



**GD GOENKA PUBLIC SCHOOL  
EAST DELHI**



# **GENERAL KNOWLEDGE**

THE DOOR OF KNOWLEDGE OPENS ON EVERY PAGE

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**CLASS -VIII  
SESSION:2025-2026**



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## SECTION -1

### INDIA'S CURRENT AFFAIRS

#### 1.1 GOVERNMENT INITIATIVES AND POLICIES

**Q1. In the recent decision by the Supreme Court, what percent of seats has been reserved specifically for women in the bar association committee?**

Ans. 33%

The Supreme Court's landmark decision mandates reserving one-third of seats for women in bar association committees across India. This move aims to ensure better gender representation and empower women lawyers in the legal profession, promoting inclusivity and diversity in legal bodies.

**Q2. Project ISHAN, recently seen in the news, is related to which sector?**



Ans. Airspace sector

Project ISHAN, or Indian Single Sky Harmonized Air Traffic Management, is an initiative by the Airports Authority of India (AAI) to unify India's four Flight Information Regions (FIRs) into a single, continuous airspace centered in Nagpur. This aims to streamline air traffic management across the country, improving efficiency, capacity, and reducing congestion.

**Q3. What is the aim of the Jal Jeevan Mission?**

Ans. Tap water connection to every rural household



Jal Jeevan Mission ensures safe and adequate drinking water through tap connections in rural India.

**Q4. What is the main focus of the 'Startup India' scheme?**

Ans. Promoting entrepreneurship and innovation among youth

Startup India supports new businesses with funding, mentorship, and ease of doing business to foster a startup ecosystem.

**Q5. What does PM-KISAN scheme provide to farmers?**

Ans. Direct cash transfer

PM-KISAN (Pradhan Mantri Kisan Samman Nidhi) gives ₹6,000 per year to small and marginal farmers through direct bank transfer.

**Q6. Which organization signed a USD 200 million loan agreement with the Government of India to enhance solid waste management in 100 cities?**

Ans. Asian Development Bank (ADpB)

**Q7. Which Indian state recently launched the "Green Energy Corridor" project to boost renewable energy?**

Ans. Gujarat



The Green Energy Corridor (GEC) is a major initiative to integrate large-scale solar and wind power into India's national grid. It involves constructing high-capacity transmission lines, substations, and HVDC links to channel renewable electricity from generation hubs to demand centers.

**Q8. What is the purpose of India's Green Hydrogen Certification Scheme?**

Ans: To certify that hydrogen is produced using renewable energy, ensuring its recognition as "green" and promoting sustainable energy practices.

**1.2 AGRICULTURE AND ENVIRONMENT**

**Q9. Which crop is known as the 'Golden Fibre' of India?**



Ans. Jute

Jute is called the Golden Fibre because of its shiny golden color and economic value. It is mainly used to make gunny bags, ropes, and mats.

**Q10. Which farming method uses natural fertilizers like cow dung and compost?**



Ans. Organic farming

Organic farming avoids chemical pesticides and fertilizers. It keeps soil and food healthy and safe.

**Q11. Which cyclone made landfall between Karaikal and Mahabalipuram on November 30, 2024?**



*Cyclone Fengal LIVE Updates: IMD issues orange alert for North Tamil Nadu, Puducherry as depression intensifies (ANI)*

Ans. Cyclone Fengal

**Q12. Which cyclone affected Gujarat, Rajasthan, and Madhya Pradesh in August 2024?**

Ans. Cyclonic Storm Asna

Cyclonic Storm Asna was a tropical cyclone that affected Gujarat, Rajasthan and Madhya Pradesh states of India and southern Pakistan from 25 August to 2 September 2024. It formed as deep depression over land, intensified in the cyclone and moved into Arabian Sea.

**Q13. Which Indian port is the largest in terms of cargo handling?**



**Ans.** Kandla (Deendayal) Port

India's largest port by cargo volume, handling 132 million tonnes in FY 2023–24 and hitting a record 150 MMT in FY 2024–25.

### **1.3 AWARDS AND RECOGNITION**

**Q14. Who won the prestigious Bharat Ratna award in 2025?**



**Ans.** Dr. Thejo Kumari Amudala

In 2025, the prestigious Bharat Ratna award was conferred upon Dr. Thejo Kumari Amudala by the Ministry of Corporate Affairs. She is the first recipient of the award from this ministry. The award was presented for her exceptional work in social justice, education, healthcare, and women's rights.

**Q15. What is the name of the highest military decoration awarded during wartime in India?**

**Ans.** Param Vir Chakra

The Param Vir Chakra is awarded to soldiers for extreme bravery during wartime.

**Q16. Which award is given to sportspersons for excellent performance in India?**

Ans. Arjuna Award

The Arjuna Award is given to recognize outstanding achievements in sports.

**Q17. Who was the first woman to win an Olympic medal for India?**



Ans. Karnam Malleswari

Karnam Malleswari, a weightlifter, won a bronze medal in the 2000 Sydney Olympics, becoming the first Indian woman to do so.

**Q18. Which Indian won the Nobel Peace Prize in 2014 along with Malala Yousafzai?**



Ans. Kailash Satyarthi

Kailash Satyarthi received the Nobel Peace Prize for his work against child labour and child exploitation.

**Q19. Who won the Bharat Ratna posthumously in 2024?**



Ans: Karpoori Thakur

□ A prominent socialist leader and former Bihar CM, he was honoured for his work in social justice. Born on 24 January 1924 in Pitaunjhia (now Karpuri Gram), Bihar; passed away on 17 February 1988 in Patna. Known as "Jan Nayak"—the people's leader—for his steadfast advocacy for social justice and the marginalized.

**Q20. Which Indian woman cricketer won the ICC Women's Cricketer of the Year 2023?**



Ans. Deepti Sharma

□ Deepti Sharma is an Indian cricketer who plays for Uttar Pradesh, UP Warriorz, London Spirit, Melbourne Stars and India. She was recognized for her all-round performance in international cricket.

**Q21. Who was awarded the Dadasaheb Phalke Award 2024?**



A: Waheeda Rehman

□ Waheeda Rehman (born 3 February 1938) is an Indian actress. Regarded among the most accomplished actresses of Hindi cinema, she has worked in more than 90 feature films, in a career spanning over five decades. Her accolades include a National Film Award and three Filmfare Awards. She received India's highest award in cinema for her lifetime contribution to Indian films

**Q22. Which Indian scientist received the 2023 Raman Research Award?**



Ans: Gagandeep Kang

Gagandeep Kang (born 3 November 1962) is an Indian microbiologist and virologist who has been leading the work on enteric diseases, diarrheal infections and disease surveillance at the Bill & Melinda Gates Foundation since 2023.

**Q23. Which Indian startup won the National Startup Award 2024 in the Health Sector?**

Ans. PharmEasy

It was recognized for innovation in providing online healthcare services.

#### **1.4 INTERNATIONAL RELATIONS**

**Q24. Which country did Prime Minister Narendra Modi visit in June 2024 to strengthen defence and trade ties?**

Ans: Russia

The visit focused on enhancing cooperation in defence, energy, and investment.

**Q25. What is the name of the group that includes India, Brazil, South Africa, and China to promote developing countries' interests?**

Ans: BRICS

BRICS works on economic and political cooperation among emerging countries.

**Q26. Which country hosted the G20 Summit in 2024?**

Ans: Brazil

After India hosted in 2023, Brazil hosted the 2024 G20 to discuss global economy and climate issues.

**Q27. Which neighbouring country did India sign an agreement with to build a hydroelectric project in May 2024?**

Ans: Nepal

India and Nepal agreed to build a new power project to improve energy sharing.

**Q 28. Which international organization did India support in helping Gaza with humanitarian aid in 2024?**

Ans: UNRWA (United Nations Relief and Works Agency)

Recently, India has released the first tranche of USD 2.5 million to the United Nations Relief and Works Agency (UNRWA) for Palestinian Refugees in the Near East as part of its annual contribution of USD 5 million for the year 2024-25. India contributed funds to help Palestinian refugees.

**Q29. With which country did India launch a joint mission called “Indo-Pacific Maritime Exercise 2024”?**

Ans: Australia

The exercise was conducted to improve naval cooperation in the Indo-Pacific region.

**Q30. What is the name of the economic corridor launched by India, the US, Saudi Arabia and the EU in 2023?**

Ans: IMEC (India-Middle East-Europe Corridor)

□ The India-Middle East-Europe Economic Corridor (IMEC)[a] is a planned economic corridor that aims to bolster economic development by fostering connectivity and economic integration between Asia, the Persian Gulf and Europe.[3][4] The corridor is a proposed route from India to Europe through the United Arab Emirates, Saudi Arabia, Israel, and Italy (or Greece).It is planned as a trade route connecting India with Europe through the Middle East.

**Q31. Which international body elected India as a non-permanent member of its Security Council for 2028-29?**

Ans: United Nations (UN)

□ The United Nations (UN) is the global intergovernmental organization established by the signing of the UN Charter on 26 June 1945 with the stated purpose of maintaining international peace and security, to develop friendly relations among states, to promote international cooperation, and to serve as a centre for harmonizing the actions of states in achieving those goals. India was elected to the UN Security Council again to represent global peace efforts.

**Q32: Which country did India sign a Free Trade Agreement (FTA) with in 2024 to boost exports?**

A: United Kingdom (UK)

□ The India-UK Free Trade Agreement (FTA), finalized in May 2025 after over three years of negotiations, marks a significant milestone in bilateral relations. This comprehensive deal encompasses goods, services, and labor mobility, aiming to double bilateral trade to \$100 billion by 2030.The FTA aims to reduce tariffs and increase trade between India and the UK.

