



**GD GOENKA PUBLIC SCHOOL  
EAST DELHI**



# **GENERAL KNOWLEDGE**

THE DOOR OF KNOWLEDGE OPENS ON EVERY PAGE

---

**CLASS -VII  
SESSION:2025-2026**

**G. D. GOENKA PUBLIC SCHOOL, EAST DELHI**  
**GK QUESTIONS**  
**GRADE VII**

**INDEX**

<b>S. No.</b>	<b>Content</b>	<b>Page No.</b>
1.	Section 1 : Indian Current Affairs	2
2.	Section 2 : Who is who? <ul style="list-style-type: none"><li>● India</li><li>● World</li></ul>	8
3.	Section 3 : Global Awareness <ul style="list-style-type: none"><li>● Countries and their capitals</li><li>● Currencies</li><li>● World Leaders</li><li>● UN and it's role</li></ul>	14
4.	Section 4 : Science and Technology <ul style="list-style-type: none"><li>● Inventions and Discoveries</li></ul>	18
5.	Section 5 : Culture and Heritage <ul style="list-style-type: none"><li>● Famous Festivals</li><li>● Monuments and their importance</li><li>● Indian states and their culture</li></ul>	23
6.	Section 6 : Health and Well-being Balanced nutrition	29
7.	Section 7 : Sports <ul style="list-style-type: none"><li>● National Sports</li><li>● Athletes</li><li>● International Sporting event Commonwealth Games</li><li>● Women in Sports</li></ul>	33
8.	Section 8 : Literary laureates and Epics	39

# SECTION 1

## INDIAN CURRENT AFFAIRS

**1) Who has been appointed as the first woman chairperson of SEBI (Securities and Exchange Board of India)?**

Ans. Madhabi Puri Buch

☀️👁️ The **Securities and Exchange Board of India (SEBI)** is the regulatory body for securities and commodity markets in India under the administrative domain of the Ministry of Finance within the Government of India. It was established on 12 April 1988 as an executive body and was given statutory powers on 30 January 1992 through the SEBI Act, 1992



**2) Name the Union Ministry that launched the 'Stree Manoraksha Project'.**

Ans. Ministry of Women and Child Development

☀️👁️ 'STREE MANORAKSHA' – an initiative aimed at “Integrating Training and Supervision in Psychosocial and Mental Health Care for One Stop Centre (OSC) staffs to support Women Facing Violence” is a project started in The National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, with support and funding from the Ministry of Women and Child Development, Government of India.

**3) Who is the current President of India?**

Answer: Smt. Droupadi Murmu. She has been serving as the President since 2022 and is the first tribal woman to hold this position.

☀️👁️ Smt. Droupadi Murmu was sworn in as the 15th President of India on 25 July, 2022. Previously, she was the Governor of Jharkhand from 2015 to 2021. She has devoted her life to empowering the downtrodden and the marginalised sections and deepening the democratic values. Smt. Murmu was associated with several tribal socio-educational and cultural organisations of Odisha. She is an avid reader and has keen interest in spirituality



**4) What major international sports event is India hosting in 2025?**

Answer: India is hosting the 2025 FIH Hockey Men's Junior World Cup.

**5) Which Indian city became the first smart city to run 100% on solar energy during daytime?**

Answer: Diu, a coastal city in the Union Territory of Daman and Diu, achieved this milestone.

**6) What is the name of ISRO's latest space mission launched in December 2024?**

Answer: PSLV-C60/SPADEX Mission, launched on 30 December 2024.

**7) Which Indian athlete is organizing a major international javelin event in Bengaluru in May 2025?**

Answer: Neeraj Chopra, India's Olympic gold medalist in javelin, is organizing the Neeraj Chopra Classic.

**8) Who is the first Indian to win the Booker Prize?**

Ans. Arundhati Roy

**9) What is the name of the environmental campaign launched in India to reduce plastic use?**

Ans: UnPlasticIndia, a campaign aimed at tackling India's plastic pollution crisis.

**10) Name the first national park in India to be equipped with satellite phones?**

Ans. Kaziranga National Park in Assam

**11) Why were elections held in Delhi in early 2025?**

Answer: The Delhi Legislative Assembly elections were held, resulting in a significant political shift with the BJP unseating the Aam Aadmi Party (AAP) after over 10 years.

**12). Name a new law passed by the Indian Parliament in 2025.**

Answer: The Protection of Interests in Aircraft Objects Bill was passed to align India's aviation laws with international standards, enhancing protections for aircraft lessors.

**13)Which Indian city became the first smart city to run 100% on solar energy during daytime?**

Ans: Diu, a coastal city in the Union Territory of Daman and Diu.

**14) What is the name of ISRO's latest space mission launched in December 2024?**

Ans: PSLV-C60/SPADEX Mission, launched on 30 December 2024.

The most recent ISRO mission is the **GSLV-F15/NVS-02 mission**, which launched on January 29, 2025. This mission successfully deployed the NVS-02 navigation satellite. ISRO also completed its

100th launch from the Satish Dhawan Space Centre in Sriharikota with this mission



15) Which Indian athlete is organizing a major international javelin event in Bengaluru in May 2025?

Answer: Neeraj Chopra, India's Olympic gold medalist in javelin, is organizing the Neeraj Chopra Classic.

16) Who is the current Chief Minister of Delhi as of February 2025?

Answer: Rekha Gupta, who assumed office on 20 February 2025.

☀️👁️ **Rekha Gupta** (born 19 July 1974) is an Indian politician who is serving as the 9th Chief Minister of Delhi since 20 February 2025. She is the fourth woman to hold this post after Sushma Swaraj, Sheila Dikshit & Atishi Marlena. A member of Bharatiya Janata Party (BJP), she has been serving as the MLA from Shalimar Bagh since 2025



17) Who was the first woman Chief Minister in India?

Answer: Sucheta Kriplani

☀️👁️ **Sucheta Kripalani** (25 June 1908 – 1 December 1974) was an Indian politician and independence activist. She was India's first female Chief Minister, serving as the head of the Uttar Pradesh government from 1963 to 1967.



**18) Which Indian city was recently declared a UNESCO World Heritage site?**

☀️👁️ Jaipur, also known as the "Pink City", is a UNESCO World Heritage Site celebrated for its unique blend of ancient Hindu, Mughal, and Western architectural influences. The city, founded in 1727 by Maharaja Sawai Jai Singh II, is renowned for its meticulously planned grid pattern, which was inspired by Western urban planning but also incorporated traditional zoning principles.



Answer: Jaipur City, Rajasthan, was declared a UNESCO World Heritage site in 2023.

**19) Why were elections held in Delhi in early 2025?**

Answer: The Delhi Legislative Assembly elections were held, resulting in a significant political shift with the BJP unseating the Aam Aadmi Party (AAP) after over 10 years.

**20) Name a new law passed by the Indian Parliament in 2025.**

Answer: The Protection of Interests in Aircraft Objects Bill was passed to align India's aviation laws with international standards, enhancing protections for aircraft lessors.

