

Choose the correct option from those given below each question :

1. In order to stop bleeding from an artery of the hand, where should pressure be applied?  
 A. Near the triceps (muscle)      B. Near the bone of the neck  
 C. Near the biceps (muscle)      D. On the upper side of the wound
2. Which solution should be started (as a drip) in case of dehydration?  
 A. Salt    B. Sugar    C. Lemon     D. ORS
3. In case of a honey-bee sting, what should be rubbed on the affected part?  
 A. Ice    B. Tincture iodine    C. Cloth soaked in hot water    D. Tincture benzoin
4. In case of fracture what should be applied while tying a bandage?  
 A. A solution     B. A splint    C. An antiseptic    D. A thick cloth
5. What care will you take in case of snake-bite?  
 A. Give rest to the patient      B. Let the patient sleep  
 C. Not let the patient sleep       D. Make arrangements for medical treatment
6. How should a patient be made to lie down in Schafer method of artificial respiration?  
 A. On the back       B. On the stomach (inverted)  
 C. On the side      D. Should not lie down
7. How should a patient be made to lie down in Dr Silvester's method of artificial respiration?  
 A. On the back      B. On the stomach (inverted)  
 C. On the side      D. Should not lie down
8. A government ambulance of which number should be arranged to shift an accident victim to a hospital?  
 A. 110    B. 109     C. 108    D. 101
9. What is the first thing to be done, in case a person has fainted due to an accident?  
 A. His clothes should be loosened  
 B. Open the doors and windows of the house  
 C. Close the doors and windows of the house  
 D. Rub the soles of the feet with a balm
10. Which injection should be taken without fail after cleaning and bandaging the area of the body that is wounded by a cut?  
 A. Antibiotic    B. Pain-killer    C. Glucose     D. Tetanus
11. Due to which kind of wound do arteries get cut?  
 A. Wound caused due to cutting of skin  
 B. Wound caused due to a sharp object  
 C. Wound caused due to crushing and pressing  
 D. Wound caused due to piercing
12. What should be rubbed on the painful area created due to stretching of muscles after giving it rest?  
 A. Soap    B. Powder     C. Ice    D. Jaggery

13. Compared to what should the level of a body part with injured muscles be kept higher?  
 A. The heart B. The lungs C. The stomach D. The liver
14. For a minimum of how many days should a person suffering from muscle strain take bed rest?  
 A. One B. Two C. Three D. Four
15. For how many minutes should a person suffering from muscle strain rub ice on the affected area at least 3 to 4 times in a day?  
 A. 5 to 10 B. 10 to 15 C. 15 to 20 D. 20 to 30
16. Which bandage is more beneficial than a plain bandage in case of sprain?  
 A. Mercurochrome B. Elastoplast C. Cotton cream D. Clestoplast
17. What is the colour of blood that comes out of an artery in case of bleeding?  
 A. Bright purple B. Bright red C. Bright orange D. Dark red
18. What is the colour of blood that comes out of a vein in case of bleeding?  
 A. Dark red B. Dark orange C. Black D. Dark purple
19. What should be rubbed on the affected part in case of sprain?  
 A. Ice B. Powder C. Oil D. Ghee
20. Compared to which organ's level should the injured and continuously bleeding part be kept higher?  
 A. The lungs B. The stomach C. The heart D. The liver
21. In case of fracture of the spine, and if the person bends either forward or backward it can prove harmful, then how may the lower part of the body be affected?  
 A. Blood gets clotted up B. Person may suffer paralytic attack  
 C. Person may suffer from Parkinsonism D. Person may be affected by cancer
22. With what should the area where a scorpion has stung be cleaned?  
 A. With kerosene B. With water  
 C. With a paste of oil and turmeric D. With an antiseptic medicine
23. How should the head of a person who has become unconscious due to head injury be kept?  
 A. Low B. High C. Sideways D. Slightly high
24. If a person suffering from diabetes faints, which solution should he be made to drink immediately?  
 A. Glucose or sugar and water B. Rock salt or black salt and water  
 C. Salt or turmeric and water D. Lemon or tamarind and water
25. What will a person suffering from hypertension feel before becoming unconscious?  
 A. Sweat B. Dizzy C. Headache D. Epileptic fit
26. How many reasons are there for a person suffering from burns to fall unconscious?  
 A. Five B. Four C. Two D. Three
27. Which expensive injection is given to a person suffering from a heart attack in order to dissolve the blood clot?  
 A. Enzyme B. Novalgin C. Tetanus D. Chloroquine
28. Which treatment should be given to a patient of heart attack if needed?  
 A. Treatment of mouth to mouth resuscitation  
 B. Treatment for reviving the heart and lungs  
 C. Treatment to increase the blood flow to the patient's brain  
 D. Treatment to ensure that blood reaches the patient's heart