**Q33: What is the Quad group that includes India, and which three other countries are part of it?**

Ans: USA, Japan, Australia

□The Quad is a strategic group that focuses on security and regional cooperation in the Indo-Pacific.

**Q34: Who was India's first woman to win five medals in a single Asian Games (2023)?**



Ans: Parul Chaudhary

Parul Chaudhary (born 15 April 1995) is an Indian athlete from Uttar Pradesh, who specialises in 5000 metres and 3000 metres steeplechase. She is the first Indian runner to clock a sub-9 minute time in the women's 3000m. She achieved this in athletics, making India proud at the Hangzhou Asian Games.

## **1.5 SCIENCE AND TECHNOLOGY**

**Q35. Which Indian space mission successfully landed on the Moon's south pole in 2023?**



Ans. Chandrayaan-3

Chandrayaan-3 made India the first country to land on the Moon's south pole. It was launched by ISRO, India's space agency.

**Q36. What is the name of India's AI chatbot launched for education and public services in 2024?**



Ans: Jugalbandi

Jugalbandi is an AI chatbot that helps people access government schemes using local languages. It was launched with help from Microsoft and AI4Bharat.

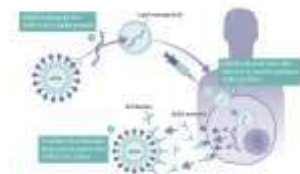
**Q37. Name India's first space-based solar mission launched in 2023.**



Ans: Aditya-L1

Aditya-L1 observes the Sun from space and helps scientists understand solar storms that can affect satellites and communication.

**Q38. What is the name of the mRNA-based vaccine developed in India for COVID-19?**



Ans. Gemcovac

Gemcovac is an Indian mRNA COVID-19 vaccine that works by training the immune system to fight the virus. It is needle-free and given through a skin applicator.

**Q39. Which Indian navigation system is an alternative to GPS?**

Answer: NavIC

NavIC is India's regional navigation system, developed by ISRO, and used in mobiles, vehicles, and defense. It provides accurate position data.

**Q40. Which Indian city hosted the Indian Science Congress in 2024?**

Ans. Nagpur

The Indian Science Congress 2024 was held in Nagpur, Maharashtra. Scientists from across India presented innovations and discussed future technologies.

**SECTION 2**  
**GLOBAL AWARENESS**

**2.1 COUNTRIES & CAPITALS**





**Learning Goal:** Help students recognize countries and their capitals, encouraging memory and map-based learning.







Country	Capital City	Continent
India	New Delhi	Asia
United States	Washington, D.C.	North America
United Kingdom	London	Europe
France	Paris	Europe
Germany	Berlin	Europe
China	Beijing	Asia
Japan	Tokyo	Asia
Australia	Canberra	Australia (Oceania)

Canada	Ottawa	North America
Brazil	Brasília	South America
Russia	Moscow	Europe & Asia
Italy	Rome	Europe
South Africa	Pretoria (admin.)	Africa
Nepal	Kathmandu	Asia
Bangladesh	Dhaka	Asia

## 2.2 CURRENCIES OF THE WORLD

**Learning Goal:** Help students identify the currencies used by different countries.

Country	Currency	Symbol
India	Rupee (INR)	
Japan	Japanese Yen (JPY)	
United Kingdom	Pound Sterling (GBP)	
United States	US Dollar (USD)	

France	Euro (EUR)	
China	Chinese Yuan Renminbi (CNY)	
Australia	Australian Dollar (AUD)	
Russia	Russian Ruble (RUB)	
Saudi Arabia	Saudi Riyal (SAR)	
South Africa	South African Rand (ZAR)	

**Q1. Match the Following (Countries with Capitals):**

<b>Column A (Countries)</b>	<b>Column B (Capitals)</b>
<b>A. Spain</b>	<b>1. Moscow</b>
<b>B. India</b>	<b>2. Madrid</b>
<b>C. Russia</b>	<b>3. Cairo</b>
<b>D. Egypt</b>	<b>4. New Delhi</b>

Ans- A → 2, B → 4, C → 1, D → 3

## 2.3 WORLD LEADERS

**Q2. Who is the Chancellor of Germany?**



**Ans. Olaf Scholz**

Scholz became Chancellor in December 2021, succeeding Angela Merkel.

**Q3. Who is the President of Brazil (2025)?**



**Ans. Luiz Inácio Lula da Silva**

Known mononymously as Lula, he is a Brazilian politician, trade unionist and former metalworker who has served as the 39th president of Brazil since 2023. A member of the Workers' Party, Lula was also the 35th president from 2003 to 2011.

**Q4. Who is the Prime Minister of Japan?**



**Ans. Shigeru Ishiba**

As of 2025, the President of Japan is Shigeru Ishiba, who has been serving as the Prime Minister since October 1, 2024, after succeeding Fumio Kishida. He is also the President of the Liberal Democratic Party (LDP)

**Q5. Who is the President of South Africa?**



**Ans. Cyril Ramaphosa**

Ramaphosa took office in 2018 and is known for his leadership in the African National Congress (ANC).

**Q6. Who was reappointed as Prime Minister of Russia in 2025?**



**Ans. Vladimir Putin**

As of 2025, the President of Russia is Vladimir Putin. In his New Year address, he expressed confidence in Russia's future and encouraged citizens to be proud of their achievements. Additionally, he emphasized that the country would continue to move forward with confidence.

## **2.4 GENERAL GLOBAL AWARENESS**

**Q7. India signed a 10-year agreement with which country to develop and manage the Chabahar Port?**

**Ans. Iran**

**Q8. The Grande Prairie Forest, recently in the news due to wildfires, is located in which country?**

**Ans. Canada**

**Q9. Which country joined the New Development Bank of BRICS in 2025?**

**Ans. Indonesia**

**Q10. Which new strain of the coronavirus was declared a "Variant of Interest" by WHO in 2025?**

**Ans. JN.1**

### **2.5 International Summits & Conferences**



**Q11. Which country is set to host the 2025 United Nations Climate Change Conference (COP30)?**

**Ans. Brazil**

**Q12. Which country became the first to offer a certificate course in Hindi on World Hindi Day 2025?**

**Ans. Sri Lanka**

### **2.6 Science, Technology & Sustainability**

**Q13. Which country launched the 'Green Hydrogen Mission' aiming for zero carbon emissions by 2050?**

**Ans. India**

**Q14. Which African country launched its first satellite into space in 2025?**

**Ans. Ethiopia**

**Q15. Which country declared 2025 as the 'Year of Sustainability'?**

**Ans.** UAE

**Q16. Which country hosted the 2025 G20 Summit?**

**Ans.** Brazil

**Q17. Which country did India provide \$1 million in humanitarian assistance to in 2025 due to devastating floods?**

**Ans.** Kenya

## **2.7 World Leadership & Elections**

**Q18. Who won the 2024 presidential election in Indonesia?**

**Ans.** Prabowo Subianto

Prabowo Subianto Djojohadikusumo is an Indonesian politician, businessman, and retired four-star army general who is serving as the eighth and current president of Indonesia since 2024. He was previously the 26th minister of defense under president Joko Widodo from 2019 to 2024. Prabowo is Indonesia's third president to have a military background after Suharto and Susilo Bambang Yudhoyono and is the oldest first-term president in Indonesian history.

**Q19. Which party won the majority in the 2024 UK General Election?**

**Ans.** Labour Party

The Labour Party is a British political party that has historic links with trade unions. It promotes an active role for the state in creating economic prosperity and providing social services. Founded in 1900, it is one of the UK's major political parties and currently forms the government. Its origins lie in representing the interests and needs of the urban proletariat and working-class males.

**Q20. Who won the 2024 presidential elections in Egypt?**

**Ans.** Abdel Fattah el-Sisi



□Sisi was born in the Gamaleya neighbourhood of Historic Cairo on 19 November 1954 to Said Hussein Khalil al-Sisi and Soad Ibrahim Mohamed, both from Monufia Governorate.

**Q21. Which country's 2025 election led to a coalition government between conservatives and liberals?**

**Ans.** Germany

**Q22. Which country's government introduced a new education policy in 2024 aimed at digital learning for all students?**

**Ans.** India

## **2.8 Geography & World Facts**

**Q23. Which country is the largest producer of coffee in the world?**

**Ans.** Brazil

**Q24. Which river is the longest in the world?**

**Ans.** Nile River

**Q25. In which city is the headquarters of the United Nations located?**

**Ans.** New York

**Q26. Which country is known as the "Land of the Rising Sun"?**

**Ans..** Japan

**Q27. Which ocean is the largest in the world?**

**Ans.** Pacific Ocean

**Q28. In which country can you find the ancient city of Machu Picchu?**

**Ans.** Peru

**Q29. Which country is known as the "Land of the Midnight Sun"?**

**Ans.** Norway

**Q30. Which country was formerly known as Persia?**

**Ans.** Iran

**Q31. What is the official language of Brazil?**

**Ans.** Portuguese



**Q36. Which book won the 2024 Pulitzer Prize for Fiction?**



Ans. Night Watch by Jayne Anne

**Q37. Which director won the 2024 Oscar for Best Director for the film "Oppenheimer"?**

Ans. Christopher Nolan



**Q38. Which movie won the 2024 Oscar for Best International Feature Film?**

Ans. "The Zone of Interest"

**Q39. Which 2024 film was nominated for 11 Academy Awards and won 7 Oscars?**

Ans. "Poor Things"

**Q40. The "International Children's Peace Prize" is awarded to children who have made a significant impact in fighting for children's rights. Which organization awards this prize?**

Ans. KidsRights Foundation

## SECTION-3

### SCIENCE AND TECHNOLOGY

#### 3.1 Space and Astronomy

**Q1. Name the first mission to moon by India.**



Ans. Chandrayaan - I

**Chandrayaan-1** was the first Indian lunar probe under the Chandrayaan programme. It was launched by the Indian Space Research Organisation (ISRO) in October 2008, and operated until August 2009. The mission consisted of an orbiter and an impactor. India Launched the spacecraft using a PSLV-XL (C-11) rocket on 22 October 2008 at 00:52 UTC from Satish Dhawan Space Centre (SDSC), at Sriharikota, Andhra Pradesh. The mission was a major boost to India's space program, as India researched and developed its own technology to explore the Moon. The vehicle was inserted into lunar orbit on 8 November 2008.