**21. What significant milestone did India celebrate in April 2025 related to space exploration?**

Answer: India celebrated the 50th anniversary of the launch of Aryabhata, its first satellite, marking a significant milestone in its space exploration journey.

**22. Which international shooting event did India excel in April 2025?**

Answer: India won 7 medals at the 2025 ISSF World Cup in Lima, finishing third overall.

**23. What environmental issue did India face in April 2025 affecting agriculture and health?**

Answer: India experienced a severe heatwave, with temperatures reaching up to 46.4°C in Barmer, Rajasthan, impacting agriculture and causing health concerns.

**24. What diplomatic tensions arose between India and Pakistan in April 2025?**

Answer: Following a deadly attack in Kashmir, India accused Pakistan of involvement, leading to downgrading diplomatic ties, suspending visas, and revoking the Indus Waters Treaty.

**25. What is the target year for India to achieve a steel production capacity of 300 million tons?**

Answer: India aims to achieve this target by the year 2030-31.

**26) Which major tech companies were fined by the EU in April 2025 for DMA violations?**

Answer: Apple and Meta were fined by the European Union for violations of the Digital Markets Act.

**27) What significant day related to public administration is observed in India on April 21?**

Answer: National Civil Services Day is observed on April 21 to honor the contributions of civil servants.

**28) Which Indian city recorded the highest temperature during the April 2025 heatwave?**

Answer: Barmer, Rajasthan, recorded a temperature of 46.4°C.

**29) What is the significance of the Indus Waters Treaty in the context of India-Pakistan relations?**

Answer: The Indus Waters Treaty is a water-sharing agreement between India and Pakistan; its suspension by India in April 2025 heightened tensions between the two countries

**30) Which state hosted the Bharat Summit 2025?**

Ans: Telangana

☀️👁️ Telangana hosted the Global Bharat Summit at the Hyderabad International Convention Centre, focusing on themes like democracy and global justice.



**31) Which protected area in Odisha was declared India's 107th National Park?**

Answer: C. Similipal

*Similipal, rich in biodiversity, was designated as a national park to enhance conservation efforts.*

**32) Which Indian state hosted the Apricot Blossom Festival 2025 to boost ecotourism?**

Answer: Ladakh

☀️👁️Ladakh organized this festival to promote tourism and celebrate local culture. The Apricot Blossom Festival 2025 in Ladakh will be held from April 11 to May 4, 2025. It will take place in various apricot-growing areas in both the Leh and Kargil regions. Specific locations and dates include Alchi Village (April 13), Domkhar Village (April 16), Sumoor Village (April 20), Wanla Village (April 27), and Tar Village (May 4). The festival aims to promote tourism and showcase the region's natural beauty and cultural heritage.



**33) Which Indian scientist, known for his role in Chandrayaan-1, passed away in April 2025?**

Answer: Dr. K. Kasturirangan

☀️👁️Krishnaswamy Kasturirangan was an Indian space scientist who headed the Indian Space Research Organisation from 1994 to 2003. He was instrumental in India's space missions and education policy. Until his death, he was Chancellor of Central University of Rajasthan and NIIT University.



**34) What is the name of the military exercise conducted by the Indian Air Force following the Pahalgam terror attack?**

Answer: Exercise Aakraman

*This exercise was initiated to enhance combat readiness in response to security threats. \**

**35) Which river is facing severe drought issues affecting agriculture and water supply in northern Karnataka?**

Answer: Krishna

- The Krishna River's reduced flow has led to water scarcity in the region.

**36) Where did a tragic terrorist attack occur on 22nd April 2025?**

Answer: in Pahalgam, Jammu and Kashmir

**37) What is the name of the latest indigenous fighter aircraft unveiled by India?**

Answer: Tejas Mk2

☀️👁️The latest indigenous fighter aircraft unveiled by India is the Advanced Medium Combat Aircraft (AMCA), a 5.5-generation stealth fighter jet. It was showcased at Aero India 2025. The AMCA is designed for air superiority and strike missions.

**38) Which Indian startup recently became a unicorn in 2025?**

Answer: Zolve

**39) Who was sworn in as the Chief Minister of Odisha in April 2025?**

Answer: Naveen Patnaik

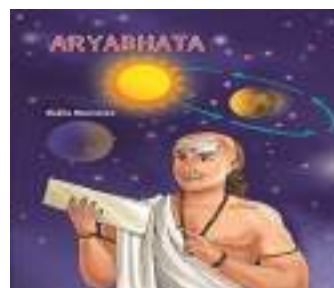
☀️👁️ Naveen Patnaik ; born 16 October 1946) is an Indian politician and writer, who served as the 14th Chief Minister of Odisha from 5 March 2000 to 12 June 2024. His 24-year reign is the second longest for a chief minister of any Indian state, after Pawan Kumar Chamling of Sikkim. He is the first president of the Biju Janata Dal since 1997. He served as the Union Minister of Steel and Mines from 1998 to 2000 and a member of the Lok Sabha from Aska from 1997 to 2000.

**40) Which Indian city hosted the International Film Festival in April 2025?**

Answer: Goa



- **Aryabhata( 476-550 AD)** a renowned Indian mathematician and astronomer, made significant contributions to mathematics and science. In his honor, India named its first satellite Aryabhata.



- **Ashoka the Great**, emperor of the Maurya dynasty and grandson of Chandragupta Maurya (guided by Chanakya), underwent a transformation after the Battle of Kalinga. Deeply moved by the bloodshed, he renounced violence and embraced Buddhism, spreading its message of peace and compassion.



- **Aruna Asaf Ali (1909–96)**: Originally Aruna Ganguly; independence activist, socialist, publisher; wife of Asaf Ali, India's first ambassador to the US; first mayor of Delhi (1958); *Bharat Ratna* (1997); *International Lenin Peace Prize* (1964).



- **Abdul Kalam Azad (1888–1958)**: Freedom fighter; first Education Minister of Free India; author of *India Wins Freedom*; *Bharat Ratna* (1992).



- **Mohandas Karamchand Gandhi (1869–1948)**: Father of the Indian nation; 1893–1914: lived in South Africa opposing discrimination against Indians; 1915: returned to India and worked for the Congress Party; lived an austere life devoted to truth, non-violence and worked for Indian independence and unity; assassinated; author of *The Story of My Experiments with Truth*.



- **Sarojini Naidu (1879–1949):** Freedom fighter, poet; President of the INC (1925); known as the Nightingale of India; first woman to be appointed a State Governor (U.P); *The Golden Threshold, The Bird of Time, The Broken Wing.*



- **Sardar Vallabhbhai Patel (1875-1950):** Freedom fighter, the Iron Man of India, played a key role in the integration of India's princely state into India's federation. First Deputy PM of India, Bharat Ratna, (1991, posthumous)



- **Dadabhai Naoroji (1825–1917):** Pioneer of Indian nationalism; first Indian to become a member of the British Parliament; one of the founders of the Indian National Congress; called the '*Grand Old Man of India*'; author of *Poverty and Un-British Rule in India.*



- **Sharad Pawar(1940) :** former Chief Minister of Maharashtra, 1978-1980, 1988-91, 1993-95, served in the Union Council of Ministers as the Minister of Defence in the Cabinet of P. V. Narasimha Rao and Minister of Agriculture in the Cabinet of Manmohan Singh. President of Nationalist Congress Party, which he founded in 1999 after separating from the Indian National Congress.



