



September Sprint for CAT 2025

Class 24

Reading Comprehension



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September Sprint Schedule

Date	Topic	Date	Topic	Date	Topic
01-Sep	Number System - 1	11-Sep	Games and Tournament	21-Sep	Algebra - 3
02-Sep	Arrangement	12-Sep	Odd One Out	22-Sep	Logical DI
03-Sep	Number System - 2	13-Sep	Chart Based DI - 3	23-Sep	Geometry - 1
04-Sep	Para Completion	14-Sep	Arithmetic - 4	24-Sep	Reading Comprehension - 3
05-Sep	Arithmetic - 1	15-Sep	Venn Diagram	25-Sep	Geometry - 2
06-Sep	Chart Based DI - 1	16-Sep	Reading Comprehension - 2	26-Sep	Quantitative Reasoning
07-Sep	Arithmetic - 2	17-Sep	Algebra - 1	27-Sep	Geometry - 3
08-Sep	Reading Comprehension - 1	18-Sep	Routes and Network	28-Sep	Parajumbles
09-Sep	Chart Based DI - 2	19-Sep	Algebra - 2	29-Sep	Misc. LR topics
10-Sep	Arithmetic - 3	20-Sep	Para Summary	30-Sep	Modern Maths

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What is it that draws you to an article about a topic like psychology? Why not just mindlessly scroll through the feeds on your phone instead, or stare out the window? Perhaps it's because you enjoy cognitive effort – which means you would likely score high on a trait called 'need for cognition'.

In everyday life, people can often choose how hard they want to flex their mental muscles. You might make that choice without knowing exactly what motivates it. If you want to watch some Netflix after work, you could opt for a lighthearted sitcom or pick a mystery with several timelines. If it's game night, you might vote for playing Twister, or instead for a complex strategy game like Twilight Imperium. And if you're taking a trip somewhere, you might stick to the basic level of planning needed to get you there, or you might think it through further, researching interesting stops and favorable routes, and mapping out a more detailed plan. All of these involve choices between different degrees of cognitive effort, and you might vary from hour to hour in terms of how much effort you are motivated to put in.

Still, some people tend to be more inclined toward cognitive effort overall than others are. The need for cognition is a way of describing this more stable difference between people. You can think of it as a spectrum, ranging from someone who usually does the bare minimum of thinking needed to get through life to someone who finds flexing their mental muscles as delightful as a bodybuilder finds flexing their physical muscles.

Like many other psychological traits, the need for cognition can be assessed with a questionnaire, which asks a person to rate how much they agree or disagree with statements about thinking – such as 'I would prefer complex to simple problems', or 'I only think as hard as I have to' – using a nine-point scale. In addition to pondering how your responses to such statements would compare with other people's, you might also recognize yourself in the way that needs for cognition is related to leisure activities. People who enjoy cognitive effort are more likely to seek it out in their free time, such as by watching educational content or discussing societal issues, irrespective of how high their cognitive abilities are.

People who relish mental challenges are not necessarily more intelligent – although some research has found that, on average, they score higher on fluid intelligence, the ability to solve problems and think logically. What's key is that they enjoy the journey of learning and problem-solving. Research indicates that this enjoyment can help compensate for when someone has lower abilities in school because it leads to a deeper understanding than superficial or rote learning would. So, the need for cognition is quite an obvious subject of interest in the context of education. But we are only beginning to understand its effects in other areas of life.

The choices people make regarding watching Netflix and planning a trip in the passage are examples of:

- A. How intelligence can influence leisure activities.
- B. How people with high need for cognition are more indecisive.
- C. The correlation between need for cognition and social activities.
- D. How everyday choices reflect a person's need for cognitive effort.



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The passage suggests a link between need for cognition and leisure activities. Which of the following, if true, would further strengthen this connection?

- A. People with high need for cognition are more likely to spend time on social media platforms that promote intellectual discussions.
- B. Studies show a negative correlation between need for cognition and physical exercise habits.
- C. There is no significant difference in television viewing habits between individuals with high and low need for cognition.
- D. People with high need for cognition score higher on standardized tests regardless of their study habits.



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The passage mentions that people high in need for cognition might score higher on fluid intelligence. What can be inferred about the relationship between these two concepts?