**Q2. Which probe launch influenced the movie 'Mission Mangal'?**

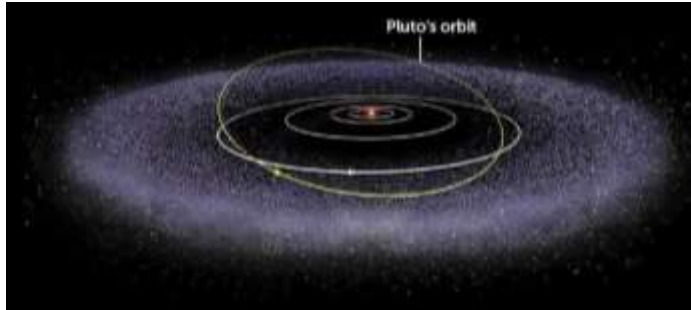


Ans: Mars Orbiter Mission (MOM) / Mangalyaan

**Q3. Which dwarf planet is found in the Kuiper belt?**

Ans: Pluto

Pluto is classified as a dwarf planet primarily because it has not cleared its orbital neighborhood of other objects. The International Astronomical Union (IAU) established this definition of a planet in 2006. While Pluto is large enough to have become roughly spherical, it shares its orbital region with many other Kuiper Belt objects.



**Q4. Which planet in the solar system has the longest rotation?**

Answer: Venus



**Q5. What is the full form of ISRO?**

Ans: Indian Space Research Organisation



Indian Space Research Organisation is the national space agency of India. It operates as the primary research and development arm of the Department of Space (DoS), which is directly overseen by the Prime Minister of India while the Chairman of ISRO also acts as the executive of DoS.

**Q6. Who discovered the Theory of Relativity?**

Ans. Albert Einstein

The theory of relativity usually encompasses two interrelated physics theories by Albert Einstein: special relativity and general relativity, proposed and published in 1905 and 1915, respectively. Special relativity applies to all physical phenomena in the absence of gravity.

**Q7.What causes tides on Earth?**

Ans- Gravitational pull of the Moon

Tides are very long waves that move across the oceans. They are caused by the gravitational forces exerted on the earth by the moon, and to a lesser extent, the sun. When the highest point in the wave, or the crest, reaches a coast, the coast experiences a high tide.

**3.2 Metallurgy**

**Q7.Brass gets discoloured in air because of the presence of which of the following gases in air?**

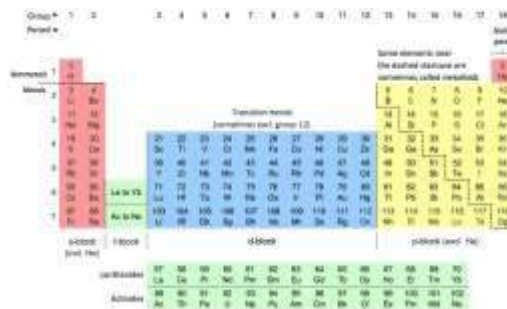
Ans- Hydrogen sulphide

**Q8.What is the chemical symbol for the element gold?**

Ans. Au

**Q9.What is this called?**

Ans- Periodic Table



**3.3 Discoveries and Inventions**

**Q10.Who discovered Quantum Mechanics?**

Ans. Max Planck, Albert Einstein, Werner Heisenberg and Erwin Schrödinger



**Q11. Who discovered Superconductivity?**

Ans. Heike Kamerlingh Onnes

**Q12. Who discovered black holes?**

Ans. The concept of black holes was first explored by John Michell and Pierre-Simon Laplace in the 18th century. However, the first modern solution of general relativity that characterized a black hole was found by Karl Schwarzschild in 1916.

The term "black hole" was coined by John Wheeler in 1967. The first black hole discovered was Cygnus X-1,

identified by Paul Murdin and Louise Webster in 1971.



**Q15. Who discovered Artificial Technology and When?**

Ans. Alan Turing and John McCarthy, in 1950-1956.



### **3.4 Tools and Techniques**

**Q13. Identify this scientific tool used for measurement.**



**Ans.** A vernier calliper, named after Pierre Vernier, is a visual aid to take an accurate measurement reading between two graduation markings on a linear scale by using mechanical interpolation, which increases resolution and reduces measurement uncertainty by using vernier acuity.

**Q14. What is 3D printing? Who discovered it?**

**Ans.** Three-dimensional (3D) printing is an additive manufacturing process that creates a physical object from a digital design. The process works by laying down thin layers of material in the form of liquid or powdered plastic, metal or cement, and then fusing the layers together. Chuck Hull discovered this technology in 1984.

**3.5 Important Days and its significance**

**Q16. When is the National Science Day celebrated and why?**



**Ans:** February 28

It is to mark the discovery of the Raman effect by Indian physicist Sir C. V. Raman. Sir C. V. Raman discovered in 1928 that when a beam of coloured light entered a liquid, a fraction of the light scattered by that liquid was of a different color. Raman showed that the nature of this scattered light was dependent on the type of sample present.

**Q17. When is the National Technology Day celebrated and why?**

**Ans.** May 11,

Observed in India to recognize the achievements of Indian scientists, engineers, and researchers in the field of science and technology. It also highlights India's technological prowess and encourages the use of science and technology to solve societal problems.

**Q18. When is the World Science Day for Peace and Development celebrated and why?**



**Ans.** November 10th

Promoted by UNESCO, this day acknowledges the vital role of science in achieving peace and sustainable development. It emphasizes the importance of public engagement in scientific discussions and promotes collaboration among scientists, policymakers, and the public to address global challenges.

**Q19. When is the World Earth Day celebrated and why?**

**Ans.** April 22nd,

Highlights the importance of environmental protection and inspires scientific research and technological innovation to address climate change and environmental issues.



**Q20. When is the World Environment Day celebrated and why?**

**Ans.** June 5th, While not solely focused on science and technology, it recognizes the importance of environmental science and the need for sustainable technological solutions.

**Q21. How and why was the World's Forest day established?**

**Ans.** 21st day of March

The International Day of Forests was established on the 21st day of March, by resolution of the United Nations General Assembly on November 28, 2012. Each year, various events celebrate

and raise awareness of the importance of all types of forests, and trees outside forests, for the benefit of current and future generations. Countries are encouraged to undertake efforts to organize local, national, and international activities involving forests and trees, such as tree planting campaigns, on International Day of Forests. The Secretariat of the United Nations Forum on Forests, in collaboration with the Food and Agriculture Organization, facilitates the implementation of such events in collaboration with governments.

**Q22. When will the National Engineer’s week celebrated in 2026?**

Ans. Founded by NSPE in 1951, EWeek (February 16–22, 2025) is dedicated to ensuring a diverse and well-educated future engineering workforce by increasing understanding of and interest in engineering and technology careers.



**Q23. Why is Global astronomy month celebrated ?**

Ans. Inspired by the 100 hours of astronomy, this annual offshoot began upon the inception of Astronomers Without Borders and remains one of its flagship programs. A mix of various programs ranging from Astro Arts to Observational Programs, this festival runs the whole month of April and features partners that creates a larger community of astronomy enthusiasts that span the globe. It is a joint effort by International Astronomical Search Collaboration, Astronomical League, Globe at night, International dark sky Association and Virtual Space Project.



**Q24. When is the World Radio Day celebrated and why?**



Ans. February 13th, World Radio Day, celebrated annually on February 13th, is celebrated to highlight the significance of radio as a vital medium for communication, education, and

entertainment. It aims to raise public awareness about radio's importance and encourage decision-makers to leverage it for providing access to information, improving international cooperation among broadcasters, and promoting democratic dialogue.

**Q25. When is the World Cancer Day celebrated and Why?**



Ans. World Cancer Day is an international day observed every 4 February to raise awareness about cancer, encourage its prevention, and mobilise action to address the global cancer epidemic. The day is led by UICC and was established in the year 2000. The theme for World Wetlands Day 2025 is "Protecting Wetlands for Our Common Future". This theme emphasizes the importance of wetlands in sustaining biodiversity, human well-being, and climate resilience. The day also coincides with the 15th Meeting of the Conference of the Contracting Parties to the Convention on Wetlands (COP15).

**Q26. When is the World Wetlands Day celebrated and Why?**

Ans. 2 February

World Wetlands Day is celebrated each year on 2 February to raise awareness about wetlands. This day also marks the anniversary of the Convention on Wetlands, which was adopted as an international treaty in 1971.

**Q27. When is the International Day of Women and Girls in Science celebrated and Why?**

Ans. 11 February

The International Day of Women and Girls in Science, celebrated on 11 February, is implemented by UNESCO and UN-Women, in collaboration with institutions and civil society partners that aim to promote women and girls in science.

**3.3 Geography & Environment**

**Q28. What kind of climatic condition exists in the Indian Desert?**

Ans. A hot and dry climate with scanty rainfall



**Q29. Which animal never consumes water?**

Ans: Kangaroo rat



Kangaroo rats, according to scientists, are the only animals that can exist without water. According to the findings, they do not have any water in their bodies for any of their digestive functions. Kangaroo rats can survive in deserts without ever drinking.