Choose the correct option from those given below each question :

1. What is the special defending player known as in Volleyball?  
A. Smasher B. Blocker  C. Libero D. Captain
2. What is the distance of the attack line from the centre line in Volleyball?  
A. 5 m B. 6 m  C. 3 m D. 8 m
3. How many substitute players are there in the game of Volleyball?  
A. 5  B. 6 C. 3 D. 4
4. In how many turns can a player reach the ball to the opposite team?  
A. 4 B. 2  C. 3 D. 1
5. What is the height of the net in women's Volleyball?  
A. 2.42 m B. 1.24 m  C. 2.24 m D. 2.30 m
6. When was the game of Volleyball played for the first time?  
A. In 1890  B. In 1895 C. In 1900 D. In 1905
7. By which name was the game of Volleyball first played?  
A. Intonet B. Kinsonet C. Sintonet  D. Mintonet
8. What is the skill by which the ball is kept in the air at all times known as?  
A. Molly  B. Volley C. Bully D. Jolly
9. When was the 'Volleyball Federation of India' established?  
 A. In 1951 B. In 1961 C. In 1971 D. In 1981
10. When was the first national championship for women organised?  
A. In 1950  B. In 1953 C. In 1955 D. In 1961
11. When was Volleyball included in the World University Game Fest?  
A. In 1932 B. In 1935  C. In 1939 D. In 1942
12. When were the rules for Volleyball written?  
 A. In 1947 B. In 1951 C. In 1962 D. In 1972
13. When was the first 'World Volleyball Championship' competition for men organised?  
A. In 1941 B. In 1945 C. In 1947  D. In 1949
14. Where was the first 'World Volleyball Championship' competition for men organised?  
A. In Italy  B. In Czechoslovakia C. In Bulgaria D. In Romania
15. When and where was the first 'World Volleyball Championship' competition for women organised?  
A. In 1947, in Beijing B. In 1949, in Rome  
 C. In 1952, in Moscow D. In 1955, in Berlin
16. Which country won the first 'World Volleyball Championship' competition organised for women?  
A. Japan B. China  C. Russia D. India
17. When was the 'Asian Volleyball Federation' established?  
A. In 1962 B. In 1968 C. In 1950  D. In 1954
18. When was the first 'Asian Volleyball Championship' competition organised?  
 A. In 1955 B. In 1958 C. In 1960 D. In 1962

