

159. Ramesh started going for regular morning walks for controlling his blood sugar level. He did so for a month and also started taking Yoga lessons, without going for any pathological examination. He underwent pathological test after two months and found that the blood sugar level has come down. Presuming that he had not changed his food habits during these two months, which statement among the alternative given below follows most logically?

- (1) Blood sugar level comes down after doing regular morning walk.
- (2) Blood sugar level comes down after doing Yoga.
- (3) Blood sugar level comes down on doing regular morning walk and Yoga.
- (4) Regular morning walk, Yoga or both may bring down sugar level despite not changing food habits.

रमेश अपना ब्लड शुगर का लेवल नियंत्रित करने के लिए नियमित रूप से सुबह टहलने जाने लगा। रोग जाँच करवाए बिना वह एक महीने तक ऐसा करने के बाद योगासन का अभ्यास भी करने लगा। दो महीने बाद रोग जाँच के बाद उसने पाया कि उसका ब्लड शुगर का लेवल कम हो चुका है। मान लीजिए इन दो महीनों में उसने अपने खाने पीने की आदतों में कोई बदलाव नहीं किया, इसके लिए निम्नलिखित में से कौन सा कथन सर्वाधिक उचितसंगत हो सकता है ?

- (1) नियमित सुबह टहलने से ब्लड शुगर का लेवल कम होता है।
- (2) योगासन करने से ब्लड शुगर का लेवल कम होता है।
- (3) नियमित सुबह टहलने और योगासन करने से ब्लड शुगर का लेवल कम होता है।
- (4) खाने पीने की आदतों में बिना बदलाव लाए नियमित सुबह टहलने, योगासन का दोनों करने से ब्लड शुगर का लेवल कम होता है।

160. In this multiplication question the five letters represent five different digits. What are the actual figures ? There is no zero.

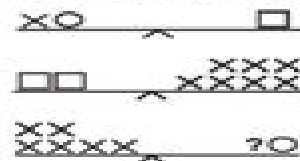
निम्न गुणन वाले प्रश्न में पाँच विभिन्न संख्याओं को पाँच अक्षरों से दर्शाया गया है, इनके वास्तविक अंक क्या हैं? वे शून्य नहीं हैं।

SEAM
T
MEATS

- (1) M = 3, E = 9, A = 7, T = 4, S = 8
- (2) M = 3, E = 9, A = 7, T = 8, S = 4
- (3) M = 4, E = 3, A = 9, T = 7, S = 8
- (4) M = 4, E = 9, A = 3, T = 7, S = 8

161. Which symbol replaces the "?" Figure below represent a balance.

नीचे के चित्र में एक तुला बनाई गई है। प्रत्येक चिह्न (?) के स्थान पर कौन सा चिह्न रखा जा सकता है।



- (1) X
- (2) O
- (3) □
- (4) □ O

162. On the basis of the four positions of a dice given below find the colour of the face opposite 'Yellow'.

नीचे दिए गए चारों की स्थिति को ध्यान में रखकर खोजिए कि ऐसा फलक के पीछे वाले फलक पर कौन-सा रंग हो सकता है?



- (1) Indigo
- (2) Red
- (3) Pink
- (4) Blue

(1) इंडिगो

(2) रेड

(3) पिंक

(4) ब्लू

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Educart, Dr. Rakshita Singh

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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