

NIS WEIGHTLIFTING Admission Test

Topic:- Section 2_General Knowledge

1) Which of the following Indian sports persons announced that he/she will be hanging his/her boots from active sports in order to serve as the president of the Paralympic Committee of India (PCI)?

निम्नलिखित में से किस भारतीय ने घोषणा की कि वह भारत की पैरालंपिक समिति (पीसीआई) के अध्यक्ष के रूप में कार्य करने के लिए सक्रिय खेलों से सन्यास लेगा/ लेगी?

[Question ID = 104]

1. Deepa Malik / दीपा मलिक

[Option ID = 413]

2. Mariyappan Thangavelu / मरियप्पन थंगावेलु

[Option ID = 414]

3. Varun Singh Bhati / वरुण सिंह भाटी

[Option ID = 415]

4. Virat Kohli / विराट कोहली

[Option ID = 416]

Correct Answer :-

• Deepa Malik / दीपा मलिक

[Option ID = 413]

2) What is the name of the first mobile app of National Anti-Doping Agency?

राष्ट्रीय एंटी डोपिंग एजेंसी के पहले मोबाइल ऐप का नाम क्या है?

[Question ID = 105]

1. HEALTHY INDIA / हेल्थी इंडिया [Option ID = 417]

2. NADA INDIA / नाडा इंडिया [Option ID = 418]

3. INDIA ANDOP / इंडियन एंडोप [Option ID = 419]

4. INDIAN / इंडियन [Option ID = 420]

Correct Answer :-

• NADA INDIA / नाडा इंडिया [Option ID = 418]

3) The Radcliffe Line is a boundary between:-

रेडक्लिफ रेखा किसके बीच की सीमा है:-

[Question ID = 106]

1. India and Pakistan / भारत और पाकिस्तान [Option ID = 421]

2. India and China / भारत और चीन [Option ID = 422]

3. India and Bhutan / भारत और भूटान [Option ID = 423]

4. India and Afghanistan / भारत और अफ़ग़ानिस्तान [Option ID = 424]

Correct Answer :-

• India and Pakistan / भारत और पाकिस्तान [Option ID = 421]

4) Which is the 1st Indian state to declare internet as Fundamental Right?

इंटरनेट को मौलिक अधिकार घोषित करने वाला पहला भारतीय राज्य कौन सा है?

[Question ID = 107]

1. Kolkata / कोलकाता [Option ID = 425]

2. Goa / गोवा [Option ID = 426]

3. Kerala / केरल [Option ID = 427]

4. Delhi / दिल्ली [Option ID = 428]

Correct Answer :-

• Kerala / केरल [Option ID = 427]

5) The members of Rajya Sabha are:-

राज्यसभा के सदस्य:-

[Question ID = 108]

1. Nominated / मनोनीत किए जाते हैं [Option ID = 429]
2. Elected by the members of Lok Sabha / लोक सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 430]
3. Elected by the members of the Legislative Assembly / विधान सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 431]
4. Elected by the members of the Legislative Council / विधान परिषद के सदस्यों द्वारा चुने जाते हैं [Option ID = 432]

Correct Answer :-

- Elected by the members of the Legislative Assembly / विधान सभा के सदस्यों द्वारा चुने जाते हैं [Option ID = 431]

6) ‘Fit Hai to Hit Hai India’ is a program launched for the fitness of:-

‘फिट है तो हिट है इंडिया’ कार्यक्रम किसकी फिटनेस के लिए शुरू किया गया है?

[Question ID = 109]

1. College students / कॉलेज के छात्रों [Option ID = 433]
2. School students / स्कूल के छात्रों [Option ID = 434]
3. Senior citizens / वरिष्ठ नागरिकों [Option ID = 435]
4. Women only / केवल महिलाओं [Option ID = 436]

Correct Answer :-

- School students / स्कूल के छात्रों [Option ID = 434]

7) Nasa Astronaut who returned (Feb 2020) to earth after record long stay in International Space Station (ISS) is:-

नासा (NASA) अंतरिक्ष यात्री जो (फ़रवरी 2020) अंतर्राष्ट्रीय अंतरिक्ष स्टेशन (ISS) में रिकॉर्ड लंबे समय तक रहने के बाद पृथ्वी पर लौटा है?

[Question ID = 110]

1. Kalpana Chawla / कल्पना चावला [Option ID = 437]
2. Luca Parmitano / लुका परमिटानो [Option ID = 438]
3. Christina Koch / क्रिस्टीना कोच [Option ID = 439]
4. Alexander Skvortsov / अलेक्जेंडर स्कोवत्सोव [Option ID = 440]

Correct Answer :-

- Christina Koch / क्रिस्टीना कोच [Option ID = 439]

8) Who has won the International Olympic Committee’s (IOC) coaches lifetime achievement award in male category for the year 2019?