### **3.6 The world of wonders**

**Q30. The highest producer of milk in the world is \_\_\_\_\_.**

Ans- India

**Q32. What is the largest organ in human body?**

Ans: Skin

**Q33. Name the largest flower in the world.**

Ans. Rafflesia Arnoldii



**Q34. Which is the largest animal on land in the world?**

Ans: African elephants



**Q35.What is the name of the largest star?**

Ans. UY Scuti,a red supergiant in the constellation Scutum. It is approximately 1,700 times larger in radius than our sun. UY Scuti is located about 9,500 light-years away from Earth.

**Q36.Name an oilseed that is used in the manufacturing of paints.**

Ans. Linseed oil

**Q37.Which gas is known as the ‘silent killer’ because it is colourless and odourless?**

Ans. Carbon Monoxide

**Q39.Which is the largest telescope in the world?**

Ans.The largest filled-aperture optical telescope is the Gran Telescopio Canarias (GTC), located on La Palma in the Canary Islands, Spain. It has a mirror with a diameter of 10.4 meters. The world's largest single-dish radio telescope is the Five-hundred-meter Aperture Spherical Telescope (FAST) in China.

**Q40. Which is the smallest thing in the world?**

Ans. Quarks

<p>The smallest thing in the world, as currently understood in physics, is a quark. These subatomic particles are the building blocks of protons and neutrons, which are found within the nucleus of an atom.</p>
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## **Section 4 Cultural and Heritage**

### **4.1 Indian History & Culture**

**Q1. Which Indian scientist is known as the "Father of the Indian Space Program"?**

Ans: Dr. Vikram Sarabha



He established ISRO and initiated India's space research efforts.

**Q2. Which Indian personality was awarded the Bharat Ratna posthumously in 1992?**

Ans: Dr. B.R. Ambedkar



Principal architect of the Indian Constitution.

**Q3. Where was freedom fighter Udham Singh born?**

Ans: Sunam, Sangrur district of Punjab

Known for avenging the Jallianwala Bagh massacre.

**Q4. Which was the first state on the basis of language in India?**

Ans: Andhra Pradesh

The first state to be created based on language was Andhra Pradesh, carved out from the erstwhile Madras State for Telugu-speaking people. Formed in 1953 for Telugu-speaking people.

**Q5. Where is the Bhil tribe found?**

Ans: Rajasthan

Bhils are listed as tribal people in the states of Gujarat, Madhya Pradesh, Chhattisgarh, Maharashtra and Rajasthan —all in the western Deccan regions and central India—as well as in Bengal and Tripura in far-eastern India, on the border with Bangladesh.

**Q6. Which date is written in the preamble of India as Samvidhan Divas?**

Ans: November 26, 1949

Day the Constitution was adopted.

**Q7. Which Mughal ruler is associated with Bibi ka Maqbara?**

Ans: Aurangzeb

Bibi Ka Maqbara is a tomb located in the city of Aurangabad in the Indian state of Maharashtra. It was commissioned in 1660 by the Mughal emperor Aurangzeb's son, Prince Azam Shah, in the memory of his mother Dilras Banu Begum.

#### **4.2 Indian Economy & Infrastructure**

**Q8. Which Indian state has the highest per capita income as per 2024?**

Ans: Sikkim

Per capita income is a critical economic indicator used to assess the average income earned by individuals in Indian states, reflecting living standards, productivity, and regional disparities. According to the Indian per capita income 2024 data, Sikkim, Goa, and Delhi top the charts, while Bihar, Punjab, and Jharkhand lag with the lowest per capita income, highlighting major regional imbalances.

**Q9. Which Indian city is known as the "Silicon Valley of India"?**

Ans: Bengaluru

Bangalore was initially named as Bengaluru, which is the capital of India's Karnataka state. It has a population of ten Million people. Bangalore is also called Silicon Valley of India. It is

Country's third most populated City and is located in Deccan plateau. Bangalore is often called the Garden City due to its Tree-Lined streets and pleasant weather. Bangalore which was once known for its green and fertile farmland and pastures is also now home to Information Technology Hubs and one of the most famous Educational and Research Institutes.

**Q10. Which is the largest nuclear power plant in India?**

Ans: Kudankulam Nuclear Power Plant

The Kudankulam Nuclear Power Plant (KKNPP) is the largest nuclear power station in India, located in Kudankulam, Tamil Nadu. It is based on Russian pressurized heavy water reactor technology and will have a capacity of 6,000 MW once all six units are completed.

**Q11. What is the name of India's first nuclear-powered submarine?**

Ans: INS Arihant

The Arihant-class is a class of nuclear-powered ballistic missile submarines in service with Indian Navy.

**4.3 Awards & Recognition**

**Q12. Which Indian scientist developed the concept of the Boson particle?**

Ans: Satyendra Nath Bose



Satyendra Nath Bose was an Indian theoretical physicist and mathematician. He is best known for his work on quantum mechanics in the early 1920s, in developing the foundation for Bose–Einstein statistics, and the theory of the Bose–Einstein condensate.

**Q13. Which Indian personality was awarded the Nobel Prize for Economics?**

Ans: Amartya Sen



Indian economist and philosopher

Amartya Kumar Sen is an Indian economist and philosopher. He has made significant contributions to welfare economics, social choice theory, economic and social justice, economic theories of famines, and indexes of well-being in developing countries. In 1998, Sen received the Nobel Memorial Prize in Economic Sciences for his work.

#### **4.4. Art, Dance & Festivals**

**Q14. Which Indian dance form was added to UNESCO’s Intangible Cultural Heritage list in 2024?**

Ans: Garba

UNESCO's list of intangible cultural heritage from India includes fifteen examples (all are intangible cultural heritage). The latest cultural heritage included in the list is Garba, a tradition dance form from Gujarat.

A folk dance performed during Navratri, symbolizing devotion to goddess **Durga**.

**Q15. Pongal, a festival of Tamil Nadu, celebrates which agricultural product?**

Ans: Rice (and other harvest crops)

Pongal is a multi-day Hindu harvest festival celebrated by Tamils. The festival is celebrated over three or four days with Bhogi, Thai Pongal, Mattu Pongal and Kaanum Pongal, beginning on the last day of the Tamil calendar month of Margazhi, and observed on consecutive days. Thai Pongal is observed on the first day of the Tamil calendar month of Thai and usually falls on 14 or 15 January in the Gregorian calendar.

Marks the harvest of rice, sugarcane, and turmeric.

**Q16. In 2025, which South Indian harvest festival saw record boat race participation in Kerala?**

Ans: Onam

Onam is an annual harvest and Hindu cultural festival celebrated mostly by the people of Kerala. A major annual event for Keralites, it is the official festival of the state and includes a spectrum of cultural events.

Celebrated with Vallamkali (boat races) and cultural programs.

**Q17. Which famous kite-flying festival in Gujarat featured global teams?**

Ans: Uttarayan (International Kite Festival)

The International Kite Festival (Uttarayan) is an annual kite festival held in January in Gujarat, India, to celebrate the Uttarayan—the days in the Hindu calendar when winter begins turning to summer.<sup>[1]</sup> Households in Gujarat typically prepare kites months in advance.



**Q18. In 2025, which northeastern Indian state's Hornbill Festival celebrated 25 years?**

Ans: Nagaland



Hornbill Festival is an annual festival celebrated from 1 to 10 of December in the Northeastern Indian state of Nagaland. The festival represents all ethnic groups of Nagaland for which it is also called the Festival of Festivals.

**Q19. The Kumbh Mela in 2025 was held at which city?**

Ans: Prayagraj

Prayagraj formerly and colloquially known as Allahabad, is a metropolis in the Indian state of Uttar Pradesh. It is the administrative headquarters of the Prayagraj district, the most populous district in the state and 13th most populous district in India and the Prayagraj division. The city is the judicial capital of Uttar Pradesh with the Allahabad High Court being the highest judicial body in the state. As of 2011, Prayagraj is the seventh most populous city in the state, thirteenth in Northern India and thirty-sixth in India, with an estimated population of 1.53 million in the city.

#### **4.5 Indian Heritage Sites & Monuments**

**Q20. Which Indian state has the highest number of UNESCO World Heritage Sites?**

Ans: Maharashtra

Includes Ajanta, Ellora, Elephanta Caves, and more.

**Q21. The Great Living Chola Temples are located in which Indian state?**

Ans: Tamil Nadu



The Great Living Chola Temples is a UNESCO World Heritage Site designation for a group of Chola dynasty era Hindu temples in the Indian state of Tamil Nadu. The site includes three great 11th- and 12th-century Temples: the Brihadisvara Temple at Thanjavur, the Brihadisvara Temple at Gangaikondacholisvaram and the Airavatesvara Temple at Darasuram. The temples

were built by kings of the Chola Empire, which stretched over all of south India and the neighbouring islands.

**Q22. Which UNESCO monument in Mahabalipuram was featured in a 2025 documentary?**

Ans: Shore Temple



The Shore Temple is a complex of temples and shrines that overlooks the shore of the Bay of Bengal. It is located in Mahabalipuram, about 60 kilometres South of Chennai in Tamil Nadu, India.

**Q23. The ASI started a major restoration project at which Delhi site?**

Ans: Qutub Minar

Qutub Minar is a tall masonry tower in India, built of red and buff sandstone. It is the tallest building in the world made of bricks. The tower is 72.5 metres high and has five distinct storeys, each marked by a projecting balcony carried on muqarnas corbel. It was built by Muslim conquerors in the thirteenth century to commemorate their final triumph over the Rajput rulers of Delhi .A UNESCO World Heritage site with Indo-Islamic architecture.



