

UNIVERSITY OF MYSORE
Postgraduate Entrance Examination August - 2024



**QUESTION PAPER
BOOKLET NO.**

Entrance Reg. No.

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SUBJECT CODE : 06

QUESTION BOOKLET

(Read carefully the instructions given in the Question Booklet)

COURSE : M.Sc.

SUBJECT : FOOD SCIENCE AND NUTRITION

MAXIMUM MARKS : 50

MAXIMUM TIME : 75 MINUTES

(Including time for filling O.M.R. Answer sheet)

INSTRUCTIONS TO THE CANDIDATES

1. The sealed question paper booklet containing 50 questions enclosed with O.M.R. Answer Sheet is given to you.
2. Verify whether the given question booklet is of the same subject which you have opted for examination.
3. Open the question paper seal carefully and take out the enclosed O.M.R. Answer Sheet outside the question booklet and fill up the general information in the O.M.R. Answer sheet. If you fail to fill up the details in the form as instructed, you will be personally responsible for consequences arising during evaluating your Answer Sheet.
4. During the examination:
 - a) Read each question carefully.
 - b) Determine the Most appropriate/correct answer from the four available choices given under each question.
 - c) Completely darken the relevant circle against the Question in the O.M.R. Answer Sheet. For example, in the question paper if "C" is correct answer for Question No.8, then darken against Sl. No.8 of O.M.R. Answer Sheet using Blue/Black Ball Point Pen as follows:

Question No. 8. (A) (B) (C) (D) (Only example) (Use Ball Pen only)
5. Rough work should be done only on the blank space provided in the Question Booklet. Rough work should not be done on the O.M.R. Answer Sheet.
6. If more than one circle is darkened for a given question, such answer is treated as wrong and no mark will be given. See the example in the O.M.R. Sheet.
7. The candidate and the Room Supervisor should sign in the O.M.R. Sheet at the specified place.
8. Candidate should return the original O.M.R. Answer Sheet and the university copy to the Room Supervisor after the examination.
9. Candidate can carry the question booklet and the candidate copy of the O.M.R. Sheet.
10. The calculator, pager and mobile phone are not allowed inside the examination hall.
11. If a candidate is found committing malpractice, such a candidate shall not be considered for admission to the course and action against such candidate will be taken as per rules.
12. Candidates have to get qualified in the respective entrance examination by securing a minimum of 8 marks in case of SC/ST/Cat-I Candidates, 9 marks in case of OBC Candidates and 10 marks in case of other Candidates out of 50 marks.

INSTRUCTIONS TO FILL UP THE O.M.R. SHEET

1. There is only one most appropriate/correct answer for each question.
2. For each question, only one circle must be darkened with BLUE or BLACK ball point pen only. Do not try to alter it.
3. Circle should be darkened completely so that the alphabet inside it is not visible.
4. Do not make any unnecessary marks on O.M.R. Sheet.
5. Mention the number of questions answered in the appropriate space provided in the O.M.R. sheet otherwise O.M.R. sheet will not be subjected for evaluation.

ಗಮನಿಸಿ : ಸೂಚನೆಗಳ ಕನ್ನಡ ಆವೃತ್ತಿಯು ಈ ಪುಸ್ತಕದ ಹಿಂಭಾಗದಲ್ಲಿ ಮುದ್ರಿಸಲ್ಪಟ್ಟಿದೆ.

- 1) The change in dietary intake pattern, physical activity along with urbanisation, economic development is known as,
- (A) Demographic transition (B) Nutrition transition
(C) Epidemiologic transition (D) Behavioral change
- 2) Daily requirement of calcium per day for pregnant woman is _____
- (A) 100mg (B) 400mg
(C) 1000mg (D) 1100mg
- 3) _____ helps in the stabilization of foods by reducing surface tension at the oil-water interface.
- (A) Esterification (B) Emulsification
(C) Coagulation (D) Foaming
- 4) Services offered by the ICDS program include,
- (A) Supplementary nutrition (B) Safe drinking water
(C) Nutrition education (D) Both A and C
- 5) Wasting in children is defined as:
- (A) Height-for-age that is more than 2 Z-scores below the reference
(B) Weight-for-age that is more than 2 Z-scores below the reference
(C) Weight-for-height that is more than 2 Z-scores below the reference
(D) Weight-for-height less than 2 Z-scores below the reference
- 6) Which of the following food is superior in biological value
- (A) Eggs (B) Cereals
(C) Ghee (D) Pulses

