

## ⚔ SPORTS (10 MCQs)

**1. Which of the following is not a team sport?**

- A) Cricket
- B) Football
- C) Badminton
- D) Volleyball

**Ans:** C) Badminton

**2. How many players are there in a standard football team?**

- A) 9
- B) 10
- C) 11
- D) 12

**Ans:** C) 11

**3. What is the duration of a standard basketball game?**

- A) 60 minutes
- B) 48 minutes
- C) 40 minutes
- D) 30 minutes

**Ans:** C) 40 minutes

**4. The Olympic Games are held every:**

- A) 2 years
- B) 3 years
- C) 4 years
- D) 5 years

**Ans:** C) 4 years

**5. The term "LBW" is related to which sport?**

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

**Ans:** B) Cricket

**6. Who is known as the "Flying Sikh" of India?**

- A) PT Usha
- B) Milkha Singh
- C) Abhinav Bindra
- D) Sachin Tendulkar

**Ans:** B) Milkha Singh

**7. What is the full form of BCCI?**

- A) Board of Cricket Control of India
- B) Board of Control for Cricket in India
- C) Basic Cricket Council of India
- D) Bureau of Cricket Control in India

**Ans:** B) Board of Control for Cricket in India

**8. Which country hosted the 2020 Summer Olympics (held in 2021)?**

- A) China
- B) Japan
- C) Brazil
- D) France

**Ans:** B) Japan

**9. Yoga is primarily aimed at improving:**

- A) Strength and stamina
- B) Flexibility and breathing
- C) Balance only
- D) None of the above

**Ans:** B) Flexibility and breathing

**10. What color card in football means a player is sent off?**

- A) Blue
- B) Green
- C) Yellow
- D) Red

**Ans:** D) Red

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**IN NSS - National Service Scheme (10 MCQs)**

**11. When was NSS officially launched in India?**

- A) 1950
- B) 1969
- C) 1985
- D) 1992

**Ans:** B) 1969

**12. The motto of NSS is:**

- A) Serve and Earn
- B) Unity and Discipline
- C) Not Me But You
- D) Self Before Service

**Ans:** C) Not Me But You

**13. The NSS is under the Ministry of:**

- A) Health
- B) Education
- C) Youth Affairs and Sports
- D) Rural Development

**Ans:** C) Youth Affairs and Sports

**14. NSS was started during the birth centenary of:**

- A) Mahatma Gandhi
- B) Jawaharlal Nehru
- C) Subhash Chandra Bose

D) Dr. B.R. Ambedkar

**Ans:** A) Mahatma Gandhi

**15. How many hours of work must a student volunteer complete for NSS certificate?**

A) 60 hours

B) 120 hours

C) 240 hours

D) 100 hours

**Ans:** C) 240 hours

**16. One of the main objectives of NSS is:**

A) Earning money

B) Political training

C) Personality development through social service

D) Corporate internships

**Ans:** C) Personality development through social service

**17. NSS volunteers wear which color cap?**

A) White

B) Blue

C) Red

D) Green

**Ans:** B) Blue

**18. What symbol is used in the NSS logo?**

A) Wheel

B) Lotus

C) Sun

D) Dove

**Ans:** A) Wheel

**19. NSS encourages students to participate in:**

A) Armed forces

B) Cultural activities only

C) Community service and development

D) Commercial projects

**Ans:** C) Community service and development

**20. Which day is celebrated as NSS Day?**

A) 15th August

B) 26th January

C) 24th September

D) 2nd October

**Ans:** C) 24th September

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## ☛ CC - Co-Curricular Activities (10 MCQs)

**21. Co-curricular activities are meant to:**

- A) Distract from studies
- B) Support academic learning
- C) Waste time
- D) Only for fun

**Ans:** B) Support academic learning

**22. Which of these is an example of a co-curricular activity?**

- A) Classroom lecture
- B) Library reading
- C) Debate competition
- D) Final exam

**Ans:** C) Debate competition

**23. Benefits of co-curricular activities include:**

- A) Stress increase
- B) Only entertainment
- C) Holistic development
- D) Academic failure

**Ans:** C) Holistic development

**24. Participation in CC activities improves:**

- A) Only grades
- B) Only strength
- C) Soft skills like leadership, teamwork, and communication
- D) None of the above

**Ans:** C) Soft skills like leadership, teamwork, and communication

**25. Which one is not a co-curricular activity?**

- A) Science exhibition
- B) Skit
- C) Homework
- D) Sports day

**Ans:** C) Homework

**26. The best way to organize co-curricular events in college is:**

- A) Individually
- B) With no plan
- C) Through student clubs and committees
- D) Randomly

**Ans:** C) Through student clubs and committees

**27. Co-curricular activities promote:**

- A) Only physical strength
- B) Anti-social behavior
- C) Social and emotional skills
- D) Lack of discipline

**Ans:** C) Social and emotional skills

**28. Which of the following is a literary activity?**

- A) Singing
- B) Drama
- C) Elocution
- D) Painting

**Ans:** C) Elocution

**29. NCC and NSS are examples of:**

- A) Academic subjects
- B) Co-curricular activities
- C) Exams
- D) Government jobs

**Ans:** B) Co-curricular activities

**30. What is the role of teachers in CC activities?**

- A) Only watching
- B) Organizing and mentoring
- C) Avoiding them
- D) Giving punishments

**Ans:** B) Organizing and mentoring