वर्ष 2019 के लिए अंतर्राष्ट्रीय ओलंपिक समिति (IOC) प्रशिक्षक (कोच) आजीवन उपलब्धि पुरस्कार पुरुष वर्ग में किसको मिला है?

[Question ID = 111]

1. Pullela Gopichand / पुलेला गोपीचंद [Option ID = 441]
2. Ramakant Achrekar / रामकांत आचरेकर [Option ID = 442]
3. Bishweshwar Nandi / बिश्वेश्वर नंदी [Option ID = 443]
4. Sourav Ganguly / सौरव गांगुली [Option ID = 444]

Correct Answer :-

- Pullela Gopichand / पुलेला गोपीचंद [Option ID = 441]

9) Besides UK, USA, Germany and Japan,the G-7 countries include:-

ब्रिटेन, अमेरिका, जर्मनी और जापान के अलावा, जी-सात देशों में शामिल हैं:-

[Question ID = 112]

1. Canada, France and India / कनाडा, फ्रांस और भारत [Option ID = 445]
2. Canada, Italy and Netherlands / कनाडा, इटली और नीदरलैंड [Option ID = 446]
3. France, Netherlands and Russia / फ्रांस, नीदरलैंड और रूस [Option ID = 447]
4. Canada, France and Italy / कनाडा, फ्रांस और इटली [Option ID = 448]

Correct Answer :-

- Canada, France and Italy / कनाडा, फ्रांस और इटली [Option ID = 448]

10) Name the IIT which has designed ‘Warbot’ which can deliver medicines and food to COVID-19 patients.

आईआईटी (IIT)का नाम बताइये जिसने ‘वारबॉट’ डिजाइन किया है जो COVID-19 रोगियों को दवाइयां और भोजन दे सकता है?

[Question ID = 113]

1. IIT Delhi / आईआईटीदिल्ली [Option ID = 449]
2. IIT Bombay / आईआईटी बॉम्बे [Option ID = 450]
3. IIT Ropar / आईआईटी रोपड़ [Option ID = 451]
4. IIT Kanpur / आईआईटी कानपुर [Option ID = 452]

Correct Answer :-

- IIT Ropar / आईआईटी रोपड़ [Option ID = 451]

Topic:- Section 2_Basic Computer Knowledge

1) Input devices that use a special ink that contains magnetizable particles of iron oxide are _____.

इनपुट डिवाइस जिसमें एक विशेष स्याही का उपयोग किया जाता है जिसमें लोहे के ऑक्साइड के चुंबकनशील कण होते हैं, _____ होते हैं

[Question ID = 115]

1. Optical disks / ऑप्टिकल डिस्क
[Option ID = 457]
2. Magnetic disks / चुंबकीय डिस्क
[Option ID = 458]
3. MICR / एमआईसीआर
[Option ID = 459]
4. Magnetic drives / चुंबकीय ड्राइव
[Option ID = 460]

Correct Answer :-

- MICR / एमआईसीआर
[Option ID = 459]

2) The invention of _____ gave birth to the much cheaper microcomputers.

_____ के आविष्कार ने बहुत सस्ते माइक्रो कंप्यूटर्स को जन्म दिया

[Question ID = 116]

1. Mainframes / मैनफ्रेमस(बृहत)
[Option ID = 461]
2. Microcomputers / माइक्रोकंप्यूटर्स
[Option ID = 462]
3. Microprocessors / माइक्रोप्रोसेसर
[Option ID = 463]
4. PDAs / पीडीएस
[Option ID = 464]

Correct Answer :-

- Microprocessors / माइक्रोप्रोसेसर
[Option ID = 463]

3) In this generation of computers, Time sharing, Real time, Networks, Distributed Operating System was used.

इस पीढ़ी के कंप्यूटर्स में टाइम शेयरिंग, रियल टाइम, नेटवर्क्स, डिस्ट्रिब्यूटेड ऑपरेटिंग सिस्टम का इस्तेमाल किया जाता था:-

[Question ID = 117]

1. 1st / पहली [Option ID = 465]
2. 2nd / दूसरी [Option ID = 466]
3. 5th / पाँचवीं [Option ID = 467]
4. 4th / चौथी [Option ID = 468]

Correct Answer :-

- 4th / चौथी [Option ID = 468]

4) A plug and play storage device that simply plugs in the port of a computer is _____.