- 7) Phenylketonuria, commonly known as PKU is-
- (A) An inherited disorder with increased levels of phenylalanine in the blood
 - (B) A disorder with increased levels of urea in the blood
 - (C) A intoxication caused due to ingestion of phenyl disinfectant agent
 - (D) A condition with excessive generation of ketone bodies and urea
- 8) Which nutrient is crucial for the prevention of neural tube defects in the developing fetus?
- (A) Vitamin C
 - (B) Folic acid
 - (C) Calcium
 - (D) Vitamin B12
- 9) Which one of the following is not an anticoagulant?
- (A) Heparin
 - (B) Protein-C
 - (C) Antothrombin-III
 - (D) Thrombin
- 10) Which of the following statement is true about proteins?
- (A) Proteins are made up of amino acids
 - (B) Proteins are essential for the development of skin, teeth and bones
 - (C) Proteins is the only nutrient that can build, repair and maintain body tissues
 - (D) All of the above
- 11) The end product of beta oxidation is
- (A) Pyruvate
 - (B) Triglyceride
 - (C) Acetyl Co-A
 - (D) Butyrate

- 12) Identify the risk factors for high risk pregnancy?
- (A) Maternal age <17 and > 35y, hypertension and obesity
 - (B) Diabetes and underweight
 - (C) Maternal age > 35y and malnutrition
 - (D) Anemia
- 13) Which of the following are carbohydrate digesting enzymes?
- i) α -amylase, ii) Sucrase, iii) Pepsin iv) Renin
- (A) i, ii, iii, iv
 - (B) ii, iii, iv
 - (C) i, ii
 - (D) iii, iv
- 14) Which of these are artificial sweeteners?
- (A) Saccharin
 - (B) Aspartame
 - (C) Sucralose
 - (D) All of the above
- 15) Fat is stored in our body in _____
- (A) Muscle
 - (B) Micelles
 - (C) Adipocytes
 - (D) Glycogen
- 16) Which of the following values represent the recommended daily intake of fiber per day?
- (A) 10-15g
 - (B) 15-20g
 - (C) 25-30g
 - (D) 35-40g
- 17) The formation of dark greenish discoloration in eggs is due to formation of
- (A) Ferrous sulphide
 - (B) Ammonium sulphate
 - (C) Calcium carbonate
 - (D) Calcium phosphate

18) Match the correct options

List A

- i) Prevent / delay microbial decomposition of food
- ii) Inactivation of food enzymes
- iii) High Temperature Short Time (HTST) process

(A) i-a, ii-b, iii-c

(C) i-b, ii-c, iii-a

List B

- a) Pasteurization
- b) Asepsis
- c) Blanching

(B) i-b, ii-a, iii-c

(D) i-c, ii-b, iii-c

19) The characteristics of balanced diet are,

- (A) Provides adequate nutrients required for normal growth and development
- (B) Helps in prevention of dietary deficiency disorders
- (C) Prevents risk of onset of NCDs such as diabetes, CVD, stroke etc.
- (D) All of the above

20) The acceleration in rate of growth to overcome an early growth deficit is referred as

- (A) Weight gain
- (B) Failure to thrive
- (C) Catch up growth
- (D) Stunting

21) Which of the following are components of public Health Nutrition?

- (A) Dietary guidelines
- (B) Nutritional epidemiology
- (C) Fortification of foods with vitamins and minerals
- (D) All of the above

