

Sikkim Public Service Commission

Main Written Examination for the Post of Multi Purpose Health Worker (Male & Female)
under Health Department

PAPER I

Time allowed: 3.00 Hrs.

Maximum Marks: 80

INSTRUCTIONS TO CANDIDATES

Read the instructions carefully before answering the questions :-

1. **IMMEDIATELY AFTER THE COMMENCEMENT OF THE EXAMINATION, YOU SHOULD CHECK THAT THIS BOOKLET DOES NOT HAVE ANY UNPRINTED, TORN OR MISSING PAGES OR ITEMS ETC. IF SO, GET IT REPLACED BY A COMPLETE TEST BOOKLET.**
2. Please note that it is the candidate's responsibility to fill in the Roll No carefully and without any omission or discrepancy at the appropriate places in the OMR ANSWER SHEET for MCQ. Any omission/discrepancy will render the Answer Sheet liable for rejection.
3. **Use only Black Ball Point Pen to fill the OMR Sheet.**
4. Do not write anything else on the OMR Answer Sheet except the required information.
5. **This Test Booklet contains 60 items(questions) in MCQ Mode in Section A & B to be marked in OMR Sheet. Section C contains Subjective Questions, which has to be written on separate answer sheet provided to you.**
6. All items from 1 to 60 carries 1 mark each.
7. Before you proceed to mark in the Answer Sheet (OMR), you have to fill in some particulars in the Answer Sheet (OMR) as per given instructions.
8. After you have completed filling in all your responses on the Answer Sheet (OMR) and the examination has concluded, you should hand over the Answer Sheet (OMR) and Separate answer sheet to the Invigilator only. You are permitted to take with you the Test Booklet.
9. **Marking Scheme**
**THERE WIL BE NEGATIVE MARKING FOR WRONG ANSWERS MARKED BY A CANDI-
DATE IN THE OBECTVE TYPE QUESTION PAPERS**
 - (i) There are four alternatives for the answer to every question. For each question for which a wrong answer has been given by the candidate, one-third of the marks assigned to the question will be deducted as penalty.
 - (ii) If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answers happens to be correct and there will be same penalty as above to the question.
 - (iii) If a question is left blank. i.e., no answer is given by the candidate, there will be no penalty for that question.

DO NOT OPEN THIS TEST BOOKLET UNTIL YOU ARE ASKED TO DO SO

SECTION A: ENGLISH

(30x1=30)

Read the passage carefully and choose the correct answers from the given options.

The idea that coffee is bad for heart pos up periodically. It was found that regular drinking very strong coffee could sharply increase cholesterol levels. Researchers even isolated fatlike chemicals, cafestol and kahweol, responsible for the rise.

It turned out that the European brewing method produces high concentrations of cafestol and kahweol. By contrast, the filter and percolation methods remove all but a trace of these chemicals. Moreover, the studies involved large amounts of coffee- five to six cups a day. Moderate coffee drinkers down only two cups.

Research has also shown that regular, moderate coffee drinking does not dangerously raise blood pressure. Studies have failed to substantiate fears that coffee might trigger abnormal heart rhythms in healthy people. Coffee drinking at reasonable levels is unrelated to heart risk.

Evidence suggests that coffee may help fend off Parkinson's disease. A 30-year study of 8000 Japanese- American men found that avid coffee drinkers had one-fifth the risk of those who did not drink the brew. Scientists at Massachusetts General Hospital, USA, found direct evidence that caffeine, the habit-forming stimulant in coffee - may actually combat Parkinson's disease. The caffeine seemed to protect mice brain cells from depletion of the nerve chemical dopamine- the problem underlying Parkinson's disease in humans. However, these are preliminary findings; human studies have not consistently supported caffeine's protective role. The studies on coffee and cancer have focused on three organs and are reassuring. You may remember a brief coffee scare in the early 1980's when a single study linked coffee with pancreatic cancer. A false alarm: many studies since then have shown that the association is extremely weak or non- existent.

If there is a connection between coffee and bladder cancer, it possibly applies just to coffee junkies. An analysis of ten European studies found an increased risk only among people who drank ten or more cups a day. Studies show that coffee seems to have no adverse influence on the risk of colon cancer. Caffeine is such a powerful stimulant that the International Olympic Committee and the National Collegiate Athletic Association sets limits on how much coffee can remain in the blood during competition. In addition to boosting physical endurance, caffeine increases alertness and improves mood. The buzz may come at a price, though.

People who drink more than they are used to may become restless and unable to sleep. Moreover, it's possible to become physically dependent on caffeine these days. The question now arises: how much to drink? Those with heartburn and anxiety may want to see if cutting back coffee improves their condition. For most people, however, there's virtually no risk in consuming up to three normal cups a day. Harvard's Stampfer tries to keep his coffee drinking irregular enough to avoid habituation: "That way, I can get a buzz when I feel like it."