- **Swami Dayanand Saraswati (1824–1883)** was a Hindu reformer who worked at the social level. He founded the Arya Samaj and authored the book Satyarth Prakash.



- **Pranab Mukherjee (1935–2020):** 13th President of India (2012–2017); served as Union Minister of Defence (2004–2006), Union Minister of External Affairs (2006–2009), and Deputy Chairman of the Planning Commission (1991–96); *Padma Vibhushan* (2008), *Bharat Ratna* (2019).



- **Dhyan Chand (1905–1979) :** known as the "Hockey Wizard" of India, was a legendary field hockey player who led India to three Olympic gold medals in 1928, 1932, and 1936. His birthday, August 29, is celebrated as National Sports Day in India. The country's highest sporting honour, the Major Dhyan Chand Khel Ratna Award, is named in his memory. He was also awarded the Padma Bhushan, India's third-highest civilian award.



**WORLD**

- **Marie Curie (1867–1934)** was a Polish-born French physicist and chemist, renowned for her pioneering research on radioactivity. Along with Henri Becquerel and her husband Pierre Curie, she was awarded the 1903 Nobel Prize in Physics. She later received the 1911 Nobel Prize in Chemistry as the sole winner. Marie Curie was the first woman to win a Nobel Prize and remains the only woman to have won Nobel Prizes in two different scientific fields.



- **Leonel Messi (1987):** Argentinian professional footballer who plays as a forward for USA Major League Soccer Club, Inter Miami and captains Argentina national team, widely regarded as one of the greatest player of all time, 7 FIFA Ballon D'Or, 6 European Golden Shoes, 10 La Liga titles, 7 Chopardel Rey titles, and 4 UEFA Champions League titles helped Argentina win the 2022 FIFA World Cup.


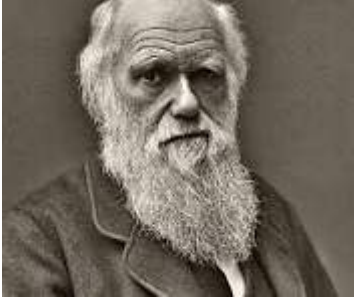




- **Vasco da Gama (1460–1524)** was a Portuguese explorer and navigator. He was the first person to sail directly from Europe to India, establishing a sea route that significantly boosted trade between the two regions.



- **Annie Besant (1847–1933):** British woman, staunch supporter of the Indian independence movement; set up the Home Rule League; first female president of INC (1917); member of the Theosophical Society of India.



<ul style="list-style-type: none"> <li>● <b>Warren Buffett (1930)</b> :American business magnate, investor, and philanthropist, chairman and CEO of Berkshire Hathaway, one of the most successful investors in the world known by the nickname Oracle of Omaha.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Charles Robert Darwin, (1809-82)</b>: British naturalist who theorized evolution and natural selection through the study of fossil and diverse plant and animal life in and around Galapagos Island between 1831 and 1836, the origin of species (1859) and the descent of man (1871)</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Steve Jobs( 1955-2011)</b>: co-founder, chairman, and former CEO of Apple, revolutionized the use of personal computers iPhone, iPod, iPad.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Louis Braille( 1809-52)</b>: French educator and inventor of the Braille system, an embossed lettering touch system of reading and writing for the blind, turned blind at the age of three and became a teacher for the blind in 1826</li> </ul>	

# GLOBAL AWARENESS

## COUNTRIES AND ITS CAPITALS

1) What is the capital of Argentina ?

Answer : Buenos Aires

2) Which organization has the authority to declare a ‘Global Emergency’?

Ans. World Health Organisation (WHO)

☀️👁️ The **World Health Organization (WHO)** is a specialized agency of the United Nations responsible for international public health. It is headquartered in Geneva, Switzerland, and has six regional offices and 150 field offices worldwide. The WHO was established on April 7, 1948.



3) What is the White House famous for?

Answer: It is the official residence of the President of the USA.

☀️👁️ The White House is the official residence and workplace of the president of the United States. Located at 1600 Pennsylvania Avenue NW in Washington, D.C.



## CURRENCIES

**4) What is the currency of Russia?**

**Answer:** Russian Ruble

**5) What is the official currency of Japan?**

*Answer: Yen*

**6) Which currency is used in Germany?**

*Answer: Euro*

**7) What is the name of the currency used in Mexico?**

*Answer: Peso*

**9) Which country uses the Swiss Franc?**

*Answer: Switzerland*

**10) What is the currency of India?**

*Answer: Rupee*

## WORLD LEADERS

**11) Which Indian leader is known for leading the country to independence through non-violent protest?**

**Answer:** Mahatma Gandhi

☀️👁️ Mohandas Karamchand Gandhi was an Indian lawyer, anti-colonial nationalist, and political ethicist who employed nonviolent resistance to lead the successful campaign for India's independence from British rule. He inspired movements for civil rights and freedom across the world.



**12) Who is the President of the United States (2025)?**

**Answer:** D. Ron DeSantis

(Ron DeSantis won the 2024 U.S. election.)

**13) Which South African leader became a global symbol of the anti-apartheid movement and won the Nobel Peace Prize?**

Answer: Nelson Mandela

*Nelson Rolihlahla Mandela, born Rolihlahla Mandela; 18 July 1918 – 5 December 2013) was a South African anti-apartheid activist and politician who served as the first president of South Africa from 1994 to 1999. He was the country's first black head of state and the first elected in a fully representative democratic election. His government focused on dismantling the legacy of apartheid by fostering racial reconciliation. Ideologically an African nationalist and socialist, he served as the president of the African National Congress (ANC) party from 1991 to 1997.*



**14) Who is the current President of France as of 2025?**

Answer: Emmanuel Macron

**15) Who was the first female Prime Minister of the United Kingdom**

Answer: Margaret Thatcher

**16) Who is known as the ‘Missile Man of India?’**

Ans. A. P. J. Abdul Kalam

🌟🗉 **Avul Pakir Jainulabdeen Abdul Kalam**

(15 October 1931 – 27 July 2015) was an Indian aerospace scientist and statesman who served as the 11th president of India from 2002 to 2007. He was born and raised in Rameswaram, Tamil Nadu and studied Physics and Aerospace engineering. He spent the next four decades as a scientist and science administrator, mainly

at the Defence Research and Development Organisation (DRDO) and Indian Space Research Organisation (ISRO) and was intimately involved in India's civilian space programme and military missile development efforts. He thus came to be known as the **Missile Man of India** for his work on the development of ballistic missile and launch vehicle technology.