19. In which city was the first 'Asian Volleyball Championship' competition organised?  
 A. Moscow  B. Tokyo C. Delhi D. Colombo
20. Which country won the first 'Asian Volleyball Championship' competition organised in 1955?  
 A. Russia  B. India C. Sri Lanka D. Japan
21. What is the distance between two audience strips?  
 A. 12 m B. 10 m C. 8 m  D. 9 m
22. What is the length of the antenna?  
 A. 1.50 m B. 2.00 m  C. 1.80 m D. 2.50 m
23. What is the length and breadth of a Volleyball ground?  
 A. Length = 20 m, breadth = 11 m B. Length = 22 m, breadth = 10 m  
 C. Length = 18 m, breadth = 9 m D. Length = 21 m, breadth = 12 m
24. How broad are the lines of a Volleyball ground?  
 A. 2 cm B. 3 cm C. 4 cm  D. 5 cm
25. What is the number of players in a Volleyball team?  
 A. 10 B. 11  C. 12 D. 14
26. How does the game of Volleyball start?  
 A. By throwing the ball high in the air  B. By tossing a coin  
 C. By blowing a whistle D. By blowing two whistles
27. What is the colour of the players' uniforms?  
 A. Yellow B. Blue C. Red  D. Same colour
28. What is the colour of the uniform of 'libero' player in Volleyball?  
 A. Black B. White  
 C. Different from that of the other players D. Green
29. How many sets does a team need to win in National and/or International competitions to be declared the winner?  
 A. Two sets  B. Three sets C. Four sets D. Five sets
30. How many substitutions can each team make during one set of the game of Volleyball?  
 A. Two B. Four  C. Six D. Eight
31. In which position is the ball kept or brought in order to serve?  
 A. After bouncing the ball on the ground  
 B. After steadying the ball in the other hand  
 C. After tossing the ball up with one hand  
 D. After tossing the ball while standing on the end line
32. Which of the following skills does not belong to Volleyball?  
 A. Simple service B. Tennis service  C. Tapping D. Passing
33. Which of the following skills is practiced over the net?  
 A. Passing B. Underhand pass  C. Smashing (Spiking) D. Overhead pass
34. What is the height of the net used for men's Volleyball?  
 A. 2.40 m B. 2.42 m  C. 2.43 m D. 2.45 m
35. What is the number of players on the ground playing in a game of Volleyball?  
 A. 4 B. 9 C. 8  D. 6
36. After how many points do the teams change places in the deciding set?  
 A. 10 B. 12  C. 8 D. 6

From the four options given for each question, darken the circle (○) that corresponds to the correct answer with your pen:

1. Where are the flags placed in a football ground?
  - A. In the centre of the goal line ○
  - B. In the centre of the touch line ○
  - C. Near the goal posts ○
  - D. On the four corners ●
2. What is the radius of the centre circle?
  - A. 8 yards ○
  - B. 9 yards ○
  - C. 10 yards ●
  - D. 11 yards ○
3. What is the length of a football ground?
  - A. 70 to 80 m ○
  - B. 75 to 85 m ○
  - C. 120 to 130 m ○
  - D. 90 to 120 m ●
4. What is the width of a football ground?
  - A. 35 to 40 m ○
  - B. 45 to 90 m ●
  - C. 95 to 100 m ○
  - D. 100 to 105 m ○
5. What is the shape of a football ground?
  - A. Square ○
  - B. Rectangular ●
  - C. Circular ○
  - D. Oval ○
6. Approximately how many studs are there on the underside of a football shoe?
  - A. 5 ○
  - B. 7 ○
  - C. 8 ○
  - D. 10 ●
7. How many members are there in a team playing football?
  - A. 9 ○
  - B. 10 ○
  - C. 11 ●
  - D. 12 ○
8. How many players can be substituted in a football game?
  - A. One ○
  - B. Two ●
  - C. Three ○
  - D. Four ○
9. What is the duration of one half in a football game?
  - A. 45 minutes ●
  - B. 50 minutes ○
  - C. 55 minutes ○
  - D. 40 minutes ○
10. What is duration of timeout between two halves of a football game?
  - A. 5 minutes ○
  - B. 7 minutes ○
  - C. 8 minutes ○
  - D. 10 minutes ●
11. In which country was football first played?
  - A. In England ●
  - B. In Russia ○
  - C. In USA ○
  - D. In Germany ○
12. Which institute manages football at an international level?
  - A. WHO ○
  - B. IOC ○
  - C. FIFA ●
  - D. WWW ○
13. Which country is considered as the birthplace of football?
  - A. France ○
  - B. India ○
  - C. England ●
  - D. Japan ○
14. When was the game of football first played in England?
  - A. In 1855 ○
  - B. In 1863 ●
  - C. In 1870 ○
  - D. In 1910 ○
15. Which game is considered as the 'King of Sports'?
  - A. Cricket ○
  - B. Volleyball ○
  - C. Badminton ○
  - D. Football ●
16. In which continent of the world is football immensely popular?
  - A. Europe ●
  - B. Asia ○
  - C. Australia ○
  - D. North America ○
17. Which world cup is considered most popular and thrilling after the Olympic Games?
  - A. The Volleyball World Cup ○
  - B. The Cricket World Cup ○
  - C. The Football World Cup ●
  - D. The Badminton World Cup ○