एक प्लग एंड प्ले स्टोरेज डिवाइस जो केवल कंप्यूटर के पोर्ट में प्लग करता है

[Question ID = 118]

1. Flash drive / फ्लैश ड्राइव
[Option ID = 469]
2. Compact disk / कॉम्पैक्ट डिस्क
[Option ID = 470]
3. Hard disk / हार्ड डिस्क
[Option ID = 471]
4. CD / सीडी
[Option ID = 472]

Correct Answer :-

- Flash drive / फ्लैश ड्राइव
[Option ID = 469]

5) The Second Generation Computer was based on _____.

[Question ID = 119]

1. Vacuum tube / वैक्यूम ट्यूब
[Option ID = 473]
2. Silicon chips / सिलिकॉन चिप्स
[Option ID = 474]
3. Transistor / ट्रान्जिस्टर
[Option ID = 475]
4. Bio chips / बायो चिप्स
[Option ID = 476]

Correct Answer :-

- Transistor / ट्रान्जिस्टर
[Option ID = 475]

Topic:- Section 2_LR and Coaching Apt

1) Select the correct alternative from the given choices:-

दिये गए विकल्पों में से सही विकल्प चुनिए:-

49, 925, 2549, _____ 121169

[Question ID = 303]

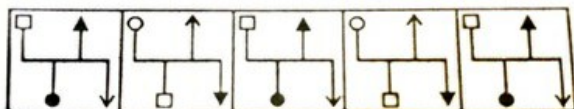
1. 64121 [Option ID = 1209]
2. 81121 [Option ID = 1210]
3. 100121 [Option ID = 1211]
4. 49121 [Option ID = 1212]

Correct Answer :-

- 49121 [Option ID = 1212]

2) The boxes run in a sequence from left to right. Select one figure from the answer set which will continue the same series as given in the problem set of figures.

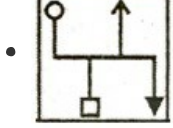
बक्से बाएं से दाएं एक क्रम में चलते हैं उत्तर समूह से एक आकृति का चयन करें जो समस्या समूह में दी गई श्रृंखला के समान जारी रहेगी



[Question ID = 304]

1.
[Option ID = 1213]
2.
[Option ID = 1214]
3.
[Option ID = 1215]
4.
[Option ID = 1216]

Correct Answer :-



[Option ID = 1215]

3) If the time in a clock is 7 hours 15 minutes, then what time does it show on the mirror?

यदि एक घड़ी में समय सात बजकर पंद्रह मिनट है तो दर्पण में यह कितना समय दिखाएगी?

[Question ID = 305]

1. 4 hours 50 minutes / चार घंटे पचास मिनट [Option ID = 1217]
2. 4 hours 40 minutes / चार घंटे चालीस मिनट [Option ID = 1218]
3. 4 hours 35 minutes / 4 घंटे 35 मिनट [Option ID = 1219]
4. 4 hours 45 minutes / 4 घंटे 45 मिनट [Option ID = 1220]

Correct Answer :-

- 4 hours 45 minutes / 4 घंटे 45 मिनट [Option ID = 1220]

4) Five persons - Amit, Balram, Chetan, Deepak and Eshwar are sitting in a row facing North. The following information is known to them:-

- (i) Only Deepak is sitting between Amit and Balram.
- (ii) Neither Amit nor Balram is at the ends.
- (iii) Chetan is sitting to the immediate left of Balram.

Who is sitting at the right end of the row?

पांच व्यक्ति - अमित, बलराम, चेतन, दीपक और ईश्वर उत्तर की ओर मुंह करके पंक्तिबद्ध बैठे हैं वे निम्नलिखित जानकारी से परिचित हैं

- (i) केवल दीपक, अमित और बलराम के बीच में बैठा है
- (ii) छोरों पर न तो अमित है और न ही बलराम
- (iii) चेतन बलराम के तुरंत बाएँ बैठा है

पंक्ति के दायें अंत पर कौन बैठा है?

[Question ID = 306]

1. Amit / अमित
[Option ID = 1221]
2. Balram / बलराम
[Option ID = 1222]
3. Chetan / चेतन
[Option ID = 1223]
4. Eshwar / ईश्वर
[Option ID = 1224]

Correct Answer :-

- Eshwar / ईश्वर
[Option ID = 1224]

5) Find from the alternation, which number fits in the place of the question mark(?)

प्रत्यावर्तन से पता करें कि प्रश्न चिह्न के स्थान पर कौन सी संख्या फिट है?

5	2	-6	3
13	3	-20	-2

5	8
?	-20

[Question ID = 307]

1. -7 [Option ID = 1225]
2. 30 [Option ID = 1226]
3. 40 [Option ID = 1227]
4. 20 [Option ID = 1228]

Correct Answer :-

- 20 [Option ID = 1228]

6) Find the odd one among the following.