**Q17 to 20. Given below are the pictures of some famous Indian scientists. Name them.**

1

2

3

4



Answers:

1. SN Bose
2. Homi J Bhabha
3. Subramaniam Chandrashekhar
4. Vikram Sarabhai

## UN AND ITS ROLE

**21). Where is the Head Quarter of UNESCO located?**

Answer: Paris, France

**22) Who was the First President of the United States?**

Ans. George Washington

🌟👁️ On April 30, 1789, George Washington, standing on the balcony of Federal Hall on Wall Street in New York, took his oath of office as the first President of the United States.



**23) Which country was elected to the United Nations' Intergovernmental Working Group of Experts on International Standards of Accounting and Reporting (ISAR) for the 2025–2027 term?**

Ans: India was appointed to the UN ISAR for the 2025–2027 term by acclamation, demonstrating global confidence in its capabilities.

**24) Following the Pahalgam terror attack in April 2025, which international organization condemned the violence and emphasized opposition to terrorism?**

Answer: United Nations

**25) What is the projected global economic growth rate for 2025, according to the United Nations?**

Answer: B. 2.8%

- The United Nations forecasts a moderate global economic growth of 2.8% in 2025, despite challenges from conflicts and inflation.

**26) In April 2025, which two countries' tensions escalated, prompting the UN to call for restraint?**

Answer: India and Pakistan

- Following the Pahalgam attack, tensions between India and Pakistan escalated, leading the UN to urge both nations to exercise restraint.

**27) In which year was the UN founded?**

Answer: 1945

**28) Which organ of the UN is responsible for maintaining peace and security?**

Answer: Security Council

**29) How many main organs does the UN have?**

**Answer:** Six

**30) Which day is celebrated as United Nations Day?**

**Answer:** October 24

**SECTION 4  
SCIENCE AND TECHNOLOGY**

**INVENTIONS AND DISCOVERIES**

**1) Which famous explorer discovered America?**

**Answer:** Christopher Columbus



2 to 12) Given below is the tree having pictures which deal with different branches of Science. Pick the name from the help box and write it below the correct picture.



Answer:

1. Gerontology    2. Astronomy    3. Entomology    4. Hydrology    5. Biolog  
 6. Anthropology    7. Cardiology    8. Geology    9. Meteorology    10. Zoology

**13) Who discovered penicillin?**

Answer: Alexander Fleming

☀️👁️ **Penicillins** are used to treat infections caused by bacteria. They work by killing the bacteria or preventing their growth. There are several different kinds of penicillins. Each is used to treat different kinds of infections.

**14) Which social media platform recently changed its name to 'X'?**

Ans: Twitter

☀️👁️ **X**, commonly referred to by its former name Twitter, is a social media website based in the United States. With over 500 million users, it is one of the world's largest social networks and the fifth-most visited website in the world.

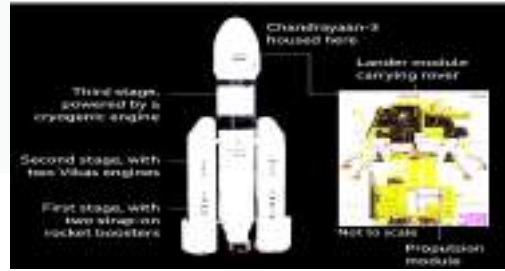


15) What is the name of the rocket that launched Chandrayaan 3?

Ans: LVM 3 (Aka Bahubali)

☀️👁️ Chandrayaan-3 is a follow-on mission to Chandrayaan-2 to demonstrate end-to-end capability in safe landing and roving on the lunar surface. It consists of Lander and Rover configuration. It was launched by LVM3 from SDSC SHAR, Sriharikota.

The LVM3 launch rocket and Chandrayaan-3



16) What is the full form of the abbreviation GPS?

Ans: Global Positioning System

☀️👁️ The Global Positioning System, originally Navstar GPS, is a satellite-based radio navigation system owned by the United States government and operated by the United States Space Force.



17) Who is the founder Of 'ISRO' ?

Answer: Indian Space Research Organisation was founded by Vikram Sarabhai

18). Which planet is called the 'dusty planet'?

Ans: Mars

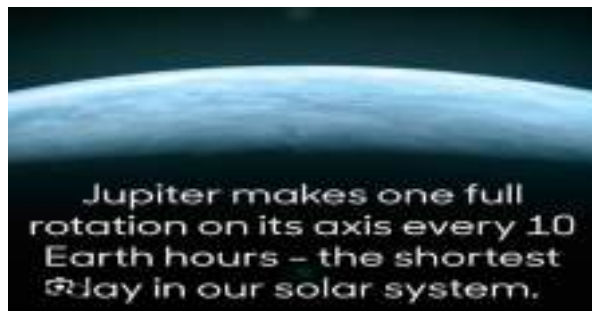
☀️👁️ Mars is the fourth planet from the Sun. The surface of Mars is orange-red because it is covered in iron(III) oxide dust, giving it the nickname 'the Red Planet'.

19) Which instrument is used to record the earthquake waves?

Answer: Seismograph

20) The planet with the shortest day is \_\_\_\_\_.

Answer: Jupiter



21) The gas which is commonly used for filling balloons and making voices sound funny when inhaled is \_\_\_\_\_.

Answer: Helium  
23 to 30

Health is wealth but sickness is a curse. Good health is necessary for our purposeful existence in the world. Given below are the descriptions of some diseases affecting a particular part of the body. Using the Help Box, find and write the names of the diseases in the space provided.

It is a disease in which the patient cannot distinguish between red and green colour.

It is a disease that makes bones easy to break.

Help Box
Severe Acute Respiratory Syndrome (SARS)
Athlete's foot
Osteoporosis
Myopathy
Alzheimer
Colour Blindness
Yellow Fever
Pyorrhoea

1 It is a disease affecting brain causing problems with memory, thinking and behaviour.

2 In this disease, there is bleeding from swollen gums which leads to loosening of teeth.

3 In this disease, upper respiratory tract is affected and initial symptoms indicate common cold, sore throat and high fever.

4 It is a viral disease with fever and jaundice, transmitted by mosquito and is often fatal.

5 It is a disease in which muscles become weak.

6 It is a fungal foot condition affecting the skin between the toes.

Answers

1. Alzheimer    2. Colour Blindness    3. Pyorrhoea    4. Severe Acute Respiratory Syndrome(SARS)  
5. Yellow Fever    6. Myopathy    7. Athlete's Foot    8. Osteoporosis

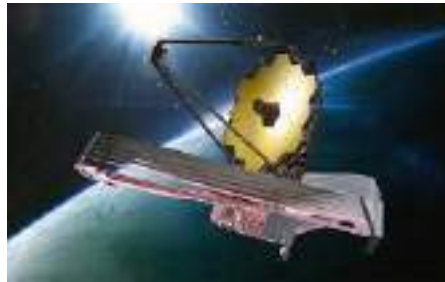
31)The planet with the largest mountain range is \_\_\_\_\_.