22) The type of diet advised for hypertension is,

- (A) Keto diet
- (B) Neutropenic diet
- (C) DASH diet
- (D) FODMAP diet

- 23)** Edema results due to retention of
- | | |
|----------------------|------------------------|
| (A) Sodium and water | (B) Potassium water |
| (C) Sodium | (D) Calcium and sodium |
- 24)** Which of the following vitamin deficiency causes Beriberi?
- | | |
|----------------|-----------------|
| (A) Vitamin B1 | (B) Vitamin B2 |
| (C) Vitamin B6 | (D) Vitamin B12 |
- 25)** Plasma membrane is composed of
- (A) Lipoproteins
- (B) Glycoproteins, Lipids, Carbohydrates
- (C) Chromoproteins
- (D) Lipids
- 26)** Which of the following extrinsic factor is required for maturation of RBCs?
- | | |
|-------------|----------------------|
| (A) Vit B12 | (B) Folic acid |
| (C) Iron | (D) Both (A) and (B) |
- 27)** Give correct sequence of breast milk secretion
- i) Stimulation to Hypothalamus,
 - ii) Movement of milk from cells through ducts,
 - iii) Pituitary gland stimulates secretion of prolactin & oxytocin,
 - iv) Suckling by baby,
 - v) Milk pools into the areola
- | | |
|-----------------------|-----------------------|
| (A) i, ii, iii, iv, v | (B) v, i, iii, ii, iv |
| (C) iii, i, v, ii, iv | (D) iv, i, iii, ii, v |
- 28)** Which among the following is structural and functional unit of a kidney?
- | | |
|-------------|------------------|
| (A) Nephron | (B) Neuron |
| (C) Urethra | (D) Henle's loop |

29) Which of the following is not digested in the human GI tract?

- (A) Dextrose
- (B) Disaccharides
- (C) Dietary fiber
- (D) Simple sugars

30) The characteristics of a Keto diet are

- i) High fat, adequate protein, low carbohydrate diet
 - ii) The ketone bodies pass into the brain and replace glucose as an energy source.
 - iii) Diet includes mostly rice, meat, eggs, milk and vegetables
 - iv) Normal protein, 80% carbohydrate restriction of total calories
- (A) i & ii are correct
 - (B) i, ii & iii are correct
 - (C) ii, iii & iv are correct
 - (D) i, ii, iii & iv are correct

31) Methods of Nutritional assessment include

- (A) Field surveys
- (B) Direct method
- (C) Indirect method
- (D) Both (B) and (C)

32) Osteoporosis is characterized by

- (A) low bone mass and micro architectural deterioration of skeletal tissue
- (B) is a progressive systemic skeletal disease
- (C) dietary intake of calcium rich sources such as GL Vs, Millets, milk & meat products
- (D) all of above

33) What is BMI?

- (A) It is a measure that relates body weight to height of a person
- (B) Minimum amount of energy required for performing daily activity
- (C) It is an indicator of total skeletal mass in our body
- (D) It is the ratio of bone and muscle mass in our body

- 34)** Which of the following statement is incorrect?
- (A) Enzymes are protein in nature
 - (B) Enzymes are colloidal in nature
 - (C) Enzymes are thermolabile
 - (D) Enzymes are inorganic catalyst
- 35)** Which of the following hormone helps in the secretion of HCl from stomach?
- (A) Gastrin
 - (B) Secretin
 - (C) Pepsin
 - (D) Renin
- 36)** The chemical preservative used in foods
- (A) Potassium meta-bi-sulphite
 - (B) Butyl Hydroxy Toluene (BHT)
 - (C) Citric acid
 - (D) Both (A) and (C)
- 37)** Which of the following plastic food packaging material is toxic and not approved by FDA?
- (A) Bisphenol A (BPA)
 - (B) High-Density Polyethylene (HDPE)
 - (C) Polyethylene terephthalate (PET / PETE)
 - (D) Polypropylene (PP)
- 38)** _____ cells in the pancreas secrete insulin.
- (A) Epithelial cells
 - (B) Hepatic cells
 - (C) Germ cells
 - (D) Islet cells

39) Match the disease conditions with the appropriate therapeutic diets

List A

- a) Diarrhoea
- b) Fever
- c) Diabetes
- d) Jaundice
- (A) a-i, b-ii, c-iii, d-iv
- (C) a-iii, b-i, c-iv, d-ii

List B

- i) High energy, high protein
- ii) Low fat
- iii) Low fiber, semi-solid
- iv) High Fiber, low GI diet
- (B) a-iii, b-ii, c-iv, d-i
- (D) a-ii, b-iv, c-iii, d-i

40) Milk is pasteurized to

- (A) To eliminate pathogens and extend shelf life
- (B) Improve nutritional quality of milk
- (C) Make milk more digestible
- (D) Improve keeping quality of milk

41) Match the food ingredient in list A with the bio-active component given in list B

List A

- i) Tomato
- ii) Grape
- iii) Beetroot
- iv) Turmeric
- (A) i-a, ii-b, iii-c, iv-d
- (C) i-d, ii-a, iii-b, iv-c

List B

- a) Curcumin
- b) Betalin
- c) Anthocyanin
- d) Lycopene
- (B) i-b, ii-d, iii-a, iv-c
- (D) i-d, ii-c, iii-b, iv-a

42) The enzymatic browning in fruits and vegetables is caused due to

- (A) Free sugars
- (B) Polyphenol oxidases (PPOs)
- (C) Caramelization
- (D) Acidic pH

43) Gland which has both endocrine and exocrine function

- (A) Hypothalamus
- (B) Pituitary
- (C) Pancreas
- (D) Gonads

44) Which of the gases can be used for modified atmospheric packaging?