- 1) Coffee increases _____ of those people who regularly drink very strong coffee.
- A. Cholesterol
 - B. Tension
 - C. The amount of blood
 - D. Fats

- 2) A person should not drink coffee _____
- A. Less than 10 cups a day
 - B. More than ten cups a day
 - C. More than 3 cups a day
 - D. None of the above
- 3) It has been proved that coffee does not have any adverse effect on the risk of _____
- A. Colon cancer
 - B. Diabetes
 - C. Lung cancer
 - D. None of the above
- 4) Caffeine boosts
- A. Physical endurance
 - B. Mental endurance
 - C. Positive feelings
 - D. d) None of the above
- 5) What does avid mean?
- A. Keen
 - B. Avoid
 - C. Dislike
 - D. Apathetic

Choose the appropriate antonyms for the following words :

- 6) Absence
- A. Above
 - B. Wise
 - C. Presence
 - D. Untidy
- 7) Abundant
- A. Wrong
 - B. Accidental
 - C. Scarce
 - D. Wide

8) Accept

- A. Refuse
- B. Help
- C. Wet
- D. Worst

9) Accurate

- A. Inaccurate
- B. Worse
- C. West
- D. Anti- clockwise

10) Cunning

- A. Sorry
- B. Free
- C. Drunk
- D. Simple

Choose the appropriate synonyms of the following words :

11) Abandon

- A. Try
- B. Join
- C. Keep with
- D. Forsake

12) Absolute

- A. Division
- B. Complete
- C. Small
- D. Half

13) Camouflage

- A. Aggression
- B. Deception
- C. Vigilant
- D. Honor

- 14) Compassionate
A. Crazy
B. Merciful
C. Complex
D. Hatred

- 15) Conceal
A. Harvest
B. To explore
C. Clear
D. Obscure

Fill in the blanks with appropriate prepositions:

- 16) You must be back _____ four o' clock.
A. To
B. For
C. In
D. By
- 17) Workout is necessary _____ health.
A. In
B. For
C. To
D. By
- 18) Woman is looking _____ her diamond ring.
A. At
B. On
C. In
D. To
- 19) She is holding a cup of tea _____ her hand.
A. By
B. On
C. In
D. At

- 20) The warm jacket will protect you _____ cold.
- A. In
 - B. With
 - C. From
 - D. For

Fill in the blanks with suitable words:

- 21) Somesh _____ saw me coming to his table, he smiled and _____ me a chair.
- A. Found, signaled
 - B. Met, sat
 - C. Looked, gave
 - D. Saw, offered
- 22) Wars usually result from _____ among the parties involved and a failure to _____ them peacefully.
- A. Doubts, dispel
 - B. Hostilities, debate
 - C. Frustrations, understand
 - D. Disagreements, resolve
- 23) The new principal _____ stress on routine administration _____ than on academic matters and examination reforms.
- A. Released, only
 - B. Began, even
 - C. Started, further
 - D. Laid, rather
- 24) To _____ yourself from _____ wear warm cloths.
- A. Prohibit, heat
 - B. Protect, cold
 - C. Save, heat
 - D. Suffer, cold
- 25) The _____ words of the mother comforted the _____ child.
- A. Harsh, naughty
 - B. Sweet, happy
 - C. Soft, energetic
 - D. Soothing, disappointed

Fill in the blanks with the proper tense:

- 26) Our examination _____ on 4th December.
A. Has begun
B. Is beginning
C. Begins
D. Began
- 27) They _____ when the thief entered the bedroom.
A. Sleep
B. Were sleeping
C. Slept
D. Are sleeping
- 28) I _____ the painting just now.
A. Finished
B. Had finished
C. Finish
D. Have finished
- 29) The bus _____ round the corner.
A. Came
B. Comes
C. Is coming
D. Had come
- 30) I _____ a letter to her yesterday.
A. Had sent
B. Have sent
C. Was sending
D. Sent

SECTION B: GENERAL KNOWLEDGE

(30 x 1 = 30)

- 31) From which state was Chandrayaan -2 launched?
A. Karnataka
B. Maharashtra
C. Andhra Pradesh
D. Odisha

- 32) In which place is the State Disaster Management Institute going to come up in Sikkim?
- A. Rabong
 - B. Soreng
 - C. Pakyong
 - D. Singtam
- 33) Who is the Minister for Rural Development Department of Sikkim?
- A. KungaNimaLepcha
 - B. Sonam Lama
 - C. Mani Kumar Sharma
 - D. SanjitKharel
- 34) When did Sikkim Health Department launch the measles and rubella vaccination campaign?
- A. 21st July
 - B. 15th August
 - C. 29th July
 - D. 31st July
- 35) Which is the festival that is celebrated to pay homage to Mount Kanchendzonga?
- A. Pang Lhabsol
 - B. Bhumchu
 - C. Losoong
 - D. Losar
- 36) Oscar award 2019 in the best film category was awarded to?
- A. Roma
 - B. Green Book
 - C. Bohemian Rhapsody
 - D. The Favorite
- 37) The hottest planet is
- A. Mercury
 - B. Venus
 - C. Jupiter
 - D. Saturn