Answer: Mars



32) The new scientific discovery that has been made recently is \_\_\_\_\_.

Answer: The James Webb Space Telescope



33) Name the compound necessary for photosynthesis in leaves.

Ans- Chlorophyll

34). How many bones does a human adult have?

Answer: 206

35) Which gases are responsible for global warming?

Answer: Carbon dioxide, methane, fluorinated gasses (F-gasses), and nitrous oxide

36) Who invented electricity?

Ans- Benjamin Franklin

🌟👁️ **Benjamin Franklin** (January 17, 1706 – April 17, 1790) was a American Founding Father, and scientist. He has also been known as "the First American". He was a very important person in the American Revolution and helped make the Thirteen Colonies one nation. As a leader of the Enlightenment, he influenced European scientists.



37) \_\_\_\_\_ is the hardest substance available on Earth.

Ans- Diamond

38) Name the instrument used to measure atmospheric pressure

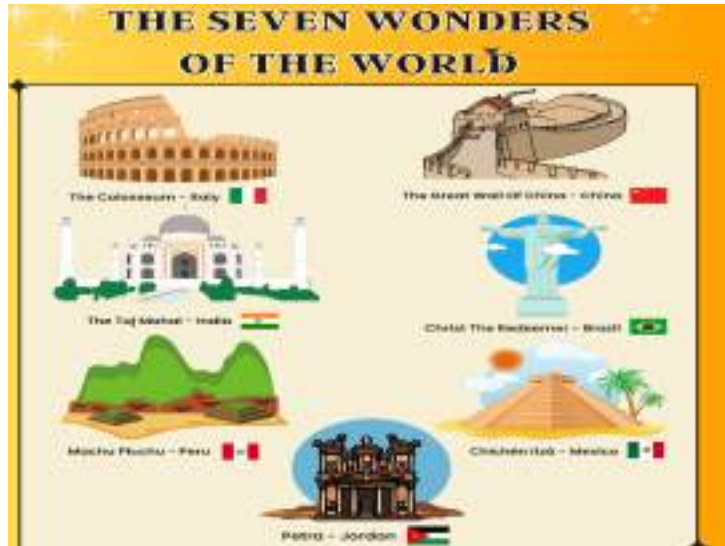
Ans- Barometer

- a) Important days and its significance
- b) Wonders of the world

39) Name the New Seven Wonders of the World announced in 2007.

Answer:

- Great Wall of China (China)
- Petra (Jordan)
- Christ the Redeemer (Brazil)
- Machu Picchu (Peru)
- Chichen Itza (Mexico)
- Roman Colosseum (Italy)
- Taj Mahal (India)



40) Which wonder is a famous mausoleum located in Agra, India?

Answer: The Taj Mahal.

The Taj Mahal . 'Crown of the Palace' is an ivory-white marble mausoleum on the right bank of the river Yamuna in Agra, Uttar Pradesh, India. It was commissioned in 1631 by the fifth Mughal emperor, Shah Jahan (r. 1628–1658) to house the tomb of his beloved wife, Mumtaz Mahal; it also houses the tomb of Shah Jahan himself. The tomb is the centrepiece of a 17-hectare (42-acre) complex, which includes a mosque and a guest house, and is set in formal gardens bounded on three sides by a crenellated wall.



## SECTION 5 CULTURE AND HERITAGE

## FAMOUS FESTIVALS

1) Which state/UT hosted the 'Kodava Hockey Festival'?

Ans: Karnataka

2) Which Jewish festival is also known as the Festival of Lights?

Answer: Hanukkah

Hanukkah, also known as the Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Second Temple in Jerusalem after the Maccabean Revolt. It celebrates the miracle of a small amount of oil lasting for eight days to keep the temple's menorah.



3) Which South Indian harvest festival is celebrated with offerings to the Sun God?

Answer: Pongal

4) Which Buddhist festival celebrates the birth, enlightenment, and death of Buddha?

Answer: Vesak

5) Which festival in Japan honors the spirits of ancestors?

Answer: Obon

**Obon** or just Bon is a fusion of the ancient Japanese belief in ancestral spirits and a Japanese Buddhist custom to honour the spirits of one's ancestors.



6) Which Punjabi festival is celebrated with bonfires and dance on the eve of Makar Sankranti?

Answer: Lohri

7) Which Tamil festival is associated with the bull-taming sport Jallikattu?

Answer: Pongal

8) Which Chinese festival is celebrated with lanterns and mooncakes?

Answer: MidAutumn

## MONUMENTS AND ITS IMPORTANCE

9) Mohenjo-Daro, a city of Harappan civilization, was associated with the river \_\_\_\_\_.

Answer: Indus

10) Which famous structure in Egypt was built as a tomb for Pharaoh Khufu?

Answer: Pyramid

11) Which iconic monument is located in Paris and was originally a military monument?

Answer: Eiffel Tower

12) Which ancient amphitheater in Rome is known for gladiator battles?

Answer: Colosseum

The **Colosseum**, ultimately from Ancient Greek word "kolossos" meaning a large statue or giant is an **elliptical amphitheatre** in the centre of the city of **Rome, Italy**, just East of the **Roman Forum**. It is the largest ancient amphitheatre ever built, and is still the largest standing amphitheatre in the world, despite its age. Construction began under the Emperor **Vespasian** and was completed in AD 80 under his successor and heir, **Titus**.



13) Which landmark in India is associated with India's struggle for independence and is located in New Delhi?

Answer: India Gate

14) Which famous historical wall in China was built for protection against invasions?

Answer: Great Wall

15) Which religious monument in India is known as a Buddhist stupa and was built by Emperor Ashoka?

Answer: Sanchi Stupa

16) Which medieval castle in Scotland is known for its strategic location and royal history?

Answer: Edinburgh Castle



Edinburgh Castle is one of the oldest fortified places in Europe. With a long rich history as a royal residence, military garrison, prison and fortress, it is alive with many exciting tales. When you climb Castle Hill, you will walk in the footsteps of soldiers, kings and queens – and even the odd pirate or two.

**17) Which monument in the UK is known for its massive stone circle and prehistoric significance?**

**Answer:** Stonehenge



Stonehenge is a prehistoric megalithic structure on Salisbury Plain in Wiltshire, England, two miles (3 km) west of Amesbury. It consists of an outer ring of vertical sarsen standing stones

**18) Which monument in Mexico commemorates the Mexican Revolution and is located in Mexico City?**

**Answer:** Monumento

**19) Which historical palace in Spain is a UNESCO World Heritage Site and former royal residence?**

**Answer:** Alhambra

**20) Which famous landmark in India is an ancient temple dedicated to Lord Vishnu and is located in Khajuraho?**

**Answer:** Kandariya Mahadev

## INDIAN STATES AND ITS CULTURE

**21) Which state of India celebrates Pongal ?**

**Answer:** Tamil Nadu



22) Which state of India is famous for 'Basohli Painting'?