निम्नलिखित में एक विषम खोजें।

[Question ID = 308]

1. CFD
- [Option ID = 1229]
2. GJH
- [Option ID = 1230]
3. KNM
- [Option ID = 1231]
4. JMK
- [Option ID = 1232]

Correct Answer :-

- KNM
- [Option ID = 1231]

7) If 1st April, 2003 was Monday, then which day of the week will 25th December of the same year be?

यदि 1 अप्रैल, 2003 सोमवार था, तो उसी वर्ष 25 दिसंबर को सप्ताह का कौन सा दिन होगा?

[Question ID = 309]

1. Tuesday / मंगलवार [Option ID = 1233]
2. Wednesday / बुधवार [Option ID = 1234]
3. Thursday / गुरुवार [Option ID = 1235]
4. Friday / शुक्रवार [Option ID = 1236]

Correct Answer :-

- Wednesday / बुधवार [Option ID = 1234]

8) A compass was damaged and its needle turned in such a manner that the pointer which was showing East is now showing North. One person went towards the West as per the above-mentioned compass. In which direction did he actually go?

एक कम्पास क्षतिग्रस्त हो गया था और इसकी सुई इस तरह से मुड़ गई कि सूचक जो पूर्व दिखा रहा था वह अब उत्तर दिखा रहा है एक व्यक्ति उपर्युक्त कम्पास के अनुसार पश्चिम की ओर गया वास्तव में वह किस दिशा में गया था?

[Question ID = 310]

1. South / दक्षिण [Option ID = 1237]
2. West / पश्चिम [Option ID = 1238]
3. North-East / उत्तर-पूर्व [Option ID = 1239]
4. North / उत्तर [Option ID = 1240]

Correct Answer :-

- North / उत्तर [Option ID = 1240]

9) A is the husband of B. E is the daughter of C. A is the father of C. How is B related to E?

A, B का पति है E, C की पुत्री है A, C का पिता है B, E से कैसे संबंधित हैं?

[Question ID = 311]

1. Mother / माता
- [Option ID = 1241]
2. Grandmother / दादी
- [Option ID = 1242]
3. Aunt / चाची
- [Option ID = 1243]
4. Cousin / भतीजा
- [Option ID = 1244]

Correct Answer :-

- Grandmother / दादी
- [Option ID = 1242]

10) In a certain code language, if ‘RESIDENT’ is coded as PCQGBCLR, then how will you code the word ‘VILLAGE’?

एक निश्चित कोड भाषा में, यदि ‘RESIDENT’ को PCQGBCLR, के रूप में कोड किया जाता है, तब आप ‘VILLAGE’ शब्द को किस प्रकारकोड करेंगे?

[Question ID = 312]

1. TGJJYEC [Option ID = 1245]

2. TGJYEC [Option ID = 1246]
3. TGJJXEC [Option ID = 1247]
4. TGJJYDC [Option ID = 1248]

Correct Answer :-

- TGJJYEC [Option ID = 1245]

Topic:- Section 2_Language and Communication_P1

1) Instruction: Choose the synonym of the given word from the four options that follow:-

belie

[Question ID = 340]

1. relive [Option ID = 1357]
2. amorphous [Option ID = 1358]
3. debunk [Option ID = 1359]
4. elucidate [Option ID = 1360]

Correct Answer :-

- debunk [Option ID = 1359]

2) Instruction: Choose the synonym of the given word from the four options that follow:-

apocryphal

[Question ID = 341]

1. assuage [Option ID = 1361]
2. fabricated [Option ID = 1362]
3. derision [Option ID = 1363]
4. primordial [Option ID = 1364]

Correct Answer :-

- fabricated [Option ID = 1362]

3) Instruction: Choose the antonym of the given word from the four options that follow:-

ephemeral

[Question ID = 342]

1. fleeting [Option ID = 1365]
2. permanent [Option ID = 1366]
3. passing [Option ID = 1367]
4. distasteful [Option ID = 1368]

Correct Answer :-

- permanent [Option ID = 1366]

4) Instruction: Choose the antonym of the given word from the four options that follow:-

expand

[Question ID = 343]

1. condense [Option ID = 1369]
2. conclude [Option ID = 1370]
3. congest [Option ID = 1371]
4. consolidate [Option ID = 1372]

Correct Answer :-

- condense [Option ID = 1369]

5) Instruction: Choose the most appropriate answer from the four given options:-

He saw the kind faces of those _____.

