



रेलवे भर्ती बोर्ड / RAILWAY RECRUITMENT BOARD
सी ई एन नं. - 04/2024 - CEN No. - 04/2024



Test Date	30/04/2025
Test Time	4:30 PM - 6:00 PM
Subject	PHYSIOTHERAPIST GRADE II

* Note
Correct Answer will carry 1 mark per Question.
Incorrect Answer will carry 1/3 Negative mark per Question.

1. Options shown in green color with a tick icon are correct.
2. Chosen option on the right of the question indicates the option selected by the candidate.

Section : General Ability

Q.1 Read the given statements and conclusions carefully. Assuming that the information given in the statements is true, even if it appears to be at variance with commonly known facts, decide which of the given conclusions logically follow(s) from the statements.

Statements:
Some walls are floors.
All floors are ceilings.

Conclusions:
(I): Some ceilings are walls.
(II): All ceilings are floors.

- Ans ☒ 1. Only conclusion (II) follows
☒ 2. Both conclusions (I) and (II) follow
☒ 3. Neither conclusion (I) nor (II) follows
☒ 4. Only conclusion (I) follows

Q.2 Which government program received a ₹200 crore increase in funding in the 2025-26 Union Budget, bringing its total allocation to ₹1,000 crore, to enhance grassroots sports development in India?

- Ans ☒ 1. Target Olympic Podium Scheme
☒ 2. Khelo India Programme
☒ 3. National Sports Development Fund
☒ 4. Fit India Movement

Q.3 Based on the English alphabetical order, three of the following four letter cluster pairs are alike in a certain way and thus form a group. Which is the one that DOES NOT belong to that group?
(Note: The odd one out is not based on the number of consonants/vowels or their position in the letter-cluster.)

- Ans ☒ 1. FV – JA
☒ 2. KT – OX
☒ 3. DY – HD
☒ 4. LN – PS

Q.4 A man sold an article for ₹912 by first giving a d% discount on its marked price, and then another discount having the same nominal value (in ₹). If the marked price of the article is ₹3800, then what is the value of d?

- Ans ☒ 1. 43
☒ 2. 38
☒ 3. 40
☒ 4. 42

Q.5	In a precipitation reaction, the solid that forms is called:
Ans	✖ 1. filtrate ✖ 2. solvent ✔ 3. precipitate ✖ 4. electrolyte
Q.6	What is the primary focus of the 6 th Edition of India-Japan joint military exercise, Dharma Guardian?
Ans	✖ 1. Cybersecurity and information warfare ✖ 2. Naval warfare operations ✔ 3. Counter-terrorism operations in urban terrain and UN peacekeeping drills ✖ 4. Space defense and missile technology
Q.7	The value of $\left(\frac{5}{8}\right) \times \left(\frac{24}{25}\right) + \left(\frac{6}{5} - 4\right)$ is :
Ans	✖ 1. $-\frac{17}{12}$ ✖ 2. $-\frac{9}{13}$ ✖ 3. $-\frac{13}{9}$ ✔ 4. $-\frac{11}{5}$
Q.8	Name the Pallava-built temple located in Mahabalipuram.
Ans	✖ 1. Brihadeshwara Temple ✔ 2. Shore Temple ✖ 3. Kailashnath Temple ✖ 4. Vaikuntha Perumal Temple
Q.9	Which of the following tissues covers the lining of the mouth?
Ans	✖ 1. Connective tissue ✖ 2. Cuboidal epithelium ✔ 3. Squamous epithelium ✖ 4. Columnar epithelium
Q.10	Against which British Act did Gandhiji decide to launch a nationwide satyagraha in 1919, advocating non-violent civil disobedience against such unjust laws?
Ans	✖ 1. Pitts India Act, 1784 ✔ 2. Rowlatt Act, 1919 ✖ 3. Morley-Minto Reforms, 1909 ✖ 4. Government of India Act, 1919

