

**MIZORAM LEGISLATIVE ASSEMBLY  
COMPETITIVE EXAMINATION FOR DIRECT RECRUITMENT FOR  
THE POST OF UPPER DIVISION CLERK - MAY, 2023**

**PAPER - I  
(GENERAL ENGLISH)**

Time : 3 hours  
Full Marks : 100

*The figures in the margin indicates full marks for the questions.*

1. Write an essay on any one of the following in about 500 words. (20)

- (a) Importance of higher education in today's world
- (b) Internet access and its impact on society
- (c) Global warming

2. Write a precis of the following passage and add a suitable title. (20)

Nigeria spends an average of US \$22 billion each year on food imports. Its major food imports include wheat, sugar and fish. Another big import, rice, accounts for about US \$1.65 billion. Most of the country's rice is imported from Thailand and India. This has led analysts to predict it will be the world's second-largest importer of rice after China in 2019.

There are a few reasons that Nigeria's demand for rice is so high. Among them is rapid urbanisation; people who arrive in cities and seek out cheap, nutritious, filling food invariably turn to rice. More traditional coarse grains like sorghum and millet have become less popular over the years. This, according to research, is because rice is "a more convenient and easy staple to prepare compared to other traditional cereals across income levels in the urban areas".

Now Nigeria's government is trying to stem the tide of imported rice. Towards the end of 2018, it announced its intention to half rice imports entirely. In doing so, it hopes to save a great deal of money. But is this plan realistic? Unfortunately, it's not. Nigeria's agricultural sector simply isn't equipped to produce the amount of rice to meet demand. It is battling natural and climatic factors, a lack of funding and training for farmers, and a dearth of government support. To turn this around, the government needs to invest heavily in rice farmers.

3. Rearrange the following words to form interrogative sentences : (10)

- (a) a/girl/is/beautiful/there
- (b) choice/don't/have/I/a
- (c) reason/what/the/is/valid
- (d) running/they/are/why
- (e) a/have/pencil/you/do

*contd.....2/-*



4. Change the voice : (10)
- (a) The cat has five kittens.
  - (b) The flowers were arranged beautifully by her.
  - (c) A car ran over a puppy.
  - (d) The heavy clouds bring torrential rain.
  - (e) Cheese is considered a good source of calcium by many.
5. Make sentences from the following : (10)
- (a) tolerant (b) secular (c) translucent
  - (d) significant (e) emancipate
6. Give the synonyms of the following words : (10)
- (a) Ballot (b) Humongous (c) Bleak
  - (d) Captivate (e) Falter
7. Fill in the blanks with suitable prepositions : (10)
- (a) My contract has been extended \_\_\_ another year.
  - (b) We are leaving for Champhai \_\_\_ Tuesday.
  - (c) Tokyo is the most crowded city \_\_\_ the world.
  - (d) He was advised to abstain \_\_\_ all alcoholic drinks.
  - (e) Are not these dumpsters a disgrace \_\_\_ civic society?
  - (f) No one can stop a man from doing something if he is really keen \_\_\_ it.
  - (g) I have a distaste \_\_\_ publicity.
  - (h) Keep clear \_\_\_ wicked people.
  - (i) You must listen \_\_\_ the question first.
  - (j) The teacher has no control \_\_\_ the students.
8. Read the passage given below and answer the questions that follow : (10)

1. While there is no denying that the world loves a winner, it is important that you recognize the signs, of stress in your behaviour and be healthy enough to enjoy your success. Stress can strike anytime, in a fashion that may leave you unaware of its presence in your life. While a certain amount of pressure is necessary for performance, it is important to be able to recognize your individual limit. For instance, there are some individuals who accept competition in a healthy fashion. There are others who collapse into weeping wrecks before an exam or on comparing marks sheets and finding that their friend has scored better.

2. Stress is a body reaction to any demands or changes in its internal and external environment. Whenever there is a change in the external environment such as temperature, pollutants, humidity and working conditions, it leads to stress. In these days of competition when a person makes up his mind to surpass what has been achieved by others, leading to an imbalance between demands and resources, it causes psychosocial stress. It is a part and parcel of everyday life.

3. Stress has a different meaning, depending on the stage of life you are in. The loss of a toy or a reprimand from the parents might create a stress shock in a child. An adolescent who fails an examination may feel as if everything has been lost and life has no further meaning. In an adult the loss of his or her companion, job or professional failure may appear as if there is nothing more to be achieved.

contd.....3/-

4. Such signs appear in the attitude and behaviour of the individual, as muscle tension in various parts of the body, palpitation and high blood pressure, indigestion and hyperacidity. Ultimately the result is self-destructive behaviour such as eating and drinking too much, smoking excessively, relying on tranquilisers. There are other signs of stress such as trembling, shaking, nervous blinking, dryness of throat and mouth and difficulty in swallowing.

5. The professional under stress behaves as if he is a perfectionist. It leads to depression, lethargy and weakness. Periodic mood shifts also indicate the stress status of the students, executives and professionals.

6. In a study sponsored by World Health Organization and carried out by Harvard School of Public Health, the global burden of diseases and injury indicated that stress diseases and accidents are going to be the major killers in 2020.

7. The heart disease and depression both stress diseases are going to rank first and second in 2020. Road traffic accidents are going to be the third-largest killers. These accidents are also an indicator of psychosocial stress in a fast-moving society. Other stress diseases like ulcers, hypertension and sleeplessness have assumed epidemic proportions in modern societies.

8. A person under stress reacts in different ways and the common ones are flight, fight and flee depending upon the nature of the stress and capabilities of the person. The three responses can be elegantly chosen to cope with the stress so that stress does not damage the system and become distressed.

9. When stress crosses the limit, peculiar to an individual, it lowers his performance capacity. Frequent crossings of the limit may result in chronic fatigue in which a person feels lethargic, disinterested and is not easily motivated to achieve anything. This may make the person mentally undecided, confused and accident-prone as well. Sudden exposure of unnerving stress may also result in a loss of memory. Diet, massage, food supplements, herbal medicines, hobbies, relaxation techniques and dance movements are excellent stress busters.

- (i) What is stress ? What factors lead to stress ?
- (ii) What are the signs by which a person can know that he is under stress ?
- (iii) What are the different diseases a person gets due to stress ?
- (iv) Give any two examples of stress busters.
- (v) How does a person react under stress ?

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