**Q24. In 2025, a Light and Sound show was updated at which Delhi fort?**

Ans: Red Fort

The Red Fort, also known as Lal Qila is a historic Mughal fort in Delhi, India, that served as the primary residence of the Mughal emperors. Emperor Shah Jahan commissioned the construction of the Red Fort on 12 May 1639, following his decision to relocate the Mughal capital from Agra to Delhi.



**Q25. Which Sikh monument in Punjab completed 425 years in 2024?**

Ans: Golden Temple (Harmandir Sahib)



The Golden Temple, also known as Harmandir Sahib, is a gurdwara located in the city of Amritsar, Punjab, India. It is the pre-eminent spiritual site of Sikhism and serves as the central spiritual and cultural hub for the Sikh community around the world. The temple is the focus of a complex of buildings that form the heart of Sikhism. It is one of the most spiritual places in India and the holiest shrine in all of Sikhism.

**Q26. Which city is home to the Taj Mahal?**

Ans: Agra

The Taj Mahal was designated as a UNESCO World Heritage Site in 1983 for being "the jewel of Islamic art in India and one of the universally admired masterpieces of the world's heritage". It is regarded as one of the best examples of Mughal architecture and a symbol of Indian history. It was built by Shah Jahan in memory of Mumtaz Mahal.

**Q27. Which is the tallest minaret in India?**

Ans: Qutub Minar



Qutub Minar is a victory tower and the tallest minaret in the world built of bricks. It is part of the Qutb complex, which lies at the site of Delhi's oldest fortified city, Lal Kot. The tower was inspired by the Minaret of Jam in Afghanistan and was started by Qutub-ud-din Aibak in 1199 and completed by Iltutmish in 1220. Qutub Minar is a World Heritage Site by UNESCO since 1993.

**Q28. Where is the Sun Temple located?**

Ans: Konark



Konark Sun Temple is a 13th-century CE Hindu Sun temple at Konark about 35 kilometres (22 mi) northeast from Puri city on the coastline in Puri district, Odisha, India.[1][2] The temple is attributed to king Narasingha Deva I of the Eastern Ganga dynasty about 1250 CE. It is the pinnacle of Hindu Orissan architecture.

**Q29. Which temple is known as the "Black Pagoda"?**

Ans: Konark

Due to its dark color and maritime landmark status.

**Q30. Where is the Shore Temple located?**

Ans: Mahabalipuram

Ancient rock-cut temple complex in Tamil Nadu.

**Q31. Which temple is famous for erotic sculptures?**

Ans: Khajuraho

The Khajuraho Group of Monuments are a group of Hindu and Jain temples in Chhatarpur district, Madhya Pradesh, India. It is UNESCO site in Madhya Pradesh.



**Q32. Which fort was the main residence of Mughal emperors?**

Ans: Red Fort



The Red Fort, also known as Lal Qila (Hindustani: [la:l qila:]) is a historic Mughal fort in Delhi, India, that served as the primary residence of the Mughal emperors. Emperor Shah Jahan commissioned the construction of the Red Fort on 12 May 1639, following his decision to relocate the Mughal capital from Agra to Delhi

**Q33. In which city is the Hawa Mahal located?**

Ans: Jaipur



The Hawa Mahal is a palace in the city of Jaipur, Rajasthan, India. Built from red and pink sandstone, it is on the edge of the City Palace, Jaipur, and extends to the *Zenana*, or women's chambers. Hawa Mahal is known as the "palace of winds". Maharaja Sawai Pratap Singh built the palace in 1799. Hawa Mahal is considered to be unique as it has many small windows and balconies that seem like a honeycomb.

**Q34. The Ellora Caves are in which Indian state?**

Ans: Maharashtra



The Ellora Caves are a UNESCO World Heritage Site in Aurangabad, India. It is one of the largest rock-cut cave complexes in the world, with artwork dating from AD 600–1000, including Hindu, Buddhist, and Jain caves.

**Q35. Which temple is famous for erotic sculptures?**

Ans: Khajuraho

UNESCO site in Madhya Pradesh.

#### **4.6. Recent Events & Celebrations (2024–2025)**

**Q36. In March 2025, India celebrated the 400th birth anniversary of which Maratha ruler?**

Ans: Chhatrapati Shivaji Maharaj

Shivaji I was an Indian ruler and a member of the Bhonsle dynasty. Shivaji carved out his own independent kingdom from the Sultanate of Bijapur that formed the genesis of the Maratha Empire. In 1674, he was formally crowned the Chhatrapati of his realm at Raigad Fort.

**Q37. The 2025 India-Nepal Literature Cultural Festival was held in which UP city?**

Ans: Mathura

Hosted discussions on shared cultural heritage.

**Q38. What is the primary objective of the “Hamari Parampara Hamari Virasat” initiative?**

Ans: Preserve tribal cultural heritage and self-governance tradition

Government initiative to safeguard indigenous knowledge and culture

**Q39. The United Nations declared 2025 as the International Year of what?**

Ans. Quantum

The UN proclaimed 2025 as the International Year of Quantum Science and Technology, marking 100 years since the advent of quantum mechanics. The declaration, adopted by the UN General Assembly in June 2024, aims to promote public awareness of quantum’s role in advancing science and its practical applications.

**Q40. What economic model is being promoted worldwide in 2025 to support fairness and teamwork in business?**

Ans. Cooperatives

The UN has declared 2025 as the International Year of Cooperatives, to highlight teamwork-based businesses that help local communities grow.

## **SECTION -5**

### **Health and Well Being**

#### **5.1 Balanced Nutrition(Importance)**

**Q1. In terms of health, what is a BMI?**

Ans. Body Mass Index

A common health tool is a BMI (Body Mass Index) calculator. These tools, available on various websites and apps, help individuals estimate their body fat.

**Q2. Which disease can be caused by overeating ?**

Ans. Diabetes/hypertension

Repeatedly consuming more calories than you burn can cause you to become overweight, and eventually, obese. This, in turn, can increase your risk of cancer and other chronic health problems, such as diabetes and hypertension

**Q3.What is the recommended amount of sleep for teenagers?**

Ans. 8-10 hours per night

### **5.2 Common Diseases/Prevention**

**Q4.Deficiency of which vitamin leads to Xerophthalmia?**

Ans- Night blindness or Xerophthalmia is caused by deficiency of Vitamin A



**Q5. What does COVID-19 mean?**

Ans: Coronavirus Disease 2019

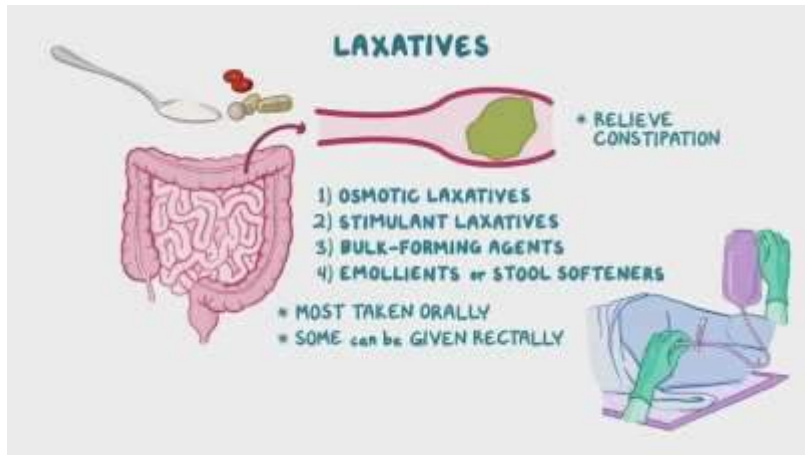
**Q6.What does niacin deficiency cause ?**

Ans.Pellagra



**Q7. Using purgatives on a regular basis is harmful to health. Which deficiency does it cause?**

Ans.Potassium



**Q8. What are some examples of non-steroidal anti-inflammatory drugs (NSAIDs)?**

Ans. aspirin, ibuprofen, naproxen, and celecoxib.



**Q9. What is the generic term for inflammation of the mucous tissue of the nose?**

Ans. The generic term for inflammation of the mucous tissue of the nose is **rhinitis**. It can be either allergic or non-allergic, depending on the cause. Additionally, the term rhinosinusitis is often used, as it encompasses inflammation of both the nasal passages and the sinuses, which are connected.



**10. What is the meaning of "Agoraphobia"?**

Ans. fear of being in public places where there are a lot of people.



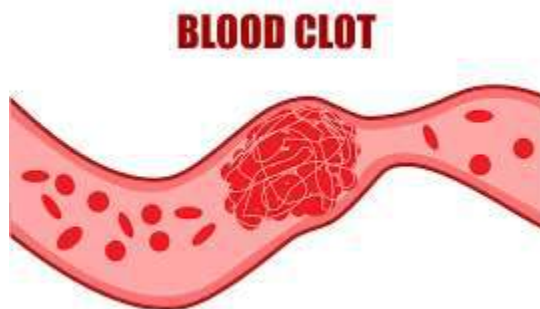
**11. What is the name of the largest organization dedicated to global health?**

Ans. The largest organization dedicated to global health is the World Health Organization (WHO).



**Q12. Which vitamin deficiency can lead to bleeding disorders due to impaired blood clotting?**

Ans. Vitamin K deficiency can lead to bleeding disorders due to impaired blood clotting. Vitamin K is essential for the synthesis of proteins that help control bleeding (clotting factors) and thus for the normal clotting of blood.