Q.11	If '+' means 'subtraction', '-' means 'multiplication', '×' means 'division' and '÷' means 'addition', then what will come in place of the question mark (?) in the following equation? $25 \times 5 \div 13 - 3 + 14 = ?$
Ans	☒ 1. 30 ☒ 2. 15

☒☒

Q.18	Which of the following Articles of the Indian Constitution prescribes the procedure for amending the Constitution when required?
Ans	☒ 1. Article 368 ☐ 2. Article 356 ☐ 3. Article 246 ☐ 4. Article 32
Q.19	What was the main goal of the Rio Summit 1992 and its follow-up conferences?
Ans	☐ 1. Elimination of international borders ☐ 2. Establishment of global trade organisations ☒ 3. Sustainable development in all ecosystems ☐ 4. Expansion of industries
Q.20	Read the following statements regarding baking soda. Identify which of these statements is correct. Statement 1: Baking soda is a mild base that reacts with acids to release a gas. Statement 2: The gas released in this reaction is responsible for making dough rise in baking.
Ans	☐ 1. Only Statement 1 ☐ 2. Neither Statement 1 nor 2 ☐ 3. Only Statement 2 ☒ 4. Both Statements 1 and 2
Q.21	Which of the following statements is NOT correct about a current-carrying straight conductor?
Ans	☐ 1. The magnetic field strength decreases as the distance from the conductor increases. ☒ 2. The magnetic field strength remains the same at all distances from the wire. ☐ 3. The magnetic field lines form concentric circles around the conductor. ☐ 4. The magnetic field strength increases as the current through the wire increases.
Q.22	P, Q and R can do a work in 20 days, 30 days and 40 days, respectively. They finished that work together and got ₹52,000 as wages. Find R's wage.
Ans	☐ 1. ₹10,000 ☐ 2. ₹14,000 ☐ 3. ₹11,000 ☒ 4. ₹12,000
Q.23	13 bags and 17 pens together cost ₹1670, whereas 9 bags and 7 pens together cost ₹808. The cost of 17 bags exceeds the cost of 5 pens by:
Ans	☐ 1. ₹191 ☐ 2. ₹194 ☒ 3. ₹196 ☐ 4. ₹201
Q.24	Glucose is broken down into pyruvic acid in the cytoplasm. This pyruvic acid is converted into ethanol and carbon dioxide by ____.
Ans	☐ 1. Mitochondria through aerobic respiration ☒ 2. Yeast through fermentation. ☐ 3. Mitochondria through fermentation ☐ 4. Amoeba through fermentation

Q.25	Seven friends, S, T, U, V, W, X and Y, are sitting around a circular table facing the centre. T sits third to the right of S. X sits to the immediate right of T. U is an immediate neighbour of both W and X. Y sits to the immediate left of V. How many people sit between V and W when counted from the right of V.
Ans	☒ 1. Four ☒ 2. One ☒ 3. Two ☒ 4. Three
Q.26	Which of the following is a constitutional body established directly by the Constitution of India?
Ans	☒ 1. Central Vigilance Commission ☒ 2. NITI Aayog ☒ 3. National Human Rights Commission ☒ 4. Election Commission of India
Q.27	Which of the following tissue is composed of the brain and the spinal cord?
Ans	☒ 1. Epithelial tissue ☒ 2. Connective tissue ☒ 3. Nervous tissue ☒ 4. Muscular tissue
Q.28	Which navigation satellite did ISRO launch in January 2025 to enhance India's positioning system?
Ans	☒ 1. NVS-02 ☒ 2. GSAT-12 ☒ 3. IRNSS-1G ☒ 4. Cartosat-3
Q.29	_____ light produces a spectrum similar to sunlight.
Ans	☒ 1. Blue ☒ 2. White ☒ 3. Yellow ☒ 4. All
Q.30	Find the number of bricks, each measuring 35 cm × 20 cm × 50 cm, required to construct a wall 49 m long, 51 m high and 0.3 m thick, while the sand and cement mixture occupies 30% of the total volume of wall.
Ans	☒ 1. 15163 ☒ 2. 15025 ☒ 3. 14994 ☒ 4. 14951
Section : Professional Ability	
Q.1	A fracture of both the superior and inferior pubic rami is called a _____.
Ans	☒ 1. Aviator's fracture ☒ 2. Kissing fracture ☒ 3. Lover's fracture ☒ 4. Straddle fracture