- A. Need for cognition is a subset of fluid intelligence.
- B. High fluid intelligence guarantees a high need for cognition.
- C. They are independent traits that can co-occur in some individuals.
- D. Need for cognition can improve a person's fluid intelligence.



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The passage concludes by stating that the effects of the need for cognition in various aspects of life are only beginning to be understood. What is the MAIN implication of this statement?

- A. The concept of the need for cognition is still under debate in psychology.
- B. More research is needed to explore the impact of the need for cognition.
- C. Psychologists have already identified all the relevant applications of this concept.
- D. The need for cognition is likely to have minimal influence on people's lives.



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It was the Kingdom of Bhutan, a remote country in the Himalayas, which in the twentieth century first introduced the idea that a government could—and should—be officially involved in its citizens' happiness. In 1972, King Jigme Singye Wangchuck declared, "Gross national happiness is more important than gross domestic product" and created a Gross National Happiness Index, which acts like a political barometer, slumping when social or political ills overwhelm. For over thirty years, while other countries flexed their muscles based on GDP, Bhutan quietly put out its happiness numbers, which were calculated by surveying samples of its population with such questions as: How often do you recite prayers or meditate? How satisfied are you with your relationship with your family? How free do you feel to express your ideas?

The idea of a Gross National Happiness Index remained mostly foreign to the West until 2008 when French president Nicolas Sarkozy commissioned economists Joseph E. Stiglitz, Amartya Sen, and Jean-Paul Fitoussi to study how useful it would be to consider happiness when developing global indexes. Three years later the UN General Assembly convened to discuss a new resolution based on that study. That resolution was 65/309, or "Happiness: Toward a Holistic Approach to Development," and its premise was, in theory, blithely simple. "The pursuit of happiness is a fundamental human goal," the report states. "The gross domestic product indicator by nature was not designed to and does not adequately reflect the happiness and well-being of people." Countries, in turn, should mold their public policy to reflect their citizens' happiness—and move away from the vastly more popular measurement of commercial success.

One of the results of Resolution 65/309 has been the annual World Happiness Report, the country-by-country ranking of national happiness on which India had fallen toward the bottom. One hundred and fifty-six countries are evaluated based on variables proved to better one's life, a sort of Maslow's hierarchy manual for politicians: income, life expectancy, social support, freedom, trust, and generosity. As Jeffrey Sachs, the co-author of the report, put it, "Asking people whether they are happy, or satisfied with their lives, offers important information about the society. It can signal underlying crises or hidden strengths. It can suggest the need for change."

To most of humanity, the World Happiness Report has been treated as a midquarter report card—useful, and just as usefully ignored. But some countries—often not very democratic ones, it may be worth noting—have prioritized moving up in the rankings. There was the Venezuela's cruelly ironic Ministry of Supreme Social Happiness, established just before a bloody uprising in 2014 to implement an umbrella of new social programs. There is the United Arab Emirates' robust Ministry of Happiness and Well-Being, designed to "align and drive government policy to create social good and satisfaction. There was Nigeria's Ministry of Happiness and Purpose Fulfillment which aimed to "reduce the costs in skilling employees and improve the employability of young people. And then—after India slipped seven places from its original ranking of 111 in 2013, and it was noted by Indian media that Pakistan ranked higher—the country created its ministry.

The primary purpose of the passage is to:

- A. Advocate for the universal adoption of Gross National Happiness (GNH) as the primary economic indicator.
- B. Criticize the World Happiness Report for its methodology and potential for manipulation.
- C. Explain the historical development of the concept of national happiness as a political goal.
- D. Analyze the effectiveness of government ministries dedicated to increasing national happiness.



According to the passage, which of the following statements can be inferred about India's Ministry of Happiness?

- A. It was established as a genuine effort to improve the lives of Indian citizens.
- B. It was primarily created to appease the Indian public after a decline in the World Happiness Report ranking.
- C. Its effectiveness in increasing national happiness is demonstrably successful.
- D. It focuses solely on improving employment opportunities for young people.

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How does Jeffrey Sachs' quote about the World Happiness Report contribute to the argument about GNH?

- A. It criticizes the subjectivity of the report's happiness measure.
- B. It downplays the importance of national happiness compared to economic growth.
- C. It suggests that the report should be used to compare countries' economic performance.
- D. It highlights the report's potential to reveal underlying societal issues.