**Q13. What will be the focus of the World Health Day 2025 theme?**

Ans. Climate change

based on their weight and height, aiding in assessing potential health risks associated with being overweight or underweight.



**Q14. Where is the headquarters of the World Health Organisation situated?**



Ans: Geneva, Switzerland

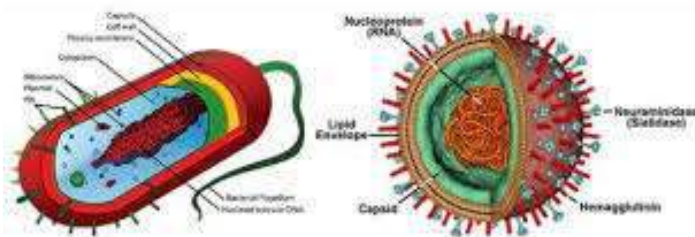
**Q15. What is "self-service kiosks technology"?**

Ans. Self-service kiosk technology refers to interactive touchscreen kiosks that allow customers to access information and services independently, without direct interaction with a staff member. These kiosks are typically used for tasks like self-checkout, ticketing, data collection, and payments, streamlining processes and reducing costs.

**Q16. What is the difference between bacteria and viruses?**

Bacteria are living, single-celled organisms that can reproduce on their own, while viruses are non-living, smaller entities that need a host cell to reproduce. Bacteria have a complete cell structure, including a cell wall and internal components for survival and replication, whereas viruses consist of genetic material (DNA or RNA) encased in a protein coat (capsid) and sometimes an envelop.

## Bacteria Vs Virus



**Q17. Who was the father of biology?**

Ans. Aristotle is widely recognized as the "father of biology". His contributions to the study of living organisms, particularly his work on classification and detailed observations of animals, laid the groundwork for the development of modern biology.

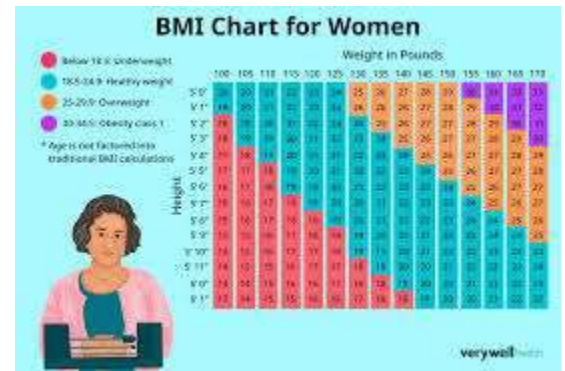


**Q18. What is the recommended daily intake of fiber for adults?**

Ans. The recommended daily intake of fiber for adults generally ranges from 25 to 30 grams, with slightly higher recommendations for men, particularly those under 50. More specifically, the National Academy of Medicine suggests 21 grams for women over 50, 25 grams for women 50 and under, 30 grams for men over 50, and 38 grams for men 50 and under.

**Q19. What does BMI stand for in the context of health?**

Ans. In health, BMI stands for Body Mass Index, a measure that estimates body fat based on height and weight. It's a quick and easy tool for screening individuals and populations for underweight, overweight, or obesity. BMI is calculated by dividing weight in kilograms by height in meters squared. While helpful, it's important to remember that BMI is just one factor in assessing overall health and doesn't diagnose specific health conditions.



**Q20. What are three common symptoms of dehydration?**

Ans. Thirst: This is the body's initial signal that it needs more fluids.  
Dry mouth: A lack of saliva can cause a dry or sticky sensation in the mouth.  
Reduced urination with dark-colored urine: The body tries to conserve water, leading to less urine production and a darker color.



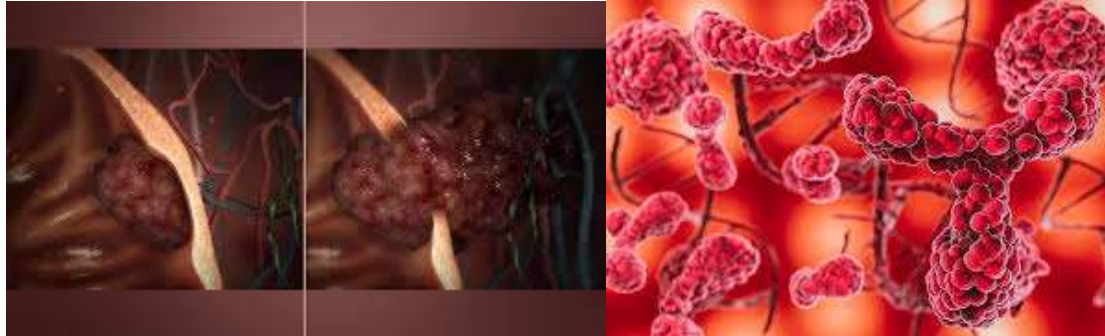
**Q21. What is the most effective way to prevent the spread of infectious diseases?**

Ans. The most effective way to prevent the spread of infectious diseases is through a combination of measures, with hand hygiene, vaccination, and isolation being the most crucial. Thorough

handwashing, vaccination against preventable diseases, and avoiding contact with sick individuals are key strategies to limit the transmission of germs.

**Q22.What are the two main types of cancer?**

Ans.The two main types of cancer are blood cancers and solid tumor cancers. Blood cancers, also known as hematologic cancers, originate in blood cells or blood-forming tissues, including leukemia, lymphoma, and multiple myeloma. Solid tumor cancers develop in organs or tissues and include common types like breast, prostate, lung, and colorectal cancers.



**Q23.What is the leading cause of death in developed countries?**

Ans.In developed countries, cardiovascular diseases are the leading cause of death. Specifically, ischemic heart disease is the most significant contributor. Other leading causes of death include cancer, cerebrovascular diseases (stroke), and chronic respiratory diseases.

**Q24.What are two examples of mental health conditions?**

Ans.Mental illness, also called mental health disorders, refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviors.



**Q25.What is the recommended daily water intake for adults?**

Ans.The general recommendation for daily water intake for adults is approximately 11.5 cups (2.7 liters) for women and 15.5 cups (3.7 liters) for men. These figures encompass fluids from all sources, including water, other beverages, and even food. Individual needs can vary based on factors like activity level, climate, and health conditions.

**Q26. What is a healthy blood pressure range for adults?**

Ans.A healthy blood pressure range for adults is less than 120/80 mmHg.

Explanation: This means the top number (systolic pressure) should be less than 120, and the bottom number (diastolic pressure) should be less than 80.

**Q27. What is the main objective of World Health Day?**

Ans. The main objective of World Health Day is to raise global awareness about a specific health topic each year, as designated by the World Health Organization (WHO). It also serves to highlight the importance of health equity and encourages action towards improving global health outcomes.



**Q28. In which year was the World Health Organization (WHO) established?**

Ans. April 7. Founded in 1948, the World Health Organization (WHO) is the United Nations agency dedicated to global health and safety. The Organization connects nations, partners and communities to promote health and serve the vulnerable.

**Q29. What is one major health issue being addressed by World Health Day campaigns in recent years?**

Ans. One major health issue frequently addressed in recent World Health Day campaigns is maternal and child health, particularly focusing on improving outcomes for both mothers and newborns. Another significant focus area is mental health, aiming to raise awareness and reduce stigma while promoting access to services.



**Q30. Which of these diseases has been a significant focus on past World Health Day themes?**

Ans. Several infectious diseases have been significant focuses on past World Health Day themes, including tuberculosis (TB), malaria, smallpox, and HIV/AIDS. Other health issues like mental health, maternal health, and non-communicable diseases have also been highlighted. For example, the 2017 theme was "Depression: Let's Talk," and the 2016 theme was "Beat Diabetes," according to the World Health Organization (WHO).

**Q31. The term “health equity” refers to what?**

Ans. Health equity refers to a state where everyone has the fair and just opportunity to attain their full health potential, without any unfair or avoidable differences in health. It means ensuring that all individuals, regardless of their social, economic, or demographic status, have equal access to resources and opportunities that enable them to be as healthy as possible.

**Q32. Why is vaccination important for global health?**

Ans. Vaccination is crucial for global health because it significantly reduces the risk of infectious diseases, protects vulnerable populations, and contributes to global health security. Vaccines help the body develop immunity without the risks of contracting the actual disease, thereby

preventing severe illness, disability, and death. Vaccination is a cornerstone of public health, saving millions of lives annually and playing a vital role in disease prevention and control.

**Q33.What lifestyle change can contribute to improved mental health?**

Ans.Several lifestyle changes can significantly contribute to improved mental health, including regular physical activity, a balanced diet, sufficient sleep, and strong social connections. Additionally, practicing mindfulness, engaging in enjoyable activities, and managing stress effectively can all positively impact mental wellbeing.

**Q34.Which food group is important for maintaining strong bones?**

Ans.The food group most important for maintaining strong bones is dairy and fortified dairy alternatives. These are rich in calcium, a key mineral for bone strength. Other important food groups for bone health include leafy green vegetables, fish, and fortified plant-based milk alternatives.



**Q35.Which activity is linked to a higher risk of developing chronic diseases?**

Ans. Being physically inactive is strongly linked to a higher risk of developing chronic diseases. The World Health Organization (WHO) notes that behavioral risk factors, including lack of physical activity, significantly contribute to chronic diseases.

**Q36.What is the role of a World Health Day theme poster?**

A World Health Day theme poster serves as a visual communication tool to raise awareness and promote the theme of the day, which is selected annually by the World Health Organization (WHO). These posters effectively convey key messages about the chosen theme, highlighting important health issues and inspiring action.



