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AFNS MOST REPEATED MCQs

COMPLETE PREPARATION GUIDE 2025-2026

Armed Forces Nursing Service (AFNS) — Pakistan Army

Based on Past Papers & Real Candidate Experiences

Covers: Biology • Physics • Chemistry • English • General Knowledge • Verbal Intelligence

AFNS TEST PATTERN AT A GLANCE

The AFNS initial test has **THREE** parts:

- Verbal Intelligence Test → 84 Questions in 30 Minutes
- Non-Verbal Intelligence Test → 64 Questions in 30 Minutes
- Academic Test → 50 Questions in 25 Minutes

Academic Test Weightage: Biology ~40% | Physics/Chemistry ~30% | English/GK ~30%

Passing Marks: Minimum 50% required — aim for maximum to compete on merit.

SECTION 1: BIOLOGY MCQs (Most Repeated)

Cell Biology & Genetics

Q1. Protein is synthesized in:

- a) Nucleus
- b) Ribosomes ✓**
- c) Golgi Apparatus
- d) Mitochondria

Q2. Bowman's capsule surrounds the:

- a) Nephron
- b) Tubule
- c) Collecting Duct
- d) Glomerulus ✓**

Q3. The main decomposers in the ecosystem are:

- a) Fungi
- b) Bacteria ✓**
- c) Worms
- d) Insects

Q4. The word "Biology" is a:

- a) Latin Word
- b) English Word
- c) Greek Word ✓**
- d) French Word

Q5. Biology is the study of:

- a) Non-living Things
- b) Chemical Reactions
- c) Living Things ✓**
- d) Environment

Q6. Amoeba moves with the help of:

- a) Cilia
- b) Pseudopodia ✓**
- c) Contractile Vacuole
- d) Flagella

Q7. Bacteria move with the help of:

- a) Pseudopodia
- b) Cilia
- c) Pili

d) Flagella ✓

Q8. The micro organism used in the baking industry is:

- a) Bacteria
- b) Fungi
- c) Mold

d) Yeast ✓

Q9. The organisms that do not have backbone in their bodies are called:

- a) Amphibians
- b) Vertebrates
- c) Mammals

d) Invertebrates ✓

Q10. Mammals give birth to young ones and the mother feeds the babies with her:

- a) Milk ✓**
- b) Food
- c) Water
- d) Blood

Human Anatomy & Physiology

Q11. Strongest wall of the HEART is:

- a) Right Atrium
- b) Right Ventricle
- c) Left Ventricle ✓**
- d) Left Atrium

Q12. CORTEX has _____ lobes:

- a) Four ✓**
- b) Five
- c) Two
- d) Three

Q13. Water absorption in plants by pressure is known as:

- a) Root Pressure
- b) Turgor Pressure ✓**
- c) Diffusion Pressure
- d) Osmotic Pressure

Q14. Plant needs _____ types of nutrient light for photosynthesis:

- a) One
- b) Three ✓**
- c) Four
- d) Two

Q15. Who invented the Vaccine?

- a) Edward Jenner ✓**
- b) Robert Koch
- c) Louis Pasteur
- d) Alexander Fleming

📌 *Tip: Biology carries ~40% weightage. Focus on cell biology, human physiology, and ecology.*

📌 **SECTION 2: PHYSICS MCQs (Most Repeated)**

Q16. The number of base units (SI) are:

- a) Five
- b) Six
- c) Seven ✓**
- d) Eight

Q17. Newton is a _____ unit:

- a) Fundamental
- b) Derived ✓**
- c) Scalar
- d) SI Base

Q18. The S.I. unit of intensity of light is:

- a) Lumen
- b) Lux
- c) Watt
- d) Candela ✓**

Q19. The path followed by the projectile is called:

- a) Arc
- b) Trajectory ✓**
- c) Parabola
- d) Curve

Q20. Which rays have the shortest wavelength?