- (A) Oxygen
- (B) Carbon dioxide
- (C) Argon
- (D) All of above

- 45) Which of the following is true about bacteria?
- (A) Bacteria multiply and grow faster in warm environments
 - (B) Bacteria need air to survive
 - (C) Every type of bacteria can give people food poisoning
 - (D) By freezing food you can kill bacteria
- 46) The amount of energy expended while at rest is known as,
- (A) Thermic Effect of Food
 - (B) Basal Metabolic Rate
 - (C) Activity related energy expenditure
 - (D) Total Energy Expenditure
- 47) Which of the following nutrient deficiency causes megaloblastic anaemia?
- (A) Folic acid
 - (B) Niacin
 - (C) Pyridoxine
 - (D) Cobalamin
- 48) Which one of the following nucleotide bases is not found in RNA?
- (A) Adenine
 - (B) Thymine
 - (C) Guanine
 - (D) Cytosine
- 49) Which of the following are essential amino acids?
- (A) Methionine, Phenylalanine
 - (B) Phenylalanine, Glycine
 - (C) Methionine, Tyrosine
 - (D) Proline, Glycine
- 50) Which of the following tissues is most dependent upon constant blood supply of glucose?
- (A) Liver
 - (B) Brain
 - (C) Skeletal tissue
 - (D) Adipose tissue