[Question ID = 344]

1. who he loves
[Option ID = 1373]
2. whom he loves
[Option ID = 1374]
3. whom he loved
[Option ID = 1375]
4. whom he loves
[Option ID = 1376]

Correct Answer :-

- whom he loved

[Option ID = 1375]

6) Instruction: Choose the most appropriate answer from the four given options:-

She _____ a fortune when her uncle died.

[Question ID = 345]

1. came to

[Option ID = 1377]

2. came in for

[Option ID = 1378]

3. came into

[Option ID = 1379]

4. came on

[Option ID = 1380]

Correct Answer :-

- came into

[Option ID = 1379]

7) Instruction: Choose the most appropriate answer from the four given options:-

The police _____ any information about the suspects.

[Question ID = 346]

1. has not released

[Option ID = 1381]

2. is not released

[Option ID = 1382]

3. are not released

[Option ID = 1383]

4. have not released

[Option ID = 1384]

Correct Answer :-

- have not released

[Option ID = 1384]

Topic:- Section 2_Language and Communication_P2

1) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment. In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) In the above lines, the author is urging the youth to:-

[Question ID = 348]

1. recognise the sacrifice of their ancestors

[Option ID = 1389]

2. learn from the past and not repeat the same mistakes

[Option ID = 1390]

3. realise and undertake the task of nation building more seriously

[Option ID = 1391]

4. be more competent intellectually and physically than their predecessors

[Option ID = 1392]

Correct Answer :-

- realise and undertake the task of nation building more seriously

[Option ID = 1391]

2) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment.

In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) Which qualities of the youth should be tapped according to the author?

[Question ID = 349]

1. servitude to the foreign rule

[Option ID = 1393]

2. mobilisations and integrity

[Option ID = 1394]

3. secularism and democracy

[Option ID = 1395]

4. idealism and energy

[Option ID = 1396]

Correct Answer :-

- idealism and energy

[Option ID = 1396]

3) Read the following passage and answer the question that follow, by choosing the most appropriate option:

Our freedom was won with great struggle and sacrifice after centuries of servitude to foreign rule, and it is important that those of us who belong to the post-independence generation should not fall into the error of taking our freedom for granted. The maintenance and strengthening is a task even more onerous than its attainment.

In any nation, the youth necessarily forms the vanguard in most spheres of activity, and it is essential that at this critical juncture its power must be mobilised further to strengthen our integrity and our capacity to resist aggression. What is required is an immense burst of idealism and energy among our youth, who must be deeply committed to the task of safeguarding this great nation of ours founded on the twin ideals of secularism and democracy. In particular, our young men and women studying in schools, colleges and universities have a special responsibility. They constitute an immense reservoir of strength which, if properly canalised, can prove to be a source of great power to the nation.

Q) What has been described as a ‘reservoir of strength’?

[Question ID = 350]

1. the legacy left by those who struggled for freedom

[Option ID = 1397]

2. the educated and skilled youth

[Option ID = 1398]

3. the young soldiers who sacrificed their lives for India’s independence

[Option ID = 1399]

4. the young adults teaching in the schools, colleges and universities

[Option ID = 1400]

Correct Answer :-

- the educated and skilled youth

[Option ID = 1398]

Topic:- Section 1_WEIGHTLIFTING

1) What is the size of competition platform used at IWF events?

आई इबलयू एफ़ इवेंट में उपयोग किए जाने वाले प्रतिस्पर्धा प्लैटफ़ॉर्म का आकार क्या है?

[Question ID = 456]

- 1. 3.75m/मीटर X 3.75m/मीटर [Option ID = 1821]
- 2. 4 m/मीटर X 4 m/मीटर [Option ID = 1822]
- 3. 4.50 m/मीटर X 4.50 m/मीटर [Option ID = 1823]
- 4. 3 m/मीटर X 3 m/मीटर [Option ID = 1824]

Correct Answer :-

- 4 m/मीटर X 4 m/मीटर [Option ID = 1822]

2) The diameter of the grip section on the women's bar is:-

महिलाओं के बार पर ग्रिप सेक्शन का डायामीटर:-

[Question ID = 457]

- 1. 2.8 cm/सेमी [Option ID = 1825]
- 2. 3.0 cm/सेमी [Option ID = 1826]
- 3. 2.5 cm/सेमी [Option ID = 1827]
- 4. 2.4 cm/सेमी [Option ID = 1828]

Correct Answer :-

- 2.5 cm/सेमी

[Option ID = 1827]

3) Touching the platform with which of the following methods is a correct movement?

