
Section 1 - English

No. of Questions: 60

Duration in Minutes: 30

1) The 2018 Asian Games were held in the city of ____.

- A) Shanghai
 - B) Jakarta
 - C) Baaya
 - D) Nara
-

2) How many Silver Medals did India win in 2023 Asian Games?

- A) 38
 - B) 28
 - C) 41
 - D) 36
-

3) _____ was the Mascot of 2002 Asian Games.

- A) Duria
 - B) Winta
 - C) Poppo Cuccu
 - D) Doudou
-

4) In which sport did India win the most Gold medals in 2023, Asian Games?

- A) Wrestling
 - B) Shooting
 - C) Athletics
 - D) Badminton
-

5) The headquarters of the International Olympic Committee is located in_____.

- A) Atlanta, United States
- B) Paris, France
- C) Athens, Greece
- D) Lausanne, Switzerland

6) Name of the first Indian women to join the International Olympic Committee is_____.

- A) Karnam Malleswari
 - B) Nita Ambani
 - C) Sakshi Malik
 - D) Saina Nehwal
-

7) _____ was named as the mascot of Tokyo 2020 Olympics.

- A) Miraitowa
 - B) Someity
 - C) Red Jaguar
 - D) Wenlock
-

8) How many medals did India win in the 2020 Tokyo Summer Olympics?

- A) 5
 - B) 6
 - C) 7
 - D) 8
-

9) Who was the first athlete to win two Olympic marathons?

- A) Abebe Bikila
 - B) Rhadi Ben Abdesselam
 - C) Miruts Yifter
 - D) Mamo Wolde
-

10) Who is the 13th President of Indian Olympic Association?

- A) Sunil Arrora
 - B) Rajeev Mehta
 - C) Narayana Ramachandran
 - D) P.T. Usha
-

11) Citrus fruits are an excellent source of _____.

- A) Calcium
- B) Vitamin C
- C) Vitamin B
- D) Calories

12) Which of the following nutrient is known as the sunshine vitamin?

- A) Vitamin C
 - B) Vitamin K
 - C) Vitamin A
 - D) Vitamin D
-

13) Which one of the following is the chemical name of Vitamin B1?

- A) Thiamin
 - B) Calcium
 - C) Magnesium
 - D) Sodium
-

14) Identify the nutrient needed for a healthy immune system and strong connective tissue?

- A) Zinc
 - B) Vitamin K
 - C) Vitamin C
 - D) Fluoride
-

15) Which of the following vitamin is needed to prevent a birth defect called Spina Bifida?

- A) Vitamin D
 - B) Vitamin A
 - C) Folate
 - D) Vitamin E
-

16) The ability to cover the maximum distance in minimum time is called _____.

- A) Endurance
 - B) Speed
 - C) Strength
 - D) Flexibility
-

17) Which asana, amongst the following is good for Chronic lower back pain?

- A) Ashwasanchalanasana
- B) Bhujangasana
- C) Chakrasana
- D) Halasana

18) Which out of the following is the ratio of ventricle systole and ventricle diastole in a cardiac cycle?

- A) 0.1 sec/ 0.7 sec
 - B) 0.2 sec/ 0.6 sec
 - C) 0.4 sec/ 0.6 sec
 - D) 0.3 sec/ 0.5 sec
-

19) Goniometer is an equipment used to measure _____.

- A) Angle of joint
 - B) Blood glucose level
 - C) Strength of muscle
 - D) Blood lactate
-

20) Harvard Step Test is administered for measuring _____.

- A) Speed
 - B) Cardiovascular Fitness
 - C) Agility
 - D) Speed of Movement
-

21) Which body part is affected by scoliosis?

- A) Leg
 - B) Vertebral column
 - C) Foot
 - D) Neck
-

22) Which of the following player played most FIFA World Cup Championships?

- A) C Ronaldo
 - B) Lionel Messi
 - C) Luka Modric
 - D) Xavi
-

23) Who is Known as 'Tiger of Madras'?

- A) Ravichandran Ashwin
- B) Viswanathan Anand
- C) Mariyappan Thangavelu
- D) T Natarajan

24) Who was the first sportsperson to receive the Bharat Ratna Award?

- A) Sachin Tendulkar
 - B) MS Dhoni
 - C) Kapil Dev
 - D) Viswanathan Anand
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25) Who out of the following won the 2023 US Open Grand Slam in the men's category?

- A) Roger Federer
 - B) Novak Djokovic
 - C) Rafael Nadal
 - D) Andy Murray
-

26) In 1973, which state won the Santosh Trophy?

- A) Haryana
 - B) Kerala
 - C) West Bengal
 - D) Punjab
-

27) Who was adjudged as the best player of 2010 FIFA Men's World Cup?

- A) Diego Forlan
 - B) Thomas Muller
 - C) Wesley Sneijder
 - D) David Villa
-

28) Copa America 2019 was won by _____.

- A) Brazil
 - B) Peru
 - C) Chile
 - D) Uruguay
-

29) Who won the FIFA Puskas Award for the year 2023?

- A) Lionel Messi
- B) Neymar
- C) Robert Lewandowski
- D) Karim Benzama

30) With over 860 goals at club and International level combined, _____ is the top goal scorer of all time as on date.

- A) Lionel Messi
 - B) Cristiano Ronaldo
 - C) Pele
 - D) Romero
-

31) How many times did India win the Asia Cup cricket tournament?