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How does the concept of Maslow's hierarchy of needs connect to the idea of GNH?

- A. Both GNH and Maslow's hierarchy emphasize the importance of fulfilling various needs for well-being.
- B. Maslow's hierarchy prioritizes basic needs like food and shelter, which are not considered in GNH.
- C. Countries with Ministries of Happiness are more likely to adopt Maslow's hierarchy as a policy framework.
- D. The passage criticizes Maslow's hierarchy for being an outdated model of human needs.



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One of the defining features of a traumatic experience is an intense feeling of helplessness or loss of control. In the aftermath of trauma, there is often a sense of dread that something bad will happen again. Attempting to control one's body size, shape or food intake might present a way for someone to restore a sense of control and predictability. Moreover, 'look better, feel better' messaging continues to be pervasive in many cultures. These factors could partly explain why symptoms of trauma and eating disorder behaviours collide.

Neuroscience sheds light on how trauma profoundly affects the mind. Studies reveal that individuals with PTSD often exhibit disrupted brain activation in specific areas. One such area, the insula cortex, plays a crucial role in processing sensory information like touch, temperature, and direction. Similar dysfunction in insula activity has been observed in brain scans of individuals with eating disorders. Why is this significant? For most of us, there's a keen awareness of our body's signals regarding hunger, fullness, and emotional and physical pain — termed interoceptive awareness. This awareness guides our responses to the body's cues. We eat when hungry, seek comfort when sad, and continue with daily life when satisfied and in good spirits, unimpeded by physical discomfort.

However, individuals with eating disorders consistently report lower levels of interoceptive awareness, meaning that cues for hunger, fullness, and physical and emotional pain are not as easy for them to perceive. When they begin treatment, many have difficulty identifying the experience of hunger or fullness. In the absence of internal cues, their eating can look very mechanical. Many people with eating disorders also frequently feel emotionally and physically numb and may even experience moments of total dissociation, to the point that they don't feel certain body parts, or feel generally uneasy in their own skin. It is common for someone with an eating disorder to grossly miscalculate the size and shape of their body when looking at it in a mirror or photograph. These deficits are often present while other parts of the brain are running at full speed.

I've found that, for many of my clients, the experience of trauma seems to set the stage for this dissociative state, and the eating disorder serves as a manifestation of the disconnection. When communication between the brain and the rest of the body breaks down, trouble follows. A person's relationship with food and eating can become devoid of intuition or spontaneity. This numbness provides a perfect setting for eating disorders to thrive.

For some, eating disorder behaviours may serve as a way to regulate a nervous system that has been hijacked by trauma. As mentioned, restricting food can function as a means of feeling in control after an extreme experience of helplessness. For others, bingeing and purging provide a sense of relief and might be reinforced by a release of dopamine. Binge eating in itself can provide a sense of comfort in inner turmoil. These behaviours can represent a desperate attempt to feel something, anything at all, when one's body feels numb and detached.

According to the passage, how does "look better, feel better" messaging contribute to the development of eating disorders?

- A. It suggests that weight loss is the key to emotional happiness.
- B. It promotes healthy eating habits for achieving physical beauty.
- C. It encourages people to focus on external appearance rather than internal well-being.
- D. It creates a sense of competition for achieving a perfect body image.





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The passage discusses the insula cortex and its role in the brain in order to

- A. demonstrate the overall impact of trauma on brain function.
- B. explain the connection between disrupted sensory processing and eating disorders.
- C. introduce the concept of interoceptive awareness.
- D. showcase recent advancements in brain scan technology.

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What role does dissociation play in the development of eating disorders, as described in the passage?

- A. It contributes to heightened awareness of bodily cues
- B. It reduces the likelihood of body image issues.
- C. It helps in maintaining intuitive eating habits.
- D. It reflects a disconnection between the brain and body

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Preparing for MBA exams for 2025-26?



- Recorded concept videos
- Solved questions – basic to advanced
- Topic wise Practice sheets
- Doubt Resolution Group
- Doubt session live classes
- In VA, grammar and vocab also covered
- In LR, OMET topics covered

Price: 15000/-

Section-wise modules are also available

Get these PDFs on

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<https://t.me/MBAKaro>



Thank
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