಾವರಿ

237. _____ are the qualities that are considered negative, and need to be worked on. | _____ ಋಣಾತ್ಮಕವೆಂದು ಪರಿಗಣಿಸಲಾದ ಗುಣಗಳು ಮತ್ತು ಕೆಲಸ ಮಾಡಬೇಕಾಗಿದೆ.

A) Personal strengths | ವೈಯಕ್ತಿಕ ಸಾಮರ್ಥ್ಯಗಳು (Incorrect)

B) Personal weaknesses | ವೈಯಕ್ತಿಕ ದೌರ್ಬಲ್ಯಗಳು

C) Opportunities | ಅವಕಾಶಗಳು D) Threats | ಬೆದರಿಕೆಗಳು

238. What is stress? | ಒತ್ತಡ ಎಂದರೇನು?

A) Feeling of joy | ಸಂತೋಷದ ಭಾವನೆ (Incorrect)

B) Feeling of surprise | ಆಶ್ಚರ್ಯದ ಭಾವನೆ

C) Feeling of delight | ಆನಂದದ ಭಾವನೆ

D) Feeling of frustration / disappointment | ಹತಾಶೆ / ನಿರಾಶೆಯ ಭಾವನೆ

239. Which among these are not good manners while travelling by public transport? | ಸಾರ್ವಜನಿಕ ಸಾರಿಗೆಯಲ್ಲಿ ಪ್ರಯಾಣಿಸುವಾಗ ಇವುಗಳಲ್ಲಿ ಯಾವುದು ಉತ್ತಮ ನಡತೆ ಅಲ್ಲ ?

A) Push back our seat without checking with the person on the back seat | ಹಿಂದಿನ ಸೀಟಿನಲ್ಲಿರುವ ವ್ಯಕ್ತಿಯನ್ನು ಪರಿಶೀಲಿಸದೆಯೇ ನಮ್ಮ ಆಸನವನ್ನು ಹಿಂದಕ್ಕೆ ತಳ್ಳಿರಿ

B) Be polite to fellow passengers and staff | ಸಹ ಪ್ರಯಾಣಿಕರು ಮತ್ತು ಸಿಬ್ಬಂದಿಯೊಂದಿಗೆ ಸೌಜನ್ಯದಿಂದ ವರ್ತಿಸಿ

C) Follow the instructions of the cabin manager | ಕ್ಯಾಬಿನ್ ವ್ಯವಸ್ಥಾಪಕರ ಸೂಚನೆಗಳನ್ನು ಅನುಸರಿಸಿ

D) Speak in a low voice | ಕಡಿಮೆ ಧ್ವನಿಯಲ್ಲಿ ಮಾತನಾಡಿ (Incorrect)