
Section 1 - English

No. of Questions: 60

Duration in Minutes: 30

1) In which year 1st edition of Asian Games were held in India?

- A) 1950
 - B) 1951
 - C) 1952
 - D) 1953
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2) How many Gold Medals has India secured in the 2023 Hangzhou Asian Games?

- A) 28
 - B) 26
 - C) 27
 - D) 22
-

3) Which Indian women athlete held the Asian Games record for 1500 Mts run set in Busan 2002?

- A) Shiny Abraham
 - B) Sunita Rani
 - C) P.T Usha
 - D) Tintu Luka
-

4) Which Indian won the Gold Medal in women's 10 Mts Air Pistol in 2023 Asian Games?

- A) Esha Singh
 - B) Manu Bhakar
 - C) Palak
 - D) Sift Kaur Samra
-

5) Indian Paralympian Mariyapn Thangavelu is associated with which of the following event?

- A) 100 Mts run
- B) 200 Mts run
- C) Long Jump
- D) High Jump

6) Who clinched India's first Individual Gold Medal in Summer Olympics?

- A) Karnnam Malleswari
 - B) Rahul Aware
 - C) Abhinav Bindra
 - D) Norman Pitchard
-

7) The use of gold rapidly declined with the onset of the First World War and also with the onset of the Second World War. The last series of Olympic medals to be made of solid gold were awarded at the _____ Summer Olympics.

- A) 1912
 - B) 1908
 - C) 1920
 - D) 1924
-

8) Which country has hosted Olympic Games for the most number of times?

- A) USA
 - B) Japan
 - C) Australia
 - D) China
-

9) The Olympic Flag was unfurled for the first time in which year at Antwerp Summer Olympics?

- A) 1932
 - B) 1928
 - C) 1924
 - D) 1920
-

10) How many Gold medals did Eric Heiden win in the 1980 Winter Olympics?

- A) 7
 - B) 5
 - C) 3
 - D) 4
-

11) _____ is the body's most concentrated source of energy.

- A) Protein
- B) Vitamin
- C) Carbohydrate
- D) Fat

12) Night blindness is one of the first signs of _____ deficiency.

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

13) Which amongst the following is the richest source of Phosphorus?

- A) Tender Coconut water
 - B) Lime juice
 - C) Beetroot juice
 - D) Carrot juice
-

14) Potato is a good source of _____.

- A) Protein
 - B) Carbohydrate
 - C) Vitamin A
 - D) Fat
-

15) Which amongst the following is an abundant source of Vitamin C?

- A) Plum
 - B) Apple
 - C) Orange
 - D) Avocado
-

16) Spirometer is an apparatus for measuring air flow into and out of _____.

- A) Heart
 - B) Lungs
 - C) Kidneys
 - D) Liver
-

17) _____ occurs when an individual's blood sugar level falls too low for bodily functions to continue.

- A) Thrombocythemia
- B) Thrombocytopenia
- C) Hypertension
- D) Hypoglycemia

18) Which amongst the following is an exercise that improves flexibility?

- A) Push up
 - B) Bhujangasana
 - C) Plank
 - D) Skipping
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19) Which of the following form of exercise, is best suited for rehabilitation after an injury?

- A) Jumping
 - B) Weight lifting
 - C) Swimming
 - D) Jogging
-

20) Gynecomastia (also spelled gynaecomastia) is the abnormal non-cancerous enlargement of _____ in males.

- A) Nose
 - B) Adam's apple
 - C) Breast
 - D) Testicle
-

21) Contaminated food is the main cause of _____.

- A) Headache
 - B) Cholera
 - C) Stomachache
 - D) Constipation
-

22) 'The race of my life' is the autobiography of _____.

- A) P T Usha
 - B) K M Beenamol
 - C) Milkha Singh
 - D) Paramjit Singh
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23) Who out of the following was born in a Pashtun family in Afghanistan and became the first and only Cricketer to play Test Cricket for India?

- A) Rashid Khan
- B) Salim Durani
- C) Rahmat Shah
- D) Asghar Afghan

24) 'His Airness' was one of the many nick names given to which of the following player?

- A) James Harden
 - B) Micheal Jordan
 - C) Scottie Pippen
 - D) Kobe Bryant
-

25) Who holds the distinction of being youngest National Women's Chess Champion title?

- A) Divya Deshmukh
 - B) Tania Sachdev
 - C) Harika Dronavalli
 - D) Vantika Agarwal
-

26) Kamla Gupta Runners-Up Trophy is associated with which of the following Game?

- A) Football
 - B) Basketball
 - C) Volleyball
 - D) Hockey
-

27) Which out of the following is the oldest Football tournament in India?

- A) Bombay Gold Cup
 - B) Durand Cup
 - C) Federation Cup
 - D) Subroto Cup
-

28) The Football legend Hugo Loris belongs to which of the following country?

- A) Argentina
 - B) France
 - C) Senegal
 - D) Brazil
-

29) Which of the following Club won LA LIGA Titles maximum number of times?

- A) F.C Barcelona
- B) Girona
- C) Real Madrid
- D) Atletico Madrid

30) 'The Hand of God' was a goal scored by _____ during a quarter final match against England during 1986 FIFA World Cup.

- A) Diego Maradona
 - B) Pele
 - C) Johan Cruyff
 - D) Mario Kempess
-

31) Border Gavaskar trophy is associated with the game of _____.