Answer : Jammu and Kashmir



23) Which city is known as the 'Cathedral City of India'?

Answer: Bhubaneswar

24) The 'Mohiniyattam' dance form belongs to which Indian state?

Answer: Kerala

☀️👁️ Mohiniyattam an Indian classical dance form originating from the state of Kerala. The dance gets its name from Mohini – the female enchantress avatar of the Hindu deity Vishnu, who helps the devas prevail over the asuras using her feminine charm.



25) Which state organized the 'Yuva Utsav' programme?

Ans: Mizoram

26) Which are the southernmost hills of India?

Answer: Cardamom hills

☀️👁️ The **Cardamom Hills** or **Yela Mala** are mountain range of southern India and part of the southern Western Ghats located in Idukki district, Kerala, India. Their name comes from the cardamom spice grown in much of the hills' cool elevation, which also supports pepper and coffee.



**27) Where is Hemis National park located in India?**

Ans. It is located in Jammu and Kashmir state.

☀️👁️ **Hemis National Park** is a high-elevation National park in Ladakh, India. Globally famous for its snow leopards, it is believed to have the highest density of them in any protected area in the world. It is the only national park in India that is north of the Himalayas, the largest notified protected area in India (largest National park) and is the second largest contiguous protected area, after the Nanda Devi Biosphere Reserve and surrounding protected areas.



**28) Which state of India has the longest coastline?**

Ans. Gujarat

☀️👁️ Gujarat has a coastal length of 1214 km, covering 16 coastal districts having huge diversity of marine based ecosystems and development opportunities.

**29) In which state of India is the longest sea bridge located?**

Ans: Mumbai (Atal Setu)



**30) Name the biggest waterfall in India.**

Answer: Kunchikal falls

👁️ India's tallest waterfall is Kunchikal Falls, which is 455 meters (1,493 feet) tall and runs for about 1 kilometer. It's located in the Shimoga district of Karnataka, near the villages of Nida God and Masthikatte. The falls are created by the Varahi River and cascade down rocky boulders. Kunchikal Falls is also the second tallest waterfall in Asia.



**31) Which state is known as the "Land of Rising Sun" in India?**

Answer: Arunachal Pradesh

**32) Which state is famous for the classical dance form "Kathakali"?**

**Answer:** Kerala

☀️👁️ Kathakali is a classical Indian dance-drama from the state of Kerala, known for its elaborate costumes, vibrant makeup, and intricate movements. It is a blend of dance, music, and acting, and tells stories, mainly from Indian epics like the Ramayana and Mahabharata.



**33) Which state is known for its "Bhangra" dance form?**

**Answer:** Punjab

**34) Which state is famous for the "Tanjore" painting style?**

**Answer:** TamilNadu

☀️👁️Tanjore paintings, also known as Thanjavur paintings, are a classic South Indian art form originating in the town of Thanjavur. They are characterized by vibrant colors, glittering gold foils, and the inlay of glass beads and precious gems. These paintings are traditionally panel paintings done on wooden planks, hence also referred to as "palagai padam" locally.



**35) Which state is the birthplace of the Indian festival "Durga Puja"?**

**Answer:** WestBengal

**36) Which state is famous for the "Sculptural Temples" of Khajuraho?**

**Answer:** MadhyaPradesh

☀️👁️The "Sculptural Temples" of Khajuraho are a group of Hindu and Jain temples renowned for their intricate and detailed sculptures, particularly those depicting erotic and other symbolic imagery. These temples, located in the Chhatarpur district of Madhya Pradesh, India, were built by the Chandela dynasty between 950 and 1050 AD.



**37) Which state is renowned for its "Kuchipudi" dance form?**

**Answer:** AndhraPradesh

**38) Which state is known for the "Handloom" industry, particularly the "Muga silk"?**

**Answer:** Assam

**39) Which state is known for the "Naga" culture and festivals?**

**Answer:** Nagaland

**40) Which state is famous for the "Sula Vineyards" and its wine culture?**

**Answer:** Maharashtra

## SECTION 6 HEALTH AND WELLBEING

### BALANCE NUTRITIONS

**1) What is essential for body growth and repair?**

**Answer: Protein**

**2) Which nutrient provides the main source of energy?**

**Answer: Carbohydrate**

**3) Which nutrient helps in absorption of vitamins?**

**Answer: Fat**

**4) Which mineral is important for strong bones and teeth?**

**Answer: Calcium**

**5) Which vitamin is mainly obtained from sunlight?**

**Answer: D**

**6) Which nutrient helps in digestion and prevents constipation?**

**Answer: Fiber**

**7) Which mineral is essential for making hemoglobin?**

**Answer: Iron**

**8) Which vitamin is important for blood clotting?**


**Answer: K**


#### **9 to 13**


Monks and physicians used to grow healing plants in ancient times. Even now they are grown in home gardens; used to treat minor ailments like cold, cough and stomach disorders.


Identify the healing plants.


Knowing home remedies helps in curing many illnesses without popping a pill! Learn to make use of some of the herbs mentioned here.


1.  Leaves and flowers are used to make tea; chewing leaves eases fever, migraines, arthritis and skin problems. F \_ V \_ R \_ E W

2.  A herb rich in nutrients; used in many types of cuisine; treats gas and bad breath. P \_ \_ S \_ E \_

3.  Flower heads are made into infusions and salves for indigestion, anxiety and skin inflammations. \_ H \_ M \_ \_ I \_ E

4.  Mint family; medicinal herb. Treats anxiety, insomnia, wounds, herpes, insect bites, gas, and stomach disorders. L \_ M \_ \_ B \_ \_ M

5.  Name means 'to heal', used for medicinal purposes (mouth and throat inflammations) and as a culinary herb. S \_ \_ \_ E

6.  'The king of herbs' – young leaves used as medicine; treats gas, poor appetite, cuts and scrapes; boosts immunity. B \_ \_ \_ \_ L

**Answers:**

1. FEVERFEW      2. PARSLEY      3. CHAMOMILE      4. LEMON BALM      5. SAGE      6. BASIL

**14) Which element is most essential for hydration?**

Answer: Water

**15) Which type of fat is considered healthy?**

Answer: Unsaturated

**16) What is the deficiency of Vitamin C called?**

Answer: Scurvy

**17) Which vitamin helps improve vision?**

Answer: Vitamin A

**18) Which food group includes fruits and vegetables?**

Answer: Produce

**19) Which mineral regulates fluid balance in the body?**

Answer: Sodium

**20) Which Vitamin is known as an 'Anti Sterility' Vitamin?**

Answer: Vitamin E

## 15 BEST FOOD SOURCES OF VITAMIN E

www.naturalfoodseries.com

 <b>OLIVES</b> 1.9MG	 <b>ALMONDS</b> 7.4MG	 <b>PAPAYA</b> 3MG
 <b>SESAME SEEDS</b> 1.2MG	 <b>PARSLEY</b> 1.5MG	 <b>SHRIMPS</b> 2MG
 <b>TURNIP GREENS</b> 2.8MG	 <b>TROUT</b> 2MG	 <b>HAZELNUT</b> 15MG
 <b>AVOCADO</b> 12MG	 <b>KALE</b> 2.6MG	 <b>MANGOES</b> 1.5MG
 <b>KIWI</b> 3MG	 <b>RED SWEET PEPPER</b> 4.6MG	 <b>SWISS CHARD</b> 3MG

## COMMON DISEASES AND PREVENTIONS

21) Which mosquito species spreads dengue?

