

... CHOOSE THE
CORRECT ANTONYM OF THE GIVEN WORD.

27. Brazen

- A. Clever
- B. Backward
- C. Humble
- D. Bewildered

28. Puckish

- A. Defined
- B. Trivial
- C. Reviled
- D. Serious

... CHOOSE THE
OPTION WITH THE CORRECT SP

29. How do you spell the word
'everyday native language of a

- A. Vinacular
- B. Vernacular
- C. Venacular
- D. Vanacular

30. How do you spell the word
'menacing'?

- A. Omenous
- B. Omanus
- C. Ominous
- D. Omonus

READING

FOR QUESTIONS 31 TO 35, READ THE
PASSAGE AND ANSWER THE QUESTIONS
THAT FOLLOW.

Since before the dawn of our history, there have been some things that humans have continued to do. Music, art, and dance are just three things we are aware of, that have been major influences over humanity worldwide. Our ancestors painted their cave walls with pictures of dancers. Even babies instinctively jig in time to music. Dancing feels good and while some societies ban it, there is no culture on earth that doesn't possess an urge to dance.

But how is it that such a simple physical act has the ability to lift the spirits? The reasons, say dance psychologist Dr Peter Lovatt of the University of Hertfordshire, are diverse. He states that dancing rouses us physically and emotionally while there are also cognitive and social elements to it. He explains that people appear to get a much bigger release of endorphins when they dance than during other forms of exercise; it also connects with the emotional centres in the brain. For many people, dancing prompts an emotional release, often that's

uncomplicated happiness, while for
it can make them cry.

Several experiments have proved the cognitive benefits of dancing. University researchers at York and Sheffield took a group of people and sent each of them into a lab where music was played for five minutes. Each had to choose between three options: to sit and listen quietly to the music, to cycle on an exercise bike while they listened, or to get up and dance. All were given cognitive tests to perform before and after. Dr Lovatt said, "All those who chose to dance displayed improved problem-solving skills afterwards. This same study also found that the mood levels of the dancers went up. It shows that dancing along to music even for five minutes can boost happiness and improve creative-thinking patterns. Dancing also improves spatial awareness as well as raising the heart rate and causing a release of feel-good endorphins into the bloodstream. One more benefit is that it helps reduce levels of cortisol, which is a stress hormone making you feel more relaxed as well as getting the heart and lungs pumping. There is the simple fact