Q.2	Inspiratory hold is a technique that helps improve ventilation to _____.
Ans	☒ 1. Bronchioles ☒ 2. Non-aerated alveoli ☒ 3. Main bronchus ☒ 4. Well-aerated alveoli
Q.3	In hemiplegic patients, biofeedback helps in improving the _____ muscle for shoulder stability.
Ans	☒ 1. Teres major ☒ 2. Pectoralis major ☒ 3. Supraspinatus ☒ 4. Deltoid
Q.4	Thumb flexion is the movement that takes place at the _____.
Ans	☒ 1. Transverse axis ☒ 2. Sagittal axis ☒ 3. Frontal axis ☒ 4. Coronal axis
Q.5	Which of the following parameters is least relevant when performing a neurovascular assessment after splinting a fractured limb?
Ans	☒ 1. Motor function of the affected extremity ☒ 2. Sensory response distal to the injury ☒ 3. Blood pressure measured at brachial artery ☒ 4. Distal pulse present and quality
Q.6	The mitral valve is _____.
Ans	☒ 1. Right atrioventricular valve ☒ 2. Right semilunar valve ☒ 3. Left semilunar valve ☒ 4. Left atrioventricular valve
Q.7	Which joint is most commonly affected in septic arthritis in children?
Ans	☒ 1. Wrist ☒ 2. Knee ☒ 3. Elbow ☒ 4. Shoulder
Q.8	Which technique stresses expiration and aids in the control of breathlessness and also helps to reduce the workload of breathing?
Ans	☒ 1. Diaphragmatic breathing ☒ 2. Buteyko technique ☒ 3. Apical breathing ☒ 4. Pursed lip breathing
Q.9	The duration of the cooldown period after exercise should be _____.
Ans	☒ 1. 5-10 minutes ☒ 2. 5-30 minutes ☒ 3. 15-20 minutes ☒ 4. 1-5 minutes

Q.10	The direction of massage strokes should generally follow the direction of _____.
Ans	☒ 1. Venous return ☐ 2. Nerve supply ☐ 3. Arterial flow ☐ 4. Hair growth
Q.11	The depth of penetration of continuous shortwave diathermy is _____.
Ans	☐ 1. 2 cm ☐ 2. 12 cm ☐ 3. 8 cm ☒ 4. 6 cm
Q.12	The treatment measure taken to minimise the consequences of a disease or injury once it has become clinically manifested is called _____.
Ans	☐ 1. Primary prevention ☒ 2. Tertiary prevention ☐ 3. Local prevention ☐ 4. Secondary prevention
Q.13	A common clinical feature noted when the upper half of the cervical spine is involved in cervical spondylosis is _____.
Ans	☐ 1. Parasthesia to the little finger ☐ 2. Pain in the frontal region ☐ 3. Muscle weakness of deltoid ☒ 4. Occipital headaches
Q.14	Which one of the following is NOT a cause of hyperthyroidism?
Ans	☐ 1. Goitre ☐ 2. Grave's Disease ☒ 3. Myxoedema ☐ 4. Adenoma
Q.15	Which of the following skill is not developed by the age of 4 months?
Ans	☐ 1. Turns onto side, Tracks a moving person visually across the room, Responds with sounds when spoken to ☐ 2. Recognizes mother's voice, Demonstrates effective sucking, Shows startle response to sound ☐ 3. Begins to respond to voice/sound, keeps hands open about half the time, Attempts to touch own face ☒ 4. Shows anger through vocalizations other than crying, Displays fear or wariness around unfamiliar people, Rolls over from back to stomach
Q.16	The sniff manoeuvre is not indicated when the patient's lungs have_____
Ans	☒ 1. Hyperventilation ☐ 2. Hypoventilation ☐ 3. Clear lungs ☐ 4. Dyspnea
Q.17	Which waveform is used in Russian currents?
Ans	☐ 1. Triangular ☐ 2. Rectangular ☒ 3. Square ☐ 4. Hexagonal