निम्नलिखित के साथ प्लैटफ़ॉर्म को छूना एक सही मूवमेंट है|

[Question ID = 458]

- 1. One knee / एक घुटने के साथ एक सही मूवमेंट है [Option ID = 1829]
- 2. The knees during the clean / क्लीन के दौरान घुटनों के साथ एक सही मूवमेंट है [Option ID = 1830]
- 3. Any part of the body other than the feet / पैरों के अलावा शरीर का कोई भी हिस्सा गलत मूवमेंट है [Option ID = 1831]
- 4. Touching the hip / कूल्हे को छूना एक सही मूवमेंट है [Option ID = 1832]

Correct Answer :-

- Any part of the body other than the feet / पैरों के अलावा शरीर का कोई भी हिस्सा गलत मूवमेंट है [Option ID = 1831]

4) A pause during the extension of the arms is:-

एक्सटेंशन के समय बाजूओं को रोकना:-

[Question ID = 459]

- 1. Allowed / अनुमति [Option ID = 1833]
- 2. An incorrect movement / गलत मूवमेंट [Option ID = 1834]
- 3. Permitted during the execution of the Jerk / जर्क के निष्पादन के दौरान अनुमति दी गई [Option ID = 1835]
- 4. Permitted during the execution of the snatch / स्नेच के निष्पादन के दौरान अनुमति दी गई [Option ID = 1836]

Correct Answer :-

- An incorrect movement / गलत मूवमेंट [Option ID = 1834]

5) Who ensures that technical and competition rules and regulations are being correctly followed and applied?

कौन सुनिश्चित करता है कि तकनीकी और प्रतिस्पर्धा नियमों और विनियमों का सही ढंग से पालन किया जा रहा है और उन्हें लागू किया जा रहा है?

[Question ID = 460]

- 1. Technical controller / तकनीकी नियंत्रक [Option ID = 1837]
- 2. Marshal / मार्शल [Option ID = 1838]
- 3. Competition director / प्रतियोगिता निदेशक [Option ID = 1839]
- 4. Speaker / स्पीकर [Option ID = 1840]

Correct Answer :-

- Technical controller / तकनीकी नियंत्रक [Option ID = 1837]

6) The athletes are called to the weigh-in room according to:-

एथलीटों को कमरे में वजन के लिए _____ अनुसार बुलाया जाता है|

[Question ID = 461]

1. Their best result / उनका सबसे बेस्ट परिणाम [Option ID = 1841] 2. The progression of their lot number / उनके लॉट नंबर की प्रगति [Option ID = 1842] 3. The time of their arrival at the weigh-in room / वजन करने वाले कमरे में उनके आने का समय [Option ID = 1843] 4. The athletes are call by alphabetically / एथलीट वर्णानुक्रम से बुलाये जाते हैं [Option ID = 1844]
Correct Answer :- • The progression of their lot number / उनके लॉट नंबर की प्रगति [Option ID = 1842]
7) An athlete who is too heavy at weigh-in:- एथलीट जो वजन में बहुत भारी है:- [Question ID = 462] 1. May compete in the next higher category / अगले उच्च श्रेणी में प्रतिस्पर्धा कर सकते हैं [Option ID = 1845] 2. Is not allowed to be weighed again / फिर से तोलने की अनुमति नहीं है [Option ID = 1846] 3. Cannot compete in the next higher category / अगले उच्च श्रेणी में प्रतिस्पर्धा नहीं कर सकते [Option ID = 1847] 4. Asked to reduce within allotted time / आवंटित समय में वजन कम करने के लिए कहा जाएगा [Option ID = 1848]
Correct Answer :- • Cannot compete in the next higher category / अगले उच्च श्रेणी में प्रतिस्पर्धा नहीं कर सकते [Option ID = 1847]
8) Change of weight allowed before the first attempt or between the two attempts is:- पहले प्रयास से पहले या दो प्रयासों के बीच:- [Question ID = 463] 1. 1 change of weight is allowed, excluding the automatic increment / अपने आप वजन बढ़ने को छोड़कर 1 बार वजन परिवर्तन की अनुमति है [Option ID = 1849] 2. 2 changes of weight are allowed, excluding the automatic increment / अपने आप वजन बढ़ने को छोड़कर 2 बार वजन परिवर्तन की अनुमति है [Option ID = 1850] 3. 3 changes of weight are allowed, excluding the automatic increment / अपने आप वजन बढ़ने को छोड़कर 3 बार वजन परिवर्तन की अनुमति है [Option ID = 1851] 4. 2 changes of weight are allowed, including the automatic increment / अपने आप वजन बढ़ने के साथ 2 बार वजन परिवर्तन की अनुमति है [Option ID = 1852]
Correct Answer :- • 2 changes of weight are allowed, excluding the automatic increment / अपने आप वजन बढ़ने को छोड़कर 2 बार वजन परिवर्तन की अनुमति है [Option ID = 1850]
9) When an athlete attempts two lifts in succession, he/she is allocated _____ time. जब एक एथलीट लगातार दो लिफ्टों का प्रयास करता है, तो उसे कितना समय दिया जाता है? [Question ID = 464] 1. 1 minute/मिनट [Option ID = 1853] 2. 2 minutes/मिनट [Option ID = 1854] 3. 3 minutes/मिनट [Option ID = 1855] 4. 1 minute and 30 seconds / 1 मिनट और 30 सेकंड [Option ID = 1856]
Correct Answer :- • 2 minutes/मिनट [Option ID = 1854]
10) The weigh-in lasts for:- वे इन का समय:- [Question ID = 465] 1. 1 hour/घंटे [Option ID = 1857] 2. 2 hours/घंटे [Option ID = 1858] 3. 2 hours and 15 minutes / 2 घंटे और 15मिनट [Option ID = 1859] 4. 2 hours and 30 minutes / 2 घंटे और 30 मिनट [Option ID = 1860]
Correct Answer :- • 1 hour/घंटे [Option ID = 1857]
11) The diameter of the largest disc is:- सबसे बड़ी डिस्क का डायामीटर:- [Question ID = 466] 1. 46 cm/सेमी [Option ID = 1861] 2. 45 cm/सेमी [Option ID = 1862] 3. 40 cm/सेमी [Option ID = 1863] 4. 44 cm /सेमी [Option ID = 1864]

