

**BSF / CAPF HCM & DSSSB JA/LDC Typing Test**

Time: 10 minutes

Speed needed: 35 WPM (English)

302 words · 2000 characters

Level: RBE Advanced

Type the passage below on the computer exactly as printed – capital letters, punctuation and figures included, one space after a punctuation mark. If you finish before time, start again from the beginning and keep typing until the time is over. Net speed = (words typed – mistakes after the 5% allowance × 10) ÷ 10. Words typed = key depressions ÷ 5.

The human immune system is a remarkable network of cells, tissues and organs that defends the body against bacteria, viruses, fungi and parasites. It has two main parts. The Innate Immune System responds immediately and in the same way to all invaders; it includes the skin, mucous membranes, stomach acid, and white blood cells such as neutrophils and macrophages that engulf germs by phagocytosis. The Adaptive Immune System is slower but highly specific and has memory. Its key players are B-lymphocytes, which produce antibodies (immunoglobulins such as IgG, IgA, IgM, IgE and IgD), and T-lymphocytes, including Helper T-cells (CD4+) and Cytotoxic T-cells (CD8+). Vaccination works by training the adaptive system safely: a vaccine introduces an antigen, which may be a weakened pathogen, an inactivated virus, a protein subunit or an mRNA instruction, so that memory cells can respond quickly to a real infection later. India's Universal Immunisation Programme (UIP) protects children against diseases such as Tuberculosis, Polio, Measles, Rubella, Diphtheria, Pertussis, Tetanus and Hepatitis B, and Mission Indradhanush was launched in December 2014 to reach unvaccinated children. Fever, swelling, redness and pain are signs of inflammation, which is a normal part of the body's defence; chemical messengers called cytokines and interleukins (IL-1, IL-6) coordinate this response. The thymus gland, located behind the sternum, is where T-cells mature, while B-cells mature in the bone marrow. Lymph nodes, the spleen and the tonsils act as checkpoints where immune cells meet antigens. "Herd immunity" is achieved when a large proportion of a population, often 80% to 95% depending on the disease, becomes immune, protecting those who cannot be vaccinated. Balanced nutrition, adequate sleep and regular exercise help keep the immune system in good condition. Understanding immunity is thus not only useful for doctors but for every citizen who wishes to make informed decisions about health.