- A) Tennis
 - B) Golf
 - C) Hockey
 - D) Cricket
-

32) Who was the captain of first Indian Test Cricket team?

- A) Vinu Mankad
 - B) K S Ranjit Singh ji
 - C) Col.C K Naidu
 - D) M E Pavri
-

33) Who became the first Indian Sportsperson, to win Laureus Sporting Moment Award 2020 in Berlin Germany?

- A) Sachin Tendulkar
 - B) P K Banerjee
 - C) Neeraj Chopra
 - D) Kapil Dev
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34) Who out of the following became the fastest Cricketer to reach 1500 runs in T20 format of Cricket?

- A) Virat Kohli
 - B) Surya Kumar Yadav
 - C) Rohit Sharma
 - D) Sachin Tendulkar
-

35) The Rajkumari Amrit Kaur Coaching Scheme started in the year _____.

- A) 1947
- B) 1951
- C) 1957
- D) 1953

36) In which year did India qualify for the FIFA World Cup for the first time?

- A) 1949
 - B) 1952
 - C) 1950
 - D) 1951
-

37) _____ National Museum of Football, is based in Urbis building, which preserves, conserves and displays important collection of Football memorabilia.

- A) England's
 - B) Spain's
 - C) Argentina's
 - D) France's
-

38) The Central Advisory Board of Physical Education and Recreation was set up in the year _____ to advise the Government on all matters pertaining to Physical Education.

- A) 1951
 - B) 1950
 - C) 1952
 - D) 1954
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39) The term 'godha' is associated with _____.

- A) Silambam
 - B) Gilli Danda
 - C) Pancha Gusti
 - D) Gatta Gusti
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40) Who out of the following received Padma Shri Award in the field of kalaripayattu in 2017?

- A) SRD Prasad Gurukkal
 - B) Meenakshi Amma Gurukkal
 - C) CVN Gurukkal
 - D) Gopalan Gurukal
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41) Who out of the following holds the record for taking most wickets in 145 matches of IPL as on date?

- A) Yuzvendra Chahal
- B) Dwayne Bravo
- C) Amit Mishra
- D) Piyush Chawla

42) Which of the following team won the 5th edition ISL?

- A) Kerala Blasters
 - B) ATK Mohun Bagan
 - C) Bengaluru FC
 - D) Chennaiyin FC
-

43) Pro Kabaddi League was launched in the year _____.

- A) 2013
 - B) 2010
 - C) 2012
 - D) 2014
-

44) Who out of the following won the Purple Cap in IPL 2021?

- A) Kagiso Rabada
 - B) Harshal Patel
 - C) Mohammed Shami
 - D) Yuzvendra Chahal
-

45) How many times did Chennaiyin FC win ISL title till date?

- A) 2
 - B) 1
 - C) 3
 - D) 4
-

46) The term 'double fault' is associated with the game of _____.

- A) Kabaddi
 - B) Tennis
 - C) Cricket
 - D) Squash
-

47) When shown a green card, the player has to leave the Hockey field for _____ minutes.

- A) 4 minutes
- B) 3 minutes
- C) 1 minute
- D) 2 minutes

48) The standard length of a Cricket pitch is _____ meters.

- A) 22.13
 - B) 21.15
 - C) 20.12
 - D) 23.02
-

49) In a standard game of Volleyball _____ players are on each side of the court at one point of time.

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

50) The Cricket Ball, when new, shall weigh between _____ as per Law 4.1 of MCC.

- A) 155.9 - 163 gms
 - B) 140 - 158 gms
 - C) 130 - 154 gms
 - D) 164 - 172 gms
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51) Khelo India Programme was introduced in 2018 under the guidance of _____ in Delhi.

- A) Col. Rajyavardhan Singh Rathore
 - B) Anurag Singh Thakur
 - C) Narendra Modi
 - D) Kiran Rijiju
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52) Which state became overall champions in 'Khelo India Youth Games '2022 by securing a total number of 161 medals?

- A) Madhya Pradesh
 - B) Haryana
 - C) Maharashtra
 - D) Rajasthan
-

53) _____ was named as mascot for the 'Khelo India Youth Games'-2021(Haryana).

- A) Vijay
- B) Mitu
- C) Jaya
- D) Dhakad

54) Fit India Movement was launched in the year_____.

- A) 2017
 - B) 2018
 - C) 2019
 - D) 2020
-

55) Which edition of the Fit India Swachhata Freedom Run was organised from 1st Oct, 2023 to 31st Oct, 2023?

- A) 3rd
 - B) 4th
 - C) 5th
 - D) 6th
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56) Who out of the following won the first medal for India in Commonwealth Games?

- A) Milkha Singh
 - B) Rashid Anvar
 - C) Lakshmikant Pandey
 - D) Lila Ram
-

57) Which city hosted the 1974 Commonwealth Games?

- A) New Delhi
 - B) Edinburgh
 - C) Vancouver
 - D) Christchurch
-

58) How many countries did participate in 2022 Commonwealth Games?

- A) 70
 - B) 72
 - C) 74
 - D) 71
-

59) Commonwealth Games 2022 medalist, Tejaswin Shankar is associated with which of the following Sport?

- A) Athletics
- B) Weight lifting
- C) Wrestling
- D) Judo

60) Which of the following country has never participated in Commonwealth Games?

- A) Canada
- B) England
- C) France
- D) Australia