Correct Answer :-
• 45 cm/सेमी [Option ID = 1862]

12) What is the width of training/warm-up platform?

प्रशिक्षण/वार्म-अप प्लेफॉर्म की चौड़ाई क्या है?
[Question ID = 467]

- 1. 300 cm/सेमी [Option ID = 1865]
- 2. 400 cm/ सेमी [Option ID = 1866]
- 3. 250 cm /सेमी [Option ID = 1867]
- 4. 275 cm /सेमी [Option ID = 1868]

Correct Answer :-
• 300 cm/सेमी [Option ID = 1865]

13) In team classification 13th position team gets how many points?

टीम वर्गीकरण में 13 वी टीम को कितने अंक मिलते हैं?

[Question ID = 468]

- 1. 18
[Option ID = 1869]
- 2. 13
[Option ID = 1870]
- 3. 17
[Option ID = 1871]
- 4. 20
[Option ID = 1872]

Correct Answer :-
• 13
[Option ID = 1870]

14) The length of restraining bar must be:-

निरोधक बार की लंबाई होनी चाहिए:-

[Question ID = 469]

- 1. 400 cm/सेमी
[Option ID = 1873]
- 2. 600 cm /सेमी
[Option ID = 1874]
- 3. 500 cm /सेमी
[Option ID = 1875]
- 4. 800 cm/सेमी
[Option ID = 1876]

Correct Answer :-
• 500 cm /सेमी
[Option ID = 1875]

15) In which year S. Mirabai Chanu became the world champion?

किस वर्ष एस. मिराबैचानू विश्व चैंपियन बने?
[Question ID = 470]

- 1. 2017 [Option ID = 1877]
- 2. 2018 [Option ID = 1878]
- 3. 2015 [Option ID = 1879]
- 4. 2016 [Option ID = 1880]

Correct Answer :-
• 2017 [Option ID = 1877]

16) Who among the following is not a Padma Shri awardee?

इन में से कौन पद्मश्री पुरस्कार विजेता नहीं हैं?
[Question ID = 471]

1. N Kunja Rani Devi / एन कुंजा रानी देवी [Option ID = 1881]
2. Ng. Sonyia Chanu / एनजी सोनिया चानु [Option ID = 1882]
3. Karnam Malleswari / कर्नम मल्लेश्वरी [Option ID = 1883]
4. S. Mirabai Chanu / एस मिबाबाई चानू [Option ID = 1884]

Correct Answer :-

- Ng. Sonyia Chanu / एनजी सोनिया चानु [Option ID = 1882]

17) In the forth coming Tokyo Olympic Games how much weight category is for men?

आगामी टोक्यो ओलंपिक में पुरुषों के लिए कितने वजन श्रेणी हैं?

[Question ID = 472]

1. 10 [Option ID = 1885]
2. 8 [Option ID = 1886]
3. 7 [Option ID = 1887]
4. 6 [Option ID = 1888]

Correct Answer :-

- 7 [Option ID = 1887]

18) Which of the following weight categories is common for men and women?

इनमें से कौन सी वजन श्रेणी पुरुषों और महिलाओं के लिए एक समान है?