Q.18	How intervertebral disks obtain nutrition ?
Ans	☒ 1. Collateral channels ☒ 2. Local diffusion ☒ 3. Intervertebral vessels ☒ 4. No nutrition is provided
Q.19	The peritoneal fold that encloses the stomach and drapes over the front of the abdominal organs is known as -
Ans	☒ 1. Mesentery ☒ 2. Sphincters ☒ 3. Retroperitoneum ☒ 4. Greater Omentum
Q.20	Elevated toilet seats are highly recommended for _____.
Ans	☒ 1. total knee replacement ☒ 2. deltoid fracture in the ankle ☒ 3. total hip replacement ☒ 4. shoulder dislocation
Q.21	Good research problems should follow all criteria of FINER, F = Feasible, I = Interesting, N = Novel, E = Ethical and R = _____
Ans	☒ 1. Resources ☒ 2. Relevant ☒ 3. Researcher ☒ 4. Reliability
Q.22	Excessive postural sway when the eyes are closed is due to _____
Ans	☒ 1. Sensory ataxia ☒ 2. Midbrain ataxia ☒ 3. Cerebellar ataxia ☒ 4. Cerebral ataxia
Q.23	Laser should not be applied over the cancerous area because of which of the following reasons?
Ans	☒ 1. Release of histamine ☒ 2. Photobiostimulatory agent ☒ 3. Collagen synthesis ☒ 4. Bone remodulation
Q.24	Slow oxidative fibers are called _____.
Ans	☒ 1. Type I ☒ 2. Type II B ☒ 3. Type III ☒ 4. Type II A
Q.25	Notable feature of lumbar canal stenosis is _____
Ans	☒ 1. Pain during stoop posture ☒ 2. Pain during uphill walking ☒ 3. Pain in forward bending ☒ 4. Pain in buttock following walking

Q.26	The thickness of the carpet on the floor for wheelchair users should NOT be more than _____.
Ans	☐ 1. 5.0" ☒ 2. 0.5" ☐ 3. 0.2" ☐ 4. 1.0"
Q.27	Which technique is NOT advised for lower limb massage?
Ans	☐ 1. Effleurage ☒ 2. Pounding ☐ 3. Wringing ☐ 4. Thumb kneading
Q.28	Which of the following events takes place during the formation of granulation tissue in the repair of soft tissues?
Ans	☐ 1. Alignment of collagen fibers ☒ 2. Formation of new blood vessels ☐ 3. Constriction of blood vessels ☐ 4. Tissue necrosis
Q.29	The flexor zone of the hand that lies over the palm is _____
Ans	☒ 1. Zone III ☐ 2. Zone IV ☐ 3. Zone I ☐ 4. Zone II
Q.30	During the Straight Leg Raise test, when the patient complains of pain above 70°, it indicates _____
Ans	☐ 1. Avascular necrosis of hip ☐ 2. Discs prolapse ☒ 3. Sacroiliac joint involvement ☐ 4. Lumbar spine fracture
Q.31	Massage technique in which the operator's hand passes from distal to proximal with compatible depth is _____
Ans	☐ 1. Percussion ☐ 2. Stroking ☒ 3. Effleurage ☐ 4. Clapping
Q.32	Monosaccharides that differ only in the configuration around one specific carbon atom are known as -
Ans	☐ 1. L- Isomers ☐ 2. Enantiomers ☐ 3. D – Isomers ☒ 4. Epimers
Q.33	Heterotopic bone formation is a common complication following total hip replacement seen in _____.
Ans	☐ 1. Osteoarthritis ☐ 2. Fracture neck of femur ☐ 3. Rheumatoid arthritis ☒ 4. Ankylosing Spondylitis