- 38) Supernova is
- A. An asteroid
 - B. A comet
 - C. A black hole
 - D. A dying star
- 39) The earth rotates around its axis from
- A. North to south
 - B. East to west
 - C. South to north
 - D. West to east
- 40) Which is the world's largest desert
- A. Sahara
 - B. Gobi
 - C. Thar
 - D. TakalaMakam
- 41) The hottest place in the world is
- A. Tehran, Iran
 - B. Dallol, Ethiopia
 - C. Jaisalmer, India
 - D. Azizia, Libya
- 42) Which State has the smallest land area?
- A. Goa
 - B. Nagaland
 - C. Sikkim
 - D. Tripura
- 43) The largest southernmost single Island in India is
- A. Rameswaram Island
 - B. Minicoy Island
 - C. Car Nicobar Island
 - D. Great Nicobar Island

- 44) Which foreign country is closest to Andaman Islands
- A. Sri Lanka
 - B. Myanmar
 - C. Indonesia
 - D. Pakistan
- 45) Lakshadweep Islands are the product of
- A. Volcanic activity
 - B. Wave action
 - C. Sea floor expansion
 - D. Reef formation
- 46) Which of the following does not form border with Bangladesh?
- A. Meghalaya
 - B. Tripura
 - C. Manipur
 - D. Mizoram
- 47) The highest peak of the Himalayas in India is in
- A. Uttaranchal
 - B. Kashmir
 - C. Sikkim
 - D. Himachal Pradesh
- 48) The Tibetan river 'Tsangpo' enters India through the State of
- A. Arunachal Pradesh
 - B. Assam
 - C. Manipur
 - D. Nagaland
- 49) Which of the following is the longest river in India
- A. Ganga
 - B. Narmada
 - C. Brahmaputra
 - D. Godavari

- 50) The highest waterfall in India is
- A. Sivsamudaram
 - B. Jog
 - C. Courtallam
 - D. Hogenakal
- 51) Fertility of soil can be improved by
- A. Adding living earthworms
 - B. Adding dead earthworms
 - C. Removing dead earthworms
 - D. Removing living earthworms and adding dead earthworms
- 52) Which of the following is a cash crop
- A. Wheat
 - B. Millet
 - C. Rice
 - D. Rubber
- 53) Largest sugarcane growing State is
- A. Maharashtra
 - B. Uttar Pradesh
 - C. Andhra Pradesh
 - D. Punjab
- 54) Sikkim was formally inducted as the 22nd State of Indian Union on
- A. May 16th 1973
 - B. May 16th 1974
 - C. May 16th 1972
 - D. May 16th 1975
- 55) At present how many Lok Sabha seats are there in Sikkim?
- A. Two
 - B. Three
 - C. One
 - D. Four

- 56) The first Chogyal of Sikkim was
- A. Tensung Namgyal
 - B. Chakdor Namgyal
 - C. Sidkeong Namgyal
 - D. Phuntsog Namgyal
- 57) The next Tokyo Olympics will be held in which year
- A. 2021
 - B. 2020
 - C. 2022
 - D. 2023
- 58) Who has become the first female flight commander of India?
- A. Mitali Madhumita
 - B. Seema Rao
 - C. Shalija Dhami
 - D. Punita Arora
- 59) Who has become the first Indian woman athlete to be recommended for Padma Vibhushan?
- A. P. V. Sindhu
 - B. Sakshi Malik
 - C. Dipa Karmakar
 - D. Mary Kom
- 60) Nathula pass is situated at an altitude of
- A. 14500 ft
 - B. 14800 ft
 - C. 14400 ft
 - D. 14450 ft

SECTION C: LETTER WRITING & ESSAY WRITING :

(1 x 10 = 10)

Letter Writing:

- 61) You are Pema Bhutia staying at Manbir Colony, Helipad Road, Gangtok, Sikkim. There is no taxi stop within the radius of 2 km from the colony causing a lot of inconvenience to the residents. Write a letter to the Editor of The Summit Times drawing attention of the government to this problem.

OR

Write a letter to your friend telling him/ her about how you celebrated Diwali - the festival of lights.

Essay Writing :

(1 x 10 = 10)

- 62) Write an essay on the ill effects of alcoholism and drug addiction in our society.

OR

Write an essay on effects of pollution.