**Q37.Which factor contributes to reducing obesity rates?**

Ans.A combination of factors, primarily healthy dietary choices and regular physical activity, significantly contributes to reducing obesity rates. Limiting intake of fats and sugars while increasing consumption of fruits, vegetables, and whole grains is crucial, along with engaging in physical activity.

**Q38. What is one way to prevent diabetes?**

Ans. One way to prevent diabetes is to maintain a healthy weight through diet and exercise. Specifically, losing 5-7% of your starting weight can help prevent or delay the onset of type 2

diabetes. Additionally, getting regular physical activity, like at least 30 minutes most days of the week, is crucial.

**Q38. Name the snack in the picture given.**

Ans- Fox nuts

Note - Fox nuts have really high protein content. Nuts make for great anti-ageing food as they have an abundance of **anti-oxidants**. They are great snack food for diabetics and heart patients as they contain good fat and have a low quantity of saturated fats.



**Q39. A yellow dust appears on the fingers, whenever we touch the middle of a flower. These tiny yellow grains are one of the most precious substances in nature because they contain the secret of plant life. What is this dust called?**

Ans- Pollen



## **SECTION 6**

### **SPORTS**

#### **6.1 NATIONAL SPORTS OF INDIA**

Think you know Hockey? From legends to rules, can you answer them all?

**Q1. In which Olympics was field hockey introduced for the first time?**

Ans. 1908 Summer Olympics

**Q2. Which of the following is also known as "Rink hockey"?**

Ans. Roller Hockey

**Q3. The highest governing body for field hockey is:**



Ans. International Hockey Federation (FIH)

**Q4. Who is known as the "Wizard of Dribble" in Indian hockey?**



Ans. Dhanraj Pillay

**Q5. Which country hosted the first Men's Hockey World Cup in 1971?**

Ans. Spain

**Q6. What is the maximum weight of a field hockey ball?**

Ans. 163 grams

## **6.2 INDIAN CHAMPION'S CHRONICLE**

**Q7. Who is known as the "Flying Sikh" in Indian sports history?**



Ans. Milkha Singh

Milkha Singh, an Indian track and field sprinter, earned the nickname "Flyir exceptional speed and achievements in athletics.

**Q8. Which Indian cricketer is often referred to as the "God of Cricket"?**



Ans. Sachin Tendulkar

Sachin Tendulkar, one of the greatest cricketers in history, is often hailed as tr Cricket" for his remarkable records and contributions to the sport.

**Q9. Mary Kom is associated with which sport?**



Ans. Boxing

Mary Kom, also known as "Magnificent Mary," is a renowned Indian boxer who has wo several medals and accolades for the country.

**Q10. Who is the first Indian to win an individual gold medal at the Olympic Games?**



Ans. Abhinav Bindra

Abhinav Bindra is the first Indian athlete to win an individual gold medal at the Olympic Games in the 10m Air Rifle shooting event.

**Q11. Pulella Gopichand is associated with which sport in India?**



Ans. Badminton

Pulella Gopichand is a former Indian badminton player and a renowned coach who has trained several successful badminton players in India.

**Q12. Name the Indian chess grandmaster who became the World Chess Champion.**

Ans. Vishwanathan Anand, a chess prodigy from India, became the World Chess Champion and is one of the greatest chess players of all time.



**Q13. Which Indian female tennis player has won multiple Grand Slam titles?**

Ans: Sania Mirza, the Indian tennis sensation, has won several Grand Slam titles in doubles and mixed doubles categories.



**Q14. Who is known as the "Dhing Express" in Indian sports?**

Ans: Hima Das, an Indian sprinter, earned the nickname "Dhing Express" for her rapid speed and achievements in athletics.



**Q15. Name the Indian footballer who played for clubs like East Bengal and Mohun Bagan and is often called the "Maradona of India."**

Ans: Bhaichung Bhutia, a legendary Indian footballer, is often compared to Diego Maradona for his skills and contributions to Indian football.



**Q16. Which Indian athlete won the gold medal in the javelin throw at the 2018 Commonwealth Games?**

Ans: Neeraj Chopra won the gold medal in javelin throw at the 2018 Commonwealth Games and has been a rising star in Indian athletics.

**Q17. Which Indian athlete set a new world record in javelin throw recently?**

Answer: Neeraj Chopra

**Q18. Which Indian badminton player recently won a major international title in 2025?**



Answer: Lakshya Sen

**Q19. Which athlete is known as “Lightning Bolt” and why is he famous?**

An: Usain Bolt — He is the fastest man in the world, winning Olympic gold medals in sprint races (100m, 200m).

### **6.3 INTERNATIONAL SPORTS**

**Q20. Who won the ICC T20 World Cup 2024?**

Ans: India

**Q21. Who was the top goal scorer in the FIFA World Cup 2022?**



Answer: Kylian Mbappé (France)

**Q22. Who won the Australian Open 2025 Men's Singles title?**



Answer: Novak Djokovic

**Q23. Who is currently ranked World No. 1 in Women's Tennis (April 2025)?**



Answer: Iga Świątek

**Q24. Where were the 2023 Asian Games held?**

Answer: Hangzhou, China

**Q23. Which famous footballer announced his retirement in 2024?**



Answer: Luka Modrić (Croatia)

**Q25. Who was awarded the ‘Player of the Tournament’ in ICC T20 World Cup 2024?**



Answer: Virat Kohli

**Q26. Name a major sports event scheduled for 2026.**

Answer: FIFA World Cup 2026 (to be hosted by USA, Canada, and Mexico)

**Q27. Which sport uses a term called ‘love’ and why is it used?**

Ans: Tennis — “Love” means a score of zero. It is believed to come from the French word “l’œuf,” meaning “egg,” because an egg looks like a zero.

**Q28. Which sport has the largest playing field in terms of size?**

Ans Polo — A polo field is larger than a soccer field (about 9 times the size of an NBA basketball court).

**Q29. Which team won the 2023 ICC World Test Championship Final?**

Answer: Australia

#### **6.4 Asian and Commonwealth Games**

**Q30. Where were the first Asian Games held?**

Ans. The first Asian Games were organized in New Delhi, India in 1951. India hosted these games in 1982 also.

**Q31. Who is considered the "father" of the Asian Games?**

Ans. Guru Dutt Sondhi, an Indian IOC member, is credited with being a key figure in the games' founding.



**Q32. Which country has hosted the Asian Games the most times?**

Ans. Thailand has hosted the Asian Games three times.

**Q33. In which Asian Games did cricket make its debut as a medal sport?**

Ans. The 2010 Asian Games in Guangzhou, China, marked cricket's debut.

**Q34. Who inaugurated the 2025 Asian Winter Games?**

Ans. Chinese President Xi Jinping according to Ravi Aditi Classes.

### **6.5 Women in Sports**

**Q35. Who was the first Indian woman to win a medal at the 2024 Summer Olympics?**



Ans. Mirabai Chanu (Silver in weightlifting)

**Q36. Who was the first Indian woman to win an Olympic medal?**



Ans. Karnam Malleswari

**Q37. Who is the youngest in the world and the first Asian girl to swim in freezing water of Antarctica?**



Ans. Bhakti Sharma

The youngest person and first Asian girl to swim in the freezing waters of Antarctica is Bhakti Sharma. She achieved this feat in 2015, swimming 1.4 miles in 41.14 minutes at a temperature of 1 degree Celsius.

**Q38. Karamjyoti Dalal bagged a bronze at World Para Athletics Championships 2017. In which sports did she win the bronze medal?**



Ans. Discus Throw

Dalal won a bronze medal in the Discus throw at the IPC World Para Athletics Championships 2017. She also placed 8th in the shot put.

**Q39. Deepa Malik is the first Indian woman to win a medal in Paralympic Games and won a Silver medal at the 2016 Summer Paralympics. In which event she received the medal?**

Ans. Deepa Malik won her silver medal at the 2016 Summer Paralympics in the shot put event, specifically the shot put F53 category. This achievement made her the first Indian woman to win a medal at the Paralympics.



**Q40. The only Indian to win ISSF (International Shooting sports Federation) Champion's Trophy is a woman. Do you know who she is?**

Ans. Anjali Bhagwat

She is a professional Indian sport shooter. She became the World Number One in 10m Air Rifle in 2002. She also won her first World Cup Final in Milan, in 2003, with a score of 399/400. Anjali won the ISSF Champion of Champions award and is the only Indian to win the ISSF Champions' Trophy in Air Rifle Men & Women mixed event at Munich in 2002. She has represented India in three consecutive Olympics, and was a finalist in the 2000 Sydney Olympics.








## SECTION 7: WHO IS WHO

A section on Indians and foreigners who have made their mark on different walks of life from business, politics, law, entertainment, science, sports, and religion.