Q.34	Moderate osteophytes with definite narrowing of joint space with sclerosis and noted deformity is graded as _____ in Kellegren and Lawrence.
Ans	☒ 1. Grade III ☐ 2. Grade II ☐ 3. Grade I ☐ 4. Grade IV
Q.35	In which of the following conditions is prone positioning not recommended to enhance respiratory function?
Ans	☒ 1. Recent tracheostomy ☐ 2. Acute respiratory distress syndrome ☐ 3. Traumatic Adult respiratory distress syndrome ☐ 4. Acute Respiratory failure
Q.36	The total exhalation of air, emptying both lungs to the maximum, is ____ in yoga asanas.
Ans	☒ 1. Rechaka ☐ 2. Shunyaka ☐ 3. Puraka ☐ 4. Kumbhaka
Q.37	In the context of post splinting assessment, which combination of parameters is most critical for evaluating distal neurovascular integrity?
Ans	☐ 1. Pressure, moisture, skin colour ☐ 2. Pain, mobility, skin temperature ☒ 3. Pulse, motor function, sensory response ☐ 4. Palpation, muscle tone, stretch reflex
Q.38	Which one of the following is NOT a disaccharide?
Ans	☐ 1. Maltose ☒ 2. Galactose ☐ 3. Sucrose ☐ 4. Lactose
Q.39	Muscle contraction is increased by doing warming-up exercises by _____.
Ans	☐ 1. Increasing the muscle viscosity ☐ 2. Reducing the temperature ☐ 3. Reducing the rate of nerve conduction ☒ 4. Reducing the muscle viscosity
Q.40	Giddiness after using high frequency currents on the head is due to the involvement of _____
Ans	☐ 1. Blood pressure reduction ☒ 2. Semicircular canals ☐ 3. Increase Blood pressure ☐ 4. Reduced sugar level
Q.41	Which statement most accurately defines a phobia?
Ans	☐ 1. Sudden episodes of extreme fear that resolve quickly ☐ 2. Ongoing distress and unease without a clear trigger ☒ 3. A persistent and irrational fear tied to a specific object or situation ☐ 4. Fear that occurs due to actual danger in the environment

Q.42	Glossopharyngeal breathing is most indicated in the condition of ____.
Ans	☐ 1. Guillain-Barré Syndrome ☐ 2. Hemiplegia ☒ 3. Spinal cord injury ☐ 4. Parkinson's
Q.43	In a neurological condition, a very slow heart rate is seen in _____.
Ans	☐ 1. Severe haemorrhage ☒ 2. Vasovagal seizure ☐ 3. Cerebral emboli ☐ 4. Systemic infections
Q.44	Diaphragmatic breathing promotes the energy conservation in COPD patients by _____.
Ans	☐ 1. shortening the expiratory phase ☐ 2. using the accessory muscles for breathing ☐ 3. using the chest wall mobility ☒ 4. promoting the breathing with less muscle effort
Q.45	Rigidity is a sign of _____
Ans	☐ 1. Midbrain lesion ☐ 2. Pyramidal tract lesion ☒ 3. Extrapyrarnidal tract lesion ☐ 4. Peripheral lesion
Q.46	In the pain pathway, Aδ fibers can travel at the speed of _____.
Ans	☐ 1. 30 pulses per second ☐ 2. 60 pulses per second ☒ 3. 40 pulses per second ☐ 4. 20 pulses per second
Q.47	Inclinometers are found difficult to use over the area of _____.
Ans	☒ 1. Finger joint ☐ 2. Elbow joint ☐ 3. Cervical joint ☐ 4. Hip joint
Q.48	In the _____ muscle, the fascicles fan out on only one side of a central muscle tendon.
Ans	☒ 1. Unipennate ☐ 2. Tripennate ☐ 3. Multipennate ☐ 4. Bipennate
Q.49	Indication for elbow arthroplasty is _____
Ans	☐ 1. Ankylosing Spondylitis ☒ 2. Rheumatoid arthritis ☐ 3. Tennis elbow ☐ 4. Osteoarthritis