Rough Work

ಅಭ್ಯರ್ಥಿಗಳಿಗೆ ಸೂಚನೆಗಳು

1. ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆಯ ಜೊತೆಗೆ 50 ಪ್ರಶ್ನೆಗಳನ್ನು ಹೊಂದಿರುವ ಮೊಹರು ಮಾಡಿದ ಪ್ರಶ್ನೆ ಪುಸ್ತಕವನ್ನು ನಿಮಗೆ ನೀಡಲಾಗಿದೆ.
2. ಕೊಟ್ಟಿರುವ ಪ್ರಶ್ನೆ ಪುಸ್ತಕವು, ನೀವು ಪರೀಕ್ಷೆಗೆ ಆಯ್ಕೆ ಮಾಡಿಕೊಂಡಿರುವ ವಿಷಯಕ್ಕೆ ಸಂಬಂಧಿಸಿದ್ದೇ ಎಂಬುದನ್ನು ಪರಿಶೀಲಿಸಿರಿ.
3. ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆಯ ಮೊಹರು ಜಾಗ್ರತೆಯಿಂದ ತೆರೆಯಿರಿ ಮತ್ತು ಪ್ರಶ್ನೆಪತ್ರಿಕೆಯಿಂದ ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆಯನ್ನು ಹೊರಗೆ ತೆಗೆದು, ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆಯಲ್ಲಿ ಸಾಮಾನ್ಯ ಮಾಹಿತಿಯನ್ನು ತುಂಬಿರಿ. ಕೊಟ್ಟಿರುವ ಸೂಚನೆಯಂತೆ ನೀವು ನಮೂನೆಯಲ್ಲಿನ ವಿವರಗಳನ್ನು ತುಂಬಲು ವಿಫಲರಾದರೆ, ನಿಮ್ಮ ಉತ್ತರ ಹಾಳೆಯ ಮೌಲ್ಯಮಾಪನ ಸಮಯದಲ್ಲಿ ಉಂಟಾಗುವ ಪರಿಣಾಮಗಳಿಗೆ ವೈಯಕ್ತಿಕವಾಗಿ ನೀವೇ ಜವಾಬ್ದಾರಾಗಿರುತ್ತೀರಿ.
4. ಪರೀಕ್ಷೆಯ ಸಮಯದಲ್ಲಿ:
 - a) ಪ್ರತಿಯೊಂದು ಪ್ರಶ್ನೆಯನ್ನು ಜಾಗ್ರತೆಯಿಂದ ಓದಿರಿ.
 - b) ಪ್ರತಿ ಪ್ರಶ್ನೆಯ ಕೆಳಗೆ ನೀಡಿರುವ ನಾಲ್ಕು ಲಭ್ಯ ಆಯ್ಕೆಗಳಲ್ಲಿ ಅತ್ಯಂತ ಸರಿಯಾದ/ ಸೂಕ್ತವಾದ ಉತ್ತರವನ್ನು ನಿರ್ಧರಿಸಿ.
 - c) ಓ.ಎಂ.ಆರ್. ಹಾಳೆಯಲ್ಲಿನ ಸಂಬಂಧಿಸಿದ ಪ್ರಶ್ನೆಯ ವೃತ್ತಾಕಾರವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ತುಂಬಿರಿ. ಉದಾಹರಣೆಗೆ, ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆಯಲ್ಲಿ ಪ್ರಶ್ನೆ ಸಂಖ್ಯೆ 8ಕ್ಕೆ "C" ಸರಿಯಾದ ಉತ್ತರವಾಗಿದ್ದರೆ, ನೀಲಿ/ಕಪ್ಪು ಬಾಲ್ ಪಾಯಿಂಟ್ ಪೆನ್ ಬಳಸಿ ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆಯ ಕ್ರಮ ಸಂಖ್ಯೆ 8ರ ಮುಂದೆ ಈ ಕೆಳಗಿನಂತೆ ತುಂಬಿರಿ:
 ಪ್ರಶ್ನೆ ಸಂಖ್ಯೆ 8. (A) (B) (C) (D) (ಉದಾಹರಣೆ ಮಾತ್ರ) (ಬಾಲ್ ಪಾಯಿಂಟ್ ಪೆನ್ ಮಾತ್ರ ಉಪಯೋಗಿಸಿ)
5. ಉತ್ತರದ ಪೂರ್ವಸಿದ್ಧತೆಯ ಬರವಣಿಗೆಯನ್ನು (ಚಿತ್ತು ಕೆಲಸ) ಪ್ರಶ್ನೆ ಪತ್ರಿಕೆಯಲ್ಲಿ ಒದಗಿಸಿದ ಖಾಲಿ ಜಾಗದಲ್ಲಿ ಮಾತ್ರವೇ ಮಾಡಬೇಕು (ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆಯಲ್ಲಿ ಮಾಡಬಾರದು).
6. ಒಂದು ನಿರ್ದಿಷ್ಟ ಪ್ರಶ್ನೆಗೆ ಒಂದಕ್ಕಿಂತ ಹೆಚ್ಚು ವೃತ್ತಾಕಾರವನ್ನು ಗುರುತಿಸಲಾಗಿದ್ದರೆ, ಅಂತಹ ಉತ್ತರವನ್ನು ತಪ್ಪು ಎಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ ಮತ್ತು ಯಾವುದೇ ಅಂಕವನ್ನು ನೀಡಲಾಗುವುದಿಲ್ಲ. ಓ.ಎಂ.ಆರ್. ಹಾಳೆಯಲ್ಲಿನ ಉದಾಹರಣೆ ನೋಡಿ.
7. ಅಭ್ಯರ್ಥಿ ಮತ್ತು ಕೊಠಡಿ ಮೇಲ್ವಿಚಾರಕರು ನಿರ್ದಿಷ್ಟಪಡಿಸಿದ ಸ್ಥಳದಲ್ಲಿ ಓ.ಎಂ.ಆರ್. ಹಾಳೆಯ ಮೇಲೆ ಸಹಿ ಮಾಡಬೇಕು.
8. ಅಭ್ಯರ್ಥಿಯು ಪರೀಕ್ಷೆಯ ನಂತರ ಕೊಠಡಿ ಮೇಲ್ವಿಚಾರಕರಿಗೆ ಮೂಲ ಓ.ಎಂ.ಆರ್. ಉತ್ತರ ಹಾಳೆ ಮತ್ತು ವಿಶ್ವವಿದ್ಯಾನಿಲಯದ ಪ್ರತಿಯನ್ನು ಹಿಂದಿರುಗಿಸಬೇಕು.
9. ಅಭ್ಯರ್ಥಿಯು ಪ್ರಶ್ನೆ ಪುಸ್ತಕವನ್ನು ಮತ್ತು ಓ.ಎಂ.ಆರ್. ಅಭ್ಯರ್ಥಿಯ ಪ್ರತಿಯನ್ನು ತಮ್ಮ ಜೊತೆ ತೆಗೆದುಕೊಂಡು ಹೋಗಬಹುದು.
10. ಕ್ಯಾಲ್ಕುಲೇಟರ್, ಪೇಜರ್ ಮತ್ತು ಮೊಬೈಲ್ ಫೋನ್‌ಗಳನ್ನು ಪರೀಕ್ಷಾ ಕೊಠಡಿಯ ಒಳಗೆ ಅನುಮತಿಸಲಾಗುವುದಿಲ್ಲ.
11. ಅಭ್ಯರ್ಥಿಯು ದುಷ್ಕೃತ್ಯದಲ್ಲಿ ತೊಡಗಿರುವುದು ಕಂಡುಬಂದರೆ, ಅಂತಹ ಅಭ್ಯರ್ಥಿಯನ್ನು ಕೋರ್ಸ್‌ಗೆ ಪರಿಗಣಿಸಲಾಗುವುದಿಲ್ಲ ಮತ್ತು ನಿಯಮಗಳ ಪ್ರಕಾರ ಅಂತಹ ಅಭ್ಯರ್ಥಿಯ ವಿರುದ್ಧ ಕ್ರಮ ಕೈಗೊಳ್ಳಲಾಗುವುದು.
12. ಈ ಪ್ರವೇಶ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಅರ್ಹರಾಗಲು ಒಟ್ಟು 50 ಅಂಕಗಳಲ್ಲಿ SC/ST/Cat-I ಅಭ್ಯರ್ಥಿಗಳು ಕನಿಷ್ಠ 8 ಅಂಕಗಳನ್ನು, OBC ಅಭ್ಯರ್ಥಿಗಳು ಕನಿಷ್ಠ 9 ಅಂಕಗಳನ್ನು ಮತ್ತು ಇನ್ನಿತರ ಅಭ್ಯರ್ಥಿಗಳು ಕನಿಷ್ಠ 10 ಅಂಕಗಳನ್ನು ಪಡೆಯತಕ್ಕದ್ದು.

