

Part A

CCT Weekly Practice English

Read the analysis of the study based on WorkFrom Home and answer the questions that follow.

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Helping People Sit Better

BENEFITS OF WORKING FROM HOME

30%

remote workers report savings of as much as **\$5,240 per year** simply accounting for expenses

26%

of remote employees earn more than **\$100,000 annually**

whereas **only 8%** of onsite workers earn more than that



Full-time remote workers say they're happy in their job **22% more than** people who never work remotely

Schedule flexibility is nearly

x2 times

as important to remote workers as it is to on-site workers



91%

of remote workers report better work-life balance as their main driver behind working remotely



Only

59%

are concerned with employee loneliness

Remote Employee Manager



82%

are concerned about reduced employee productivity



4.7 MILLION

employees in the US work from home at least half the week

Sources

<https://www.cosocloud.com/press-releases/connectsolutions-survey-shows-working-remotely-benefits-employers-and-employees>
<https://globalworkplaceanalytics.com/telecommuting-statistics>
<https://www.owllabs.com/state-of-remote-work/2019>
<https://buffer.com/state-of-remote-work-2019>

1. Select the option that includes the CORRECT information with reference to Work From Home.

- a) 92% of the onsite workers earn less than \$100,000 annually.
- b) Less than 50% employee managers pay heed to employee loneliness.
- c) Remote workers face severe challenges related to time schedule.
- d) It has led to meager savings.
- e) Work life balance is adversely affected.

2. Match the words to their meanings.

Word	Meaning
(a) accounting	(i) stunted
(b) remotely	(ii) seclusion
(c) reduced	(iii) responsible for
(d) loneliness	(iv) roster
(e) schedule	(v) distantly

3. What is/are the major concern/concerns of the employee managers?

- a) Work life balance and loneliness of their employee.
- b) Reduced productivity and cut throat competition.
- c) Company's profit and work life balance of their employee.
- d) Decreased efficiency of their employee.

4. What are the possible reasons for more than 4.7 million US workers to opt for work from home for at least half of the week?

- i. Enjoy work and family life.
- ii. Get more rewards.
- iii. Save more.
- iv. Get immediate promotions.
- a) i & iii
- b) i, ii & iii
- c) ii, iii & iv
- d) only i

5. According to the given information, we can you say that the remote workers are

- a) aggressive.
- b) satisfied.
- c) overburdened.
- d) relaxed.

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Part B

BMI

Body Mass Index (BMI), is defined as weight (in kilograms) divided by height (in metres) squared. As an individual's height and weight can be readily and inexpensively measured, BMI has become a popular risk indicator of disease- as BMI increases, so does the risk for some diseases. Some common conditions related to overweight and obesity include: premature death, cardiovascular diseases, high blood pressure, osteoarthritis, some cancers and diabetes.

Question 18: Calculate the BMI of an adult who weighs 64 kg and whose height is 5 feet 4 inches.

(1 inch = 2.5 cm)

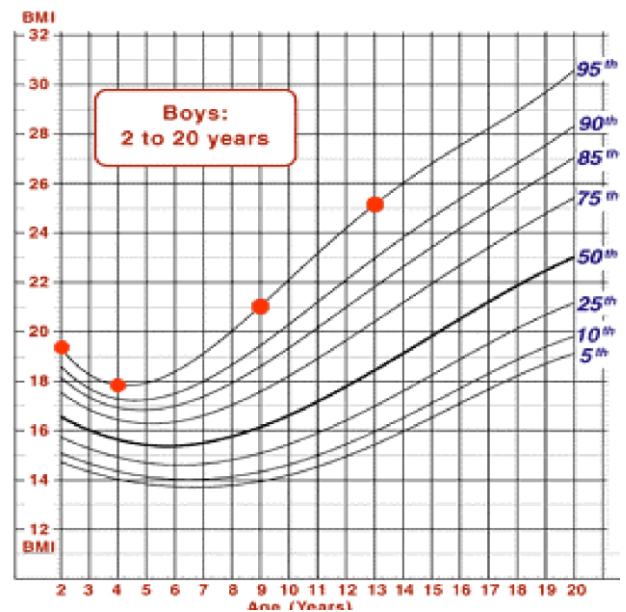
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BMI is age and gender specific. The Chart shows BMI-for-age plots for boys of age between 2 and 20 years. BMI-for-age $\geq 95^{\text{th}}$ means overweight, BMI-for-age between 85% and 95% indicates risk of overweight, BMI-for-age between 85% and 5% is considered normal and BMI-for-age $< 5\%$ is underweight. Arun's BMI at 2, 4, 9 and 13 years are marked in the plot. Since the dots are on the 95^{th} percentile line, it means that out of 100 boys of his age, less than 5% have BMI lower than him. You can also consider Arun as overweight.



Question 19: Pankaj's BMI at the age of 07 years is 16. Which of the following statement is correct?

- A. He is underweight for his age.
- B. He is normal for his age
- C. He is overweight for his age.
- D. Data is insufficient to conclude any of the three above statements

Question 20: Which of the following practice/s should Arun adopt to stay healthy?

- (i) He should eat more vegetables and fruits
- (ii) He should play games that involve running movements.

- (iii) He should exercise regularly.
- (iv) He should drink fruit juice
- (v) He should play indoor games like chess.

- A. (i), (ii) and (iii)
- B. (ii), (iii) and (iv)
- C. (iii), (iv) and (v)
- D. (i), (iii) and (iv)

Question 21: You want to investigate the relationship between BMI and Diabetes. What would be the hypothesis you would make when you plan this research. What are the 02 key variables of the study? Select the correct option which depicts the correct hypothesis and variables.

	Hypothesis	Variables
A	There is a positive relationship between Age and Diabetes	BMI and Age
B	There is no relationship between BMI and Diabetes	BMI and Diabetes
C	There is no relationship between Gender and BMI	Gender and BMI
D	There is a positive relationship between BMI, Diabetes, Gender and Age.	BMI and Diabetes

Part A

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Benefits of Work From Home

Answers:

1. a) 92% of the onsite workers earn less than \$100,000 annually.
2. a) – iii
b) – v
c) – i
d) – ii
e) – iv
3. d) decreased efficiency of their employee.
4. a) i & iii
5. b) satisfied.

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The solution for Part B is explained in Video Solution.