### WHO IS WHO? INDIA


#### POLITICS & FREEDOM MOVEMENT



<ul style="list-style-type: none"><li>● <b>Chandrashekhar Azad</b> : Born on July 23, 1906, one of the most prominent freedom fighters in the history of Indian Independence movement Chandrashekhar Azad reorganised the Hindustan Republican Association (HRA) and participated in the Kakori train robbery and assassination of British police officer John Saunders.</li></ul>	
<ul style="list-style-type: none"><li>● <b>Chittaranjan Das</b> (5 November 1870 – 16 June 1925), popularly called <i>Deshbandhu</i> (friend of the country), was a Bengali freedom fighter, political activist and lawyer during the Indian Independence Movement and the political guru of Indian freedom fighter Netaji Subhas Chandra Bose. He was the founder-leader of the Swaraj Party in undivided Bengal during the period of British Colonial rule in India. His name is abbreviated as <b>C. R. Das</b></li></ul>	

<ul style="list-style-type: none"> <li>• <b>Sri Aurobindo</b> (born <b>Aurobindo Ghose</b>; 15 August 1872 – 5 December 1950) was an Indian yogi, maharishi, and Indian nationalist. He also edited the newspaper <i>Bande Mataram</i>.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Khudiram Bose</b> (also spelled <i>Khudiram Basu</i>) (3 December 1889 – 11 August 1908) was an Indian nationalist who opposed British rule of India. For his role in the Muzaffarpur Conspiracy Case, along with Prafulla Chaki, he was sentenced to death, for the attempted assassination of a British judge, Magistrate Douglas Kingsford, by throwing bombs on the carriage they suspected the man was in.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Sarojini Naidu (1879–1949)</b>: Freedom fighter, poet; President of the INC (1925); known as the Nightingale of India; first woman to be appointed a State Governor (U.P); <i>The Golden Threshold</i>, <i>The Bird of Time</i>, <i>The Broken Wing</i>.</li> </ul>	




## LITERATURE & WRITING



<ul style="list-style-type: none"> <li>• <b>William Shakespeare:</b> Often regarded as the greatest writer in the English language, Shakespeare (1564-1616) was a poet and playwright whose works include tragedies, comedies, and histories. His plays, such as Hamlet, Macbeth, and Romeo and Juliet, are still performed and studied worldwide.</li> </ul>	
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<ul style="list-style-type: none"> <li>● <b>J.K. Rowling:</b>The author of the immensely popular Harry Potter series (1997-2007), Rowling (born 1965) has captivated readers with her fantasy world of magic and adventure. Her books have been translated into many languages and adapted into successful films</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Rudyard Kipling:(1865-1936)</b> A celebrated poet and short story writer, Kipling is known for his works set in India, including The Jungle Book and Kim. He was awarded the Nobel Prize for Literature in 1907.</li> </ul>	


**BUSINESS**


<ul style="list-style-type: none"> <li>● <b>Abhijit Vinayak Banerjee</b> is an Indian American economist who is currently the Ford Foundation International Professor of Economics at the Massachusetts Institute of Technology.He is co-founder and co-director of the Abdul Latif Jameel Poverty Action Lab (J-PAL), an MIT based global research center promoting the use of scientific evidence to inform poverty alleviation strategies</li> </ul>	
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**ENTERTAINMENT & LITERATURE**

<ul style="list-style-type: none"> <li>● <b>Lata Mangeshkar (1929–2022):</b> Melody Queen of India; playback singer, songwriter, producer; famous songs include “<i>Sun Sahib Sun,</i>” “<i>Chand Apne Safar,</i>” “<i>Zindagi Pyar Ka,</i>” “<i>Hum Bhool Gaye Re</i>”; <i>Dadasaheb Phalke Award, Bharat Ratna (2001), Padma Vibhushan (1999).</i></li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Nargis Dutt (born Fatima Rashid, also known as Nirmala Dutt; 1 June 1929 – 3 May 1981)</b> known mononymously as <b>Nargis</b> was an Indian actress and politician who worked in Hindi cinema. Regarded as one of the greatest actresses in the history of Hindi cinema, Nargis often portrayed sophisticated and independent women in a range of genres, from screwball comedy to literary drama. She was among the highest paid actresses of the 1950s and 1960s.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Zakir Hussain Qureshi (9 March 1951 – 15 December 2024)</b> was an Indian tabla player, composer, arranger, percussionist, music producer and film actor. The eldest son of esteemed tabla player Alla Rakha, Hussain was widely regarded as the greatest tabla player of his generation and one of its finest percussionists. He produced music across multiple genres and contributed to popularizing Indian classical music to a global audience</li> </ul>	






## SCIENCE & MATHEMATICS

<ul style="list-style-type: none"> <li>● <b>Jagadish Chandra Bose (1858–1937):</b> Doyen of Indian science; physicist and botanist; founder of the Bose Research Institute, Calcutta; did original work in electricity; identified life in plants, and is also said to have developed wireless telegraphy independent of Marconi; <i>Fellow of Royal Society (1920), Knight Bachelor (1917).</i></li> </ul>	
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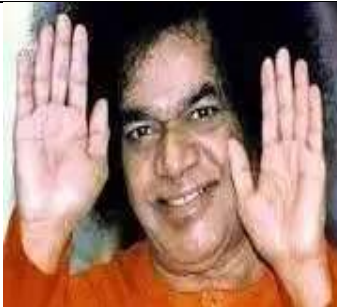
<ul style="list-style-type: none"> <li>• <b>Aryabhata</b> : An ancient Indian mathematician and astronomer (born in 476 CE), Aryabhata made significant contributions to mathematics, including the concept of zero, place value system, and approximation of pi. His work <i>Aryabhatiya</i> is a landmark in Indian science.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Shakuntala Devi (1929–2013)</b>: Indian math whiz, author; known as <i>Human Computer</i>; secured a place in the <i>1982 Guinness Book of Records</i> for successfully multiplying two 13-digit numbers in just seconds.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Dr. Kadambini Bose Ganguly</b> (18 July 1861 – 3 October 1923) was the first Indian female doctor of western medicine. She and Anandibai Joshi both got their degree in Western medicine in 1886. However, she was India's first practicing lady doctor, as Anandibai died soon after. She was India's first practicing female doctor in modern medicine. Ganguly was the first woman to gain admission to Calcutta Medical College in 1884, subsequently trained in Scotland, and established a successful medical practice in India. She was the first woman speaker in the Indian National Congress</li> </ul>	



<ul style="list-style-type: none"> <li>● <b>Dommaraju Gukesh(2006)</b> : Gukesh Dommaraju is an Indian chess grandmaster and the reigning World Chess Champion. A chess prodigy, Gukesh is the youngest undisputed world champion, the youngest player to have surpassed a FIDE rating of 2750, doing so at the age of 17, and the third-youngest to have surpassed 2700 Elo at the age of 16. He earned the title of grandmaster at the age of 12 and is the third-youngest grandmaster in chess history.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Sunil Manohar Gavaskar</b> (Marathi pronunciation: born 10 July 1949), is a former captain of the Indian national cricket team who represented India and Mumbai from 1971 to 1987. Gavaskar is acknowledged as one of the greatest opening batsmen of all time.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Ravi Kumar Dahiya</b> (born 12 December 1997), also known as <b>Ravi Kumar</b> or <b>Ravi Dahiya</b>, is an Indian freestyle wrestler who won a silver medal at the 2020 Tokyo Olympics in the 57 kg category. Dahiya is also a bronze medallist from 2019 World Wrestling Championships and a three-time Asian champion. At the 2022 Commonwealth Games in Birmingham, he won the gold medal in the men's 57kg freestyle wrestling category.</li> </ul>	






## RELIGION & SPIRITUALITY

<ul style="list-style-type: none"> <li>● <b>Sathya Sai Baba</b> (born <b>Ratnakaram Sathyanarayana Raju</b>; 23 November 1926 – 24 April 2011) was an Indian godman, guru and philanthropist. At the age of 14, he claimed to be the reincarnation of Shirdi Sai Baba and left his home saying "my devotees are calling me, I have my work"</li> </ul>	
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7.2 WHO IS WHO? WORLD

🧠 SCIENCE & INNOVATION

<ul style="list-style-type: none"><li>● <b>Tim Cook(1960)</b> : Timothy Donald Cook<sup>1</sup> is an American business executive who is the current chief executive officer of Apple Inc. Cook had previously been the company's chief operating officer under its co-founder Steve Jobs.Since 2011 when he took over Apple, to 2020, Cook doubled the company's revenue and profit.</li></ul>	
<ul style="list-style-type: none"><li>● <b>Homi Jehangir Bhabha</b>, FNI, FASc, FRS was an Indian nuclear physicist who is widely credited as the "father of the Indian nuclear programme".</li></ul>	
<ul style="list-style-type: none"><li>● <b>Marie Curie (1867–1934)</b>: Polish-born French physicist, famous for her work on radioactivity. With Henry Becquerel and her husband, Perry Curie, she was awarded the 1903 Nobel Prize for Physics, sole winner of 1911 Nobel Prize for Chemistry, first woman to win a Nobel Prize, and the only woman to win the award in two different fields.</li></ul>	

ECONOMICS & SOCIAL IMPACT

- **Karl Marx (1818–1883):** German philosopher, sociologist, economist, and journalist. Propounded the doctrine of Communism-Marxism. With his friend Engels wrote the Communist Manifesto (1848). *Das Kapital*.



## ENTERTAINMENT & PERFORMING ART

- **James Cameron(1954):** James Francis Cameron is a Canadian filmmaker, who resides in New Zealand. A major figure in whose films have grossed over \$8 billion worldwide, making him the second-highest-grossing film director of all time. His films (*Titanic* (1997, Academy Award for Best Director), and *Avatar* (2009)) have been selected for preservation in the National Film Registry by the Library of Congress.



- **Shakira (1977):** Colombian pop singer, songwriter, dancer, record producer, choreographer, model. Albums: *Laundry Service*, *Oral Fixation*, *She Wolf*, *El Dorado*.



 **POLITICS, PEACE & LEADERSHIP**

- **Martin Luther King Jr. (1929–68):** Social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. Awarded the Nobel Peace Prize in 1964.



- **Elizabeth II** (Elizabeth Alexandra Mary; 21 April 1926 – 8 September 2022) was Queen of the United Kingdom and other Commonwealth realms from 6 February 1952 until her death in 2022. She had been queen regnant of 32 sovereign states during her lifetime and was the monarch of 15 realms at her death. Her reign of 70 years and 214 days is the longest of any British monarch, the second-longest of any sovereign state, and the longest of any queen regnant in history.