ಓ.ಎಂ.ಆರ್. ಹಾಳೆಯನ್ನು ತುಂಬಲು ಸೂಚನೆಗಳು

1. ಪ್ರತಿಯೊಂದು ಪ್ರಶ್ನೆಗೆ ಒಂದೇ ಒಂದು ಅತ್ಯಂತ ಸೂಕ್ತವಾದ/ಸರಿಯಾದ ಉತ್ತರವಿರುತ್ತದೆ.
2. ಪ್ರತಿ ಪ್ರಶ್ನೆಗೆ ಒಂದು ವೃತ್ತವನ್ನು ಮಾತ್ರ ನೀಲಿ ಅಥವಾ ಕಪ್ಪು ಬಾಲ್ ಪಾಯಿಂಟ್ ಪೆನ್‌ನಿಂದ ಮಾತ್ರ ತುಂಬತಕ್ಕದ್ದು. ಉತ್ತರವನ್ನು ಮಾರ್ಪಡಿಸಲು ಪ್ರಯತ್ನಿಸಬೇಡಿ.
3. ವೃತ್ತದೊಳಗಿರುವ ಅಕ್ಷರವು ಕಾಣದಿರುವಂತೆ ವೃತ್ತವನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ತುಂಬುವುದು.
4. ಓ.ಎಂ.ಆರ್. ಹಾಳೆಯಲ್ಲಿ ಯಾವುದೇ ಅನಾವಶ್ಯಕ ಗುರುತುಗಳನ್ನು ಮಾಡಬೇಡಿ.
5. ಉತ್ತರಿಸಿದ ಪ್ರಶ್ನೆಗಳ ಒಟ್ಟು ಸಂಖ್ಯೆಯನ್ನು O.M.R. ಹಾಳೆಯಲ್ಲಿ ನಿಗದಿಪಡಿಸಿರುವ ಜಾಗದಲ್ಲಿ ನಮೂದಿಸತಕ್ಕದ್ದು. ಇಲ್ಲವಾದಲ್ಲಿ O.M.R. ಹಾಳೆಯನ್ನು ಮೌಲ್ಯಮಾಪನಕ್ಕೆ ಪರಿಗಣಿಸುವುದಿಲ್ಲ.

Note : English version of the instructions is printed on the front cover of this booklet.