Q.50	At the level of which thoracic vertebrae does the trachea bifurcate?
Ans	☒ 1. T5 & T6 ☒ 2. T4 & T5 ☒ 3. T2 & T3 ☒ 4. T1 & T3
Q.51	Steam (moist heat) under pressure is the principle used for which techniques of sterilization?
Ans	☒ 1. Autoclave ☒ 2. Dry heat ☒ 3. UV Radiation ☒ 4. Chemical Vapour
Q.52	Which one of the following is a psychopathic type of personality disorder?
Ans	☒ 1. Paranoid personality disorder ☒ 2. Compulsive personality disorder ☒ 3. Anti-social personality disorder ☒ 4. Schizotypal personality disorder
Q.53	Which one of the following is NOT a type of Non – epithelial (Mesenchymal) tumour?
Ans	☒ 1. Fibrosarcoma ☒ 2. Neuroblastoma ☒ 3. Myxosarcoma ☒ 4. Melanoma
Q.54	When statistical data is used to test a hypothesis, which type of statistics would be appropriate?
Ans	☒ 1. Casual analysis ☒ 2. Inferential statistics ☒ 3. Descriptive ☒ 4. Predictive analysis
Q.55	Which of the following articles of the constitution emphasizes the responsibility of the state governments to ensure the health and nutritional wellbeing of the people and is considered a fundamental human right-
Ans	☒ 1. Article 21 ☒ 2. Article 17 ☒ 3. Article 20 ☒ 4. Article 19
Q.56	In neonates, percussion can be given through _____.
Ans	☒ 1. Two fingers ☒ 2. One hand ☒ 3. Palmar aspect ☒ 4. Two hands
Q.57	The main disadvantage of the institution-based rehabilitation is:
Ans	☒ 1. Rare conditions can be treated ☒ 2. Better with an Empathetic approach ☒ 3. Statistical generation is possible ☒ 4. Not able to do follow-up post discharge

Q.58	In suspension, the required length of the single rope is _____.
Ans	☐ 1. 1 meter ☐ 2. 1.5 meters ☐ 3. 3 meters ☒ 4. 2 meters

Q.66 Which is the least beneficial position in children to optimise respiratory function?

- Ans
- ☒ 1. Supine lying
 - ☐ 2. Prone lying
 - ☐ 3. Half sitting
 - ☐ 4. Side lying

Q.67 The main characteristic of reversible cell injury is-

- Ans
- ☐ 1. Loss of cell membrane integrity
 - ☒ 2. ATP depletion and cell swelling
 - ☐ 3. Nuclear fragmentation
 - ☐ 4. Mitochondrial rupture

Q.68 What helps reduce the drag caused by eddies when an object moves through water?

- Ans
- ☐ 1. Increasing the size of the objects
 - ☒ 2. Streamlining the shapes
 - ☐ 3. Using rough shapes
 - ☐ 4. Moving in the water fastly

Q.69 Which exercises are advocated to improve the joint stability in a patient with posterior plaster cast?

- Ans
- ☒ 1. Static
 - ☐ 2. Isoinertial
 - ☐ 3. Eccentric
 - ☐ 4. Concentrics

Q.70 The immediate management for an electric shock is to _____.

- Ans
- ☐ 1. Remove his clothes
 - ☐ 2. Give water to drink
 - ☒ 3. Start CPR
 - ☐ 4. Relax the patient