[Question ID = 473]

1. 59 kg /किलोग्राम [Option ID = 1889]
2. 71 kg /किलोग्राम [Option ID = 1890]
3. 55 kg /किलोग्राम [Option ID = 1891]
4. 89 kg/किलोग्राम [Option ID = 1892]

Correct Answer :-

- 55 kg /किलोग्राम [Option ID = 1891]

19) The minimum age for participation in weightlifting in the Olympic Games is:-

ओलिम्पिक खेलों में भाग लेने के लिये कम से कम आयु क्या है?

[Question ID = 474]

1. 17 years /वर्ष [Option ID = 1893]
2. 13 years /वर्ष [Option ID = 1894]
3. 15 years /वर्ष [Option ID = 1895]
4. 18 years/वर्ष [Option ID = 1896]

Correct Answer :-

- 15 years /वर्ष [Option ID = 1895]

20) Who ensures that all athletes are wearing the correct outfit?

कौन सुनिश्चित करता है कि सभी एथलीटों ने सही आउटफिट पहनी हुई है?

[Question ID = 475]

1. Chief marshal / चीफ मार्शल [Option ID = 1897]
2. Technical controller / तकनीकी नियंत्रक [Option ID = 1898]
3. Jury president / जूरी अध्यक्ष [Option ID = 1899]
4. Centre referee / केंद्र रेफरी [Option ID = 1900]

Correct Answer :-

- Technical controller / तकनीकी नियंत्रक [Option ID = 1898]

21) Minimum load during international competition in women bar is:-

महिला बार में अंतरराष्ट्रीय प्रतियोगिता के दौरान कम से कम वजन कितना है?

[Question ID = 476]

1. 35 kg /किलो
[Option ID = 1901]
2. 21 kg /किलो
[Option ID = 1902]
3. 25 kg /किलो
[Option ID = 1903]
4. 30 kg/किलो
[Option ID = 1904]

Correct Answer :-

- 21 kg /किलो

22) The length of men bar is:-

पुरुषों के बार की लंबाई क्या है?

[Question ID = 477]

1. 210 cm /सेमी [Option ID = 1905]
2. 220 cm /सेमी [Option ID = 1906]
3. 200 cm /सेमी [Option ID = 1907]
4. 205 cm/सेमी [Option ID = 1908]

Correct Answer :-

- 220 cm / सेमी [Option ID = 1906]

23) Choose the correct rule:-

सही नियम चुनें?

[Question ID = 478]

1. No bandages or substitutes are allowed on the elbow(s). / कोढ़नी पर कोई पट्टियां या कुछ भी पहनने अनुमति नहीं है [Option ID = 1909]
2. No bandages or substitutes are allowed on the thigh(s). / थाई पर कोई पट्टियां या कुछ भी पहनने अनुमति नहीं है [Option ID = 1910]
3. No bandages are allowed to be worn on the unitard. / यूनिटर्ड पर किसी भी पट्टियां पहनने की अनुमति नहीं है [Option ID = 1911]
4. No bandages are allowed to be worn on the knee. / घुटने पर कोई पट्टियां पहनने की अनुमति नहीं है [Option ID = 1912]

Correct Answer :-

- No bandages or substitutes are allowed on the elbow(s). / कोढ़नी पर कोई पट्टियां या कुछ भी पहनने अनुमति नहीं है [Option ID = 1909]

24) The weigh-in begins:-

वे इन कब शुरू होता है:-

[Question ID = 479]

1. 2 hours and 15 minutes before the start of competition / प्रतियोगिता शुरू होने से 2 घंटे और 15 मिनट पहले [Option ID = 1913]
2. 1 hour and 45 minutes before the start of competition / प्रतियोगिता शुरू होने से 1 घंटा 45 मिनट पहले [Option ID = 1914]
3. 2 hours before the start of competition / प्रतियोगिता शुरू होने से 2 घंटे पहले [Option ID = 1915]
4. 2 hours and 30 minutes before the start of competition / प्रतियोगिता शुरू होने से 2 घंटे और 30 मिनट पहले [Option ID = 1916]

Correct Answer :-

- 2 hours before the start of competition / प्रतियोगिता शुरू होने से 2 घंटे पहले [Option ID = 1915]

25) The maximum width of an athlete's belt is:-

एक एथलीट बेल्ट की अधिकतम चौड़ाई:-

[Question ID = 480]

1. 10 cm/सेमी [Option ID = 1917]
2. 12 cm/ सेमी [Option ID = 1918]
3. 14 cm/सेमी [Option ID = 1919]
4. 16 cm/सेमी [Option ID = 1920]

Correct Answer :-

- 12 cm/ सेमी [Option ID = 1918]