Answer: Aedes

22) What type of microorganism causes typhoid?

Answer: Bacteria

23) Which organ is affected in diabetes?

Answer: Pancreas

24) What type of infection is ringworm?

Answer: Fungal

25) Deficiency of which mineral causes anemia?

Answer: Iron

26) Deficiency of which nutrient causes goitre?

Answer: Iodine

27) What should be worn to protect against airborne diseases?

Answer: Mask

28) What is applied on wounds to prevent infection?

Answer: Antiseptic

## SECTION 7 SPORTS

### NATIONAL SPORTS

1) In which year did the Indian Premier League (IPL) begin?

Answer: 2008



2) What is the national sport of India?

Answer: Hockey

3) What is the national sport of Canada?

Answer: Lacrosse

Lacrosse is a contact team sport played with a lacrosse stick and a lacrosse ball. It is the oldest organized sport in North America, with its origins with the indigenous people of North America as early as the 12th century.



4) What is the national sport of Japan?

Answer: Sumo Wrestling

Sumo wrestling is the national sport of Japan. It is a traditional Japanese martial art and a deeply rooted part of Japanese culture. Sumo wrestling has been practiced in Japan for over 1,500 years, evolving from a religious ritual to a professional sport.



5) Name the national sport of the USA.

Answer: Baseball

6) Name the national sport of China

Answer: Table Tennis

7) On which date is National Sports Day observed in India?

Answer: 29

India celebrates National Sports Day on August 29th each year. This day commemorates the birth anniversary of hockey legend Major Dhyan Chand. National Sports Day is a time to honor sports heroes and promote the importance of sports and physical activity in India.

8) National Sports Day marks the birth anniversary of which legendary Indian hockey player?

Answer: Major Dhyan Chand

Major Dhyan Chand was an Indian field hockey player. He is widely regarded as the greatest field hockey player in history. He was known for his extraordinary ball control and goal-scoring feats, in addition to earning three Olympic gold medals, in 1928, 1932 and 1936, during an era where India dominated field hockey.



9) Which year was National Sports Day officially recognized in India?

Answer: 2012

10) In which year did India win its first Olympic gold in hockey?

Answer: 1928

## FAMOUS ATHLETE

11) Who is the first batsman to hit six sixes in an over?



Ans. Garfield Sobers

12)Who became the first Indian to win an individual gold medal at the Olympic Games in the 10m air rifle event at Beijing Olympic Games in 2008?



Answer:Abhinav Bindra

13)Name the player who is known as the God of Cricket.

Answer: Sachin Tendulkar

14) Which athlete is also known as the 'Flying Sikh'?

Ans. Milkha Singh

☀️👁️**Milkha Singh** (20 November 1929 – 18 June 2021),<sup>[a][2]</sup> also known as "**The Flying Sikh**", was an Indian track and field sprinter who was introduced to the sport while serving in the Indian Army. He is the only athlete to win gold at 400 meters at the Asian Games as well as the Commonwealth Games. He also won gold medals in the 1958 and 1962 Asian Games.



15) Which Indian woman boxer is a six-time world champion?



Answer: Mary Kom

16) Which tennis player has won the most Grand Slam titles (men)?

Djokovic is a Serbian professional tennis player. He has been ranked as the world No. 1 in men's singles by the Association of Tennis Professionals (ATP) for a record 428 weeks across a record 13 different years, and finished as the year-end No. 1 a record eight times.



**Answer:** Djokovic

**17) Who is the legendary football player from Argentina?**

**Answer:** Messi

**18) Who is known as the "King of Clay" in tennis?**

**Answer:** Nadal

**19) Who is the first Indian woman to win an Olympic medal?**

**Answer:** Karnam

**20) Who is the top-ranked Indian table tennis player (male)?**

**Answer:** Sharath

## INTERNATIONAL SPORTING EVENTS AND COMMONWEALTH GAMES

**21) What are the colours of the rings on the Olympic flag?**

**Answer:** Black, Red, Blue, Green, and Yellow

The Olympic flag was created in 1913 under the guidance of Baron de Coubertin of France. It was first hoisted in Alexandria, Egypt, at the 1914 Pan-Egyptian Games. The five rings on the flag represent the inhabited continents of the world (the Americas were considered as one continent and Europe was treated as distinct from Asia). It was made to contain the colours (blue, black, red, yellow, and green) which are common to almost all flags around the world.



**22) How many countries participate in the 2023 Commonwealth Youth Games, which took place from August 5–11 in Port of Spain, Trinidad and Tobago?**

**Ans.** 68

**23) Which city was the first to host the Commonwealth Games?**

**Answer:** Hamilton

**24) In which year were the first Commonwealth Games held?**

**Answer:** 1930

**25) Name the organization that manages the Commonwealth Games.**

**Answer:** CGF

**24) How often are the Commonwealth Games held?**

**Answer:** Quadrennially

**25) What is the official language of the Commonwealth Games?**

**Answer:** English

**26) How many member countries are part of the Commonwealth?**

**Answer:** Fifty-six

**27) Which Indian city hosted the Commonwealth Games?**

**Answer:** Delhi

**28) In which year did India host the Commonwealth Games?**

**Answer:** 2010

**29) Which city hosted the most recent Commonwealth Games?**

**Answer:** Birmingham

**30) In which year were the last Commonwealth Games held?**

**Answer:** 2022

**31) What was the name of the official mascot in 2022?**

**Answer:** Perry

**32) In which year did India win its first Commonwealth Games gold medal?**

**Answer:** 1958

**33) What is the motto or theme of the Commonwealth Games?**

**Answer:** Humanity

## WOMEN IN SPORTS

**34) Who has won gold at the 2019 World Championships in Badminton?**

**Answer:** P.V. Sindhu




**35) Who is the only woman boxer to have won a medal in each one of the seven world championships?**

Answer: Mary Kom

**36) Who was the first Indian woman to win a medal in Badminton at the Olympics?**

Answer: Saina Nehwal

 **Saina Nehwal** is an Indian professional badminton player. A former world no. 1, she has won 24 international titles, which includes ten Superseries titles. Although she reached the world's 2nd in 2009, it was only in 2015 that she was able to attain the world no. 1 ranking, thereby becoming the only female player from India.



