



MCQs:

1. Which of the following statement/s is/are true?

1. Vitamin A, vitamin D, vitamin E, and vitamin K are Water soluble vitamins.
2. Vitamin C and the B-complex vitamins, such as vitamin B6, vitamin B12, and folate are Fat soluble Vitamins.

- (a) 1 only
(b) 2 only
(c) Both 1 and 2
(d) Neither 1 nor 2

Ans: d

Explanation:

- Vitamins are **organic substances that are generally classified as either fat soluble or water soluble.**
- **Fat-soluble vitamins** (vitamin A, vitamin D, vitamin E, and vitamin K) dissolve in fat and tend to accumulate in the body.
- **Water-soluble vitamins** (vitamin C and the B-complex vitamins, such as vitamin B6, vitamin B12, and folate) must dissolve in water before they can be absorbed by the body, and therefore cannot be stored.

2. Biotin is a?

- (a) Vitamin
(b) Mineral
(c) Hormone
(d) Enzyme

Ans: a

Explanation:

- Dermatologists have cautioned the biotin (vitamin B7) indiscriminate usage which is being promoted by several companies as a sure shot remedy for healthy hair and nail growth.



- Biotin plays a vital role in assisting enzymes to break down fats, carbohydrates, and proteins in food. It also helps to regulate signals sent by cells and the activity of genes.

3. Which one of the following organisations is associated with Universal Periodic Review?

- (a) United Nations General Assembly
- (b) World Bank
- (c) United Nations Environment Program
- (d) World Economic Forum

Ans: a

Explanation:

- The Universal Periodic Review (UPR) is a **unique process which involves a review of the human rights records of all UN Member States.**
- It was established by the **General Assembly of the United Nations (UNGA) in 2006.**
- The UPR is a State-driven process, under the auspices of the Human Rights Council, which provides the **opportunity for each State to declare what actions they have taken to improve the human rights situations** in their countries and to fulfil their human rights obligations.

4. Which of the following statement/s are true?

1. Eutrophication is the process by which an entire body of water, or parts of it, becomes progressively enriched with minerals and nutrients.
2. Main nutrients associated with eutrophication is nitrogen and phosphorus.

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

Ans: c

Explanation:



- Eutrophication is the process by which **an entire body of water, or parts of it, becomes progressively enriched with minerals and nutrients**, particularly nitrogen and phosphorus.

5. MISHTI Scheme is associated with?

- (a) Mangroves
- (b) Rain Forests
- (c) Tundra
- (d) Shola Forest

Ans: a

Explanation:

- MISHTI is a new programme that will **facilitate mangrove plantation along India's coastline and on salt pan lands.**
- The programme will operate through “convergence between MGNREGS, Campa Fund and other sources.