- a) X-Rays
- b) Ultraviolet Rays
- c) Infrared Rays
- d) Gamma Rays ✓**

Q21. Rain water drops are spherical due to:

- a) Capillarity
- b) Adhesion
- c) Surface Tension ✓**
- d) Viscosity

Q22. Light year is a unit of:

- a) Time
- b) Distance ✓**
- c) Speed
- d) Energy

Q23. Radian is used to measure:

- a) Angle ✓**
- b) Distance
- c) Area

d) Length

Q24. Speed is NOT a _____ quantity:

- a) Scalar
- b) Physical
- c) Vector ✓**
- d) Fundamental

Q25. Newton is used to measure:

- a) Work
- b) Force ✓**
- c) Pressure
- d) Energy

Q26. The rotational effect of a force on a body around an axis of rotation is described in terms of:

- a) Energy
- b) Moment of Force ✓**
- c) Power
- d) Work

Q27. The S.I. unit of electricity (energy) is:

- a) Volt
- b) Joule ✓**
- c) Coulomb
- d) Ampere

Q28. In motion of satellites, the necessary centripetal force is provided by:

- a) Gravitational Force ✓**
- b) Coulomb's Force
- c) Magnetic Force
- d) Nuclear Force

Q29. The branch of physics that deals with properties of gravity is known as:

- a) Dynamics
- b) Statics
- c) Field Theory ✓**
- d) Mechanics

📌 *Tip: Physics focuses on FSc-level basics — units, measurement, mechanics, waves, and light.*

📌 **SECTION 3: CHEMISTRY MCQs (Most Repeated)**

Q30. CNG stands for:

- a) Compressed Nitrogen Gas
- b) Compressed Neutral Gas
- c) Compressed Natural Gas ✓**
- d) Condensed Natural Gas

Q31. BF_3 is NOT a:

- a) Base ✓**
- b) Salt
- c) Acid
- d) Oxide

Q32. Which gas is used in cigarette lighters?

- a) Methane
- b) Ethane
- c) Propane
- d) Butane ✓**

Q33. Benzene is a good solvent for:

- a) Water
- b) Fats, Resins, Iodine ✓**
- c) Sugars
- d) Proteins

Q34. The unit of the rate constant (K) is the same as the rate of reaction in:

- a) First Order Reaction
- b) Zero Order Reaction ✓**
- c) Third Order Reaction
- d) Second Order Reaction

Q35. Who discovered the atom?

- a) John Dalton ✓**
- b) Niels Bohr
- c) J.J. Thomson
- d) Albert Einstein

Tip: Chemistry questions are mainly FSc-level — focus on periodic table, reactions, acids/bases, and organic basics.

SECTION 4: ENGLISH MCQs (Most Repeated)

Synonyms & Antonyms

Q36. Synonym of "Atone" is:

- a) Ignore
- b) Mend ✓**
- c) Damage
- d) Break

Q37. Synonym of "Doubt" is:

- a) Certainty
- b) Suspicious ✓**
- c) Belief
- d) Confidence

Q38. Synonym of "Demise" is:

- a) Birth
- b) Death ✓**
- c) Happiness
- d) Success

Q39. Antonym of "Barbarian" is:

- a) Calm ✓
- b) Wild
- c) Savage
- d) Cruel

Grammar & Sentence Completion

Q40. Which sentence is correct?

- a) She can sings beautifully.
- b) She can sing beautifully. ✓
- c) She can singing beautifully.
- d) She can sang beautifully.

Q41. Although he is blind but he is good _____ calculations:

- a) On
- b) In ✓
- c) With
- d) At

Q42. Maria is waiting for you _____ morning:

- a) From
- b) Since ✓
- c) For
- d) By

Q43. Asma _____ lots of junk food:

- a) Eat
- b) Eating
- c) Eats ✓
- d) Eaten

Q44. There is direct link between value and price so the manager should _____ the price:

- a) Raise ✓
- b) Rise
- c) Arise
- d) Risen

📌 *Tip: English section tests synonyms, antonyms, prepositions, subject-verb agreement, and tenses.*

SECTION 5: GENERAL KNOWLEDGE MCQs (Most Repeated)

International Organizations

Q45. Headquarters of UNO (United Nations Organization) is located in:

- a) Geneva
- b) Paris
- c) New York ✓**
- d) Vienna

Q46. Headquarters of FAO (Food and Agriculture Organization) is in:

- a) Vienna
- b) Rome ✓**
- c) Paris
- d) Geneva

Q47. Headquarters of WHO (World Health Organization) is in:

- a) Rome
- b) Geneva ✓**
- c) New York
- d) Brussels

Q48. The abbreviation "IAEA" stands for:

- a) International Atomic Energy Agency ✓**
- b) International Association for Environmental Affairs
- c) International Agricultural and Economic Agency
- d) International Alliance for Energy Administration

Pakistan General Knowledge

Q49. The first TV station in Pakistan was set up at Lahore on:

- a) Nov 26, 1962
- b) Nov 26, 1963

c) Nov 26, 1964 ✓

d) Nov 26, 1965

Q50. The first Space Satellite of Pakistan was launched in:

a) 1985

b) 1988

c) 1990 ✓

d) 1992

Q51. The first Lady Major General in Pakistan was:

a) Dr. Rabia Malik

b) Dr. Shahida Malik ✓

c) Dr. Shazia Anwar

d) Dr. Nusrat Jahan

📌 *Tip: GK section focuses on international organizations, Pakistan affairs, current events, and famous firsts.*

📌 SECTION 6: VERBAL INTELLIGENCE — KEY PATTERNS

Verbal Intelligence (84 Qs / 30 mins) tests your speed & reasoning. Common question types:

✓ Analogies (Word Relationships) — e.g. Doctor : Hospital :: Teacher : ?

✓ Odd One Out — identify word that does not belong to the group

✓ Synonyms & Antonyms — vocabulary questions

✓ Sentence Completion — fill in the blank using context

✓ Number/Letter Series — identify the pattern and next term

✓ Blood Relations — e.g. "Pointing to a woman, Tom said: She is the daughter of my grandfather's only child"

📌 *Speed is critical — you have ~21 seconds per question. Practice under timed conditions.*

📖 QUICK REVISION — MUST-KNOW FACTS

Biology Quick Facts:

- Ribosome = protein synthesis | Mitochondria = powerhouse of cell
- Bacteria = prokaryote (no nucleus) | Virus = non-living outside host
- Photosynthesis: $6\text{CO}_2 + 6\text{H}_2\text{O} \rightarrow \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$ (light + chlorophyll)
- Human heart: 4 chambers (2 atria + 2 ventricles)
- DNA carries genetic information; RNA = messenger

Physics Quick Facts:

- 7 base SI units: metre, kg, second, ampere, kelvin, mole, candela
- Speed of light = 3×10^8 m/s | Speed of sound in air = 343 m/s
- Gamma rays = shortest wavelength | Radio waves = longest wavelength
- $F = ma$ (Force = mass $\times$ acceleration) — Newton's 2nd Law

Pakistan GK Quick Facts:

- Capital: Islamabad | Largest city: Karachi | National language: Urdu
- Pakistan founded: 14 August 1947 | Constitution: 1973
- AFNS Commission: Permanent Commission (BSc Nursing – 4 years) / Short Service Commission
- Age limit for AFNS: 17–25 years | Minimum 50% marks to qualify

📖 PREPARATION STRATEGY & TIPS

- 1📖 Past Papers First — 70-80% of questions repeat from previous years
- 2📖 Attempt at least 3 full mock papers under timed conditions before your test date
- 3📖 Biology is highest-weighted (~40%) — do not skip any chapter of FSc Part 1 & 2
- 4📖 For Verbal Intelligence: practise series, analogies, and blood relations daily
- 5📖 GK: memorize HQ of major UN bodies (WHO=Geneva, FAO=Rome, UNO=New York)
- 6📖 English: focus on prepositions, subject-verb agreement, and synonyms/antonyms
- 7📖 Recommended Books: Dogar's AFNS Guide | Niazi Forces Academy Notes | FSc Textbooks

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Compiled from past papers & real candidate experiences | For AFNS 2025-2026 Preparation

Best of luck! May Allah grant you success. 🌟🌟

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