**37) Who was the first woman to win a Nobel Prize in two different fields, and also competed in the 1900 Summer Olympics?**

Answer: Marie Curie

**38) Which female athlete is known as the ‘fastest woman of all time’?**

Florence Griffith-Joyner

**39) Which female gymnast won four Olympic gold medals in a single Olympics, in 1988?**

Answer: Mary Lou Retton

**40) Who was the first female to win an Olympic gold medal in boxing?**

Answer: Claressa Shields

**41) Which female swimmer has won the most Olympic gold medals?**

Answer: Katie Ledecky

**42) Which country was the first to send a female athlete to compete in the Olympic Games?**

Answer: Great Britain

**43) Which famous soccer player is known as “The Brazilian Queen” and won two FIFA World Cups?**

Answer: Marta

**44) Which female tennis player holds the most Grand Slam singles titles in tennis history?**

Answer: Serena Williams

**45) Who is the youngest female gymnast to win an Olympic all-around title?**

Answer: Simone Biles

## SECTION 8 LITERACY LAUREATES AND EPICS

1) Who is known as the 'Bard of Avon'?

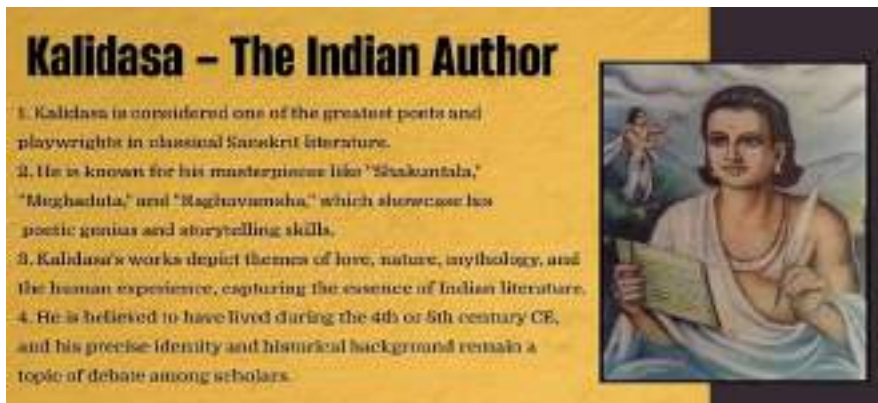
Answer: William Shakespeare

2) Which famous play by Shakespeare features the characters Romeo and Juliet?

Answer: Romeo and Juliet

3) Who is called the Shakespeare of India?

Answer: Kalidas



4) Which Indian author wrote *The Blue Umbrella* and *Room on the Roof*?

Answer: Ruskin Bond

5) Where does Ruskin Bond live in India?

Answer: Mussoorie, Uttarakhand

6) What is the main theme of most of Ruskin Bond's stories?

Answer: Nature, childhood, and life in the hills



Ruskin Bond was born in Kasauli in 1934. He has written over 500 short stories, essays and novellas and more than forty books for children. He received the Sahitya Akademi Award for English writing in India in 1992, the Padma Shri in 1999, the Delhi government's Lifetime Achievement Award in 2012 and Padma Bhushan in 2014 for his contribution to literature.

**7) Who wrote the famous poem The Road Not Taken?**

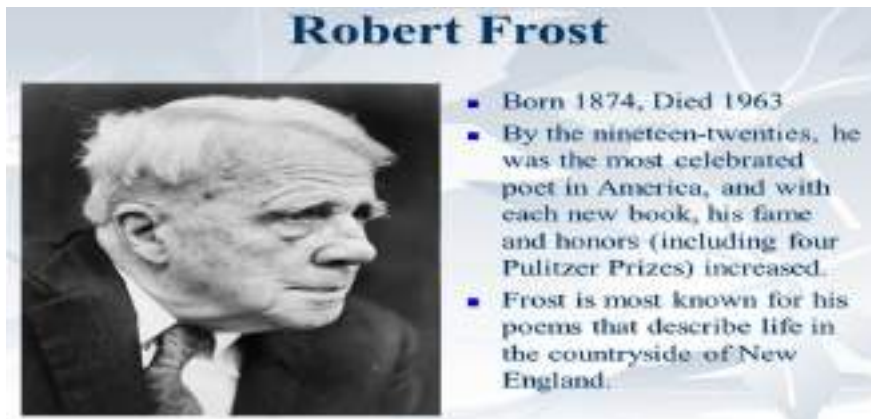
Answer: Robert Frost

**8) Robert Frost was a poet from which country?**

Answer: United States of America

**9) What is a common theme in Robert Frost's poetry?**

Answer: Nature and choices in life



**10) Who is the author of the globally bestselling fantasy book series Harry Potter?**

Ans: J K Rowling

**11) What pseudonym did J.K. Rowling used to write crime novels?**

Ans. Galbraith

**12) What is the name of the magical school created by J.K. Rowling?**

Ans. Hogwarts

**13) Which fictional sport was invented by J.K. Rowling?**


Ans. Quidditch

**Joanne Kathleen Rowling**

**Biography**

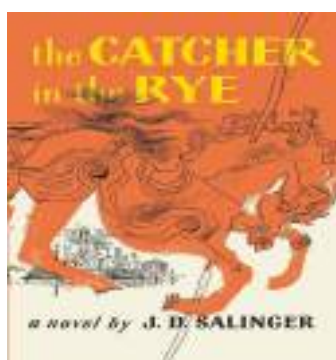
- J-K (Joanne Kathleen) Rowling was born on July 31st in Yate, Gloucestershire, in the south of England. She is 49 years old.
- J-K Rowling is tall and thin, she is a blond-haired woman, she has blue eyes.

J-K Rowling



14) The author of the famous book 'The Catcher in the Rye' is \_\_\_\_\_.

Answer: J.D. Salinger



15) Which is the biggest epic in the world?

Ans : Mahabharata

- Mahabharata is the biggest epic in the world. It is one of the two major epics of ancient India, the other being the Rāmāyaṇa.
- The Bible appears in the form of an anthology, a compilation of texts of a variety of forms that are all linked by the belief that they collectively contain the word of God.
- The Avesta is the primary collection of religious texts of Zoroastrianism.
- The Quran is the central religious text of Islam, which Muslims believe to be a revelation from God (Allah).

16) Who wrote holy book 'Bhagavad Gita'?

Ans Ved Vyas.

☀️👁️ Bhagavad Gita:

- The Bhagavad Gita is one of Hinduism's holy books.
- It was written as part of the Mahabharata around five thousand years ago. known as "The Song of God",
- The Bhagavad Gita, is a collection of 700 verses from the great epic Mahabharata.
- It has teachings that are said to have been given by the Supreme God, Lord Sri Krishna.

17) Which Indian poet was also a freedom fighter and known as the 'Nightingale of India'?

Answer: Sarojini Naidu

**18) Name the first non-European to win the Nobel Prize in Literature.**

Answer: Rabindranath Tagore

**19) Which Indian poet wrote *Khooni Hastakshar* (The Bloody Signature)?**

Answer: Ramdhari Singh Dinkar

**20) Which author wrote the novel *Malgudi Days*?**

Answer : R K Narayan