- A) 10
 - B) 8
 - C) 7
 - D) 6
-

32) Who was adjudged as the ODI Cricketer of the year 2019, by ICC?

- A) Rohit Sharma
 - B) Eoin Morgan
 - C) Steve Smith
 - D) Virat Kohli
-

33) ICC's Best Cricketer award for the year 2019 went to _____.

- A) Joe Root
 - B) Virat Kohli
 - C) Ben Stokes
 - D) Rohit Sharma
-

34) Which of the following team, did India defeat in the finals of ICC, under 19 World Cup 2018?

- A) Newzeland
 - B) Pakistan
 - C) Australia
 - D) South Africa
-

35) Which of the following indigenous game is not very popular in Maharashtra?

- A) Kite flying
- B) Silambam
- C) Pigeon fights
- D) Archery

36) Which of the following is a foremost offensive skill in Kabaddi?

- A) Wrist Catch
 - B) Leg Thrust
 - C) Ankle Hold
 - D) Block Tackle
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37) Which boat is used for boat races in Kerala?

- A) Chundan Vallam
 - B) Kettuvallam
 - C) Motor boat
 - D) House boat
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38) Which state in India popularly practices Silambam?

- A) Gujarat
 - B) Kerala
 - C) Tamilnadu
 - D) Madhya Pradesh
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39) The term 'balk Line' is related to which sport?

- A) Kho Kho
 - B) Kabaddi
 - C) Wrestling
 - D) Thang-ta
-

40) Jallikkattu is also called _____.

- A) Bull Fighting
 - B) Bull Taming
 - C) Bull Race
 - D) Horse Race
-

41) Who scored the first goal in ISL history?

- A) Fikrru Teferra
- B) Memo
- C) Marcelinho
- D) Eli Sabia

42) To which Moto GP team, does Marquez belong?

- A) Repsol Honda Team
 - B) Movistar Yamaha MotoGP
 - C) Team Suzuki Ecstar
 - D) Ducati Team
-

43) _____ is widely regarded as Mr. IPL.

- A) Virat Kohli
 - B) Suresh Raina
 - C) Rohit Sharma
 - D) KL Rahul
-

44) PKL is an Indian men's Professional Kabaddi League and was launched in the year _____.

- A) 2013
 - B) 2016
 - C) 2014
 - D) 2015
-

45) _____ is the most successful club in Copa del Rey, which happens to be one of the oldest Spanish competition.

- A) Barcelona
 - B) Valencia
 - C) Sevilla
 - D) Real Madrid
-

46) In shotput, the tie for the first place is resolved by_____.

- A) Providing an additional chance
 - B) Both are given first
 - C) Considering the next best performance
 - D) Considering the number of fouls committed
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47) Tennis is played using which of the following scoring system?

- A) Love-15-30-45-game
- B) Love-10-20-30- game
- C) Love-1-2-3-game
- D) Love-15-30-40-game

48) Strategy 'Fast break' is related with which of the following game?

- A) Swimming
 - B) Boxing
 - C) Athletics
 - D) Basketball
-

49) FINA is the International Association governing _____.

- A) Swimming
 - B) Cricket
 - C) Football
 - D) Chess
-

50) The dimensions of a standard Hockey Field are _____

- A) 91.4Mts x 55Mts
 - B) 92Mts x 55Mts
 - C) 92.5Mts x 56Mts
 - D) 91.4Mts x 56Mts
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51) Which edition of 'khelo India Youth Games' was held in the year 2023?

- A) Fourth
 - B) Third
 - C) Sixth
 - D) Fifth
-

52) Who inaugurated the 'Khelo India Youth Games 2022-23'?

- A) Narendra Modi
 - B) Droupadi Murmu
 - C) Amit Shah
 - D) Anurag Singh Thakur
-

53) What is the Theme of 'Khelo India Youth Games 2022-23'?

- A) We are Hindustanis
- B) Life of India
- C) Hindustan Ka dil dhadka do
- D) India is great

54) Which university has topped the medal tally of Khelo India University Games 2023 (KIUG 2023)?

- A) Kurukshetra
 - B) Panjab
 - C) Jain
 - D) Manglore
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55) Which of these is not a test for Class 1-3 fitness test Battery?

- A) Stork Test
 - B) Body mass index
 - C) Plate Tapping Test
 - D) Flamingo Balance Test
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56) Commonwealth Games 2022 was organised from ____ at Birmingham.

- A) 28 July 2022 to 8 August 2022
 - B) 25 July 2022 to 5 August 2022
 - C) 5 July 2022 to 5 August 2022
 - D) 28 July 2022 to 12 August 2022
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57) _____ was the mascot of the Commonwealth Games 2014.

- A) Irby
 - B) Clyde
 - C) Lulu
 - D) Miga
-

58) Which Indian Wrestler won the Gold Medal in the 57kg men's Freestyle Wrestling event at CWG 2018?

- A) Pawan Kumar
 - B) Sumit
 - C) Kiran
 - D) Rahul Aware
-

59) Who became the youngest Indian to win a Gold Medal in the CWG?

- A) Manu Bhaker
 - B) Anish Bhanwala
 - C) Shreyasi
 - D) Bajrang Punia
-

60) Where were the first Commonwealth Games held?

- A) Delhi
- B) Hamilton
- C) Auckland
- D) Sydney