15. FOOTBALL

18. To which of its players has the Brazil Government given the status of 'National Weallhi'?
- A. Pele ● B. Ronaldo ○ C. Maradona ○ D. Roger Federer ○
19. When was the International Football Federation (FIFA) established?
- A. 1 January, 1905 ○ B. 21 May, 1904 ●  
C. 15 July, 1901 ○ D. 30 October, 1907 ○
20. Where was the International Football Federation (FIFA) established?
- A. In New York ○ B. In Delhi ○ C. In Tokyo ○ D. In Paris ●
21. When did 'FIFA' agree to organise international football championships?
- A. In 1930 ○ B. In 1935 ○ C. In 1927 ● D. In 1940 ○
22. When was the first football world cup organised?
- A. In 1930 ● B. In 1933 ○ C. In 1935 ○ D. In 1938 ○
23. Where was the first football world cup organised?
- A. In Argentina ○ B. In Uruguay ● C. In Brazil ○ D. In Venezuela ○
24. When is the next world football championship?
- A. In 2020 ○ B. In 2019 ○ C. In 2021 ○ D. In 2018 ●
25. In which country will the next world football championship (2018) be held?
- A. In Pakistan ○ B. In Japan ○ C. In India ● D. In Sri Lanka ○
26. Since when have professional player started playing in world football championships?
- A. Since 1958 ● B. Since 1948 ○ C. Since 1962 ○ D. Since 1970 ○
27. When did the Modern Olympic Games start?
- A. In 1896 ● B. In 1796 ○ C. In 1808 ○ D. In 1872 ○
28. When was football included in the Olympic Games?
- A. In 1902 ○ B. In 1908 ● C. In 1915 ○ D. In 1910 ○
29. Football was included in the Olympic Games organised in which city?
- A. Delhi ○ B. London ● C. Berlin ○ D. Chicago ○
30. When did the Asian Games start?
- A. In 1955 ○ B. In 1954 ○ C. In 1951 ● D. In 1950 ○
31. Which country of the world started the Asian Games for the first time?
- A. Japan ○ B. Bangladesh ○ C. India ● D. Sri Lanka ○
32. In which city were the 1951 Asian Games held?
- A. Delhi ● B. Colombo ○ C. Dhaka ○ D. Tokyo ○
33. When was football included in the Asian Games?
- A. In 1955 ○ B. In 1951 ● C. In 1959 ○ D. In 1963 ○
34. Which country had won the football championship in the 1951 Asian Games?
- A. Sri Lanka ○ B. India ● C. Pakistan ○ D. China ○
35. Who started football in India?
- A. The British ● B. The Marathas ○ C. The Mughals ○ D. The Rajputs ○
36. Which club was established in India to organise football matches?
- A. 'Wellesley Football Club' ○ B. 'Clive Football Club' ○  
C. 'Corning Football Club' ○ D. 'Dalhousie Football Club' ●
37. When was the 'Indian Football Association' (IFA) established?
- A. In 1858 ○ B. In 1880 ○ C. In 1893 ● D. In 1910 ○

38. What was the name 'Indian Football Association' changed?  
 A. 'All India Football Club'  B. 'All India Football Federation'   
 C. 'All Asia Football Association'  D. 'All Asia Football Federation'
39. By which name is the football trophy known in India?  
 A. 'V. C. Roy Trophy'  B. 'Federation Trophy'   
 C. 'Santosh Trophy'  D. 'Iran Trophy'
40. When was the 'Santosh Trophy' started?  
 A. In 1962  B. In 1945  C. In 1978  D. In 1941
41. Which rank with the Indian women's football team secure in the Asian Women's Football Cup in 1981?  
 A. First  B. Second  C. Third  D. Fourth
42. What is the length of a football ground used for international matches?  
 A. 101 to 110 m  B. 110 to 120 m   
 C. 121 to 130 m  D. 90 to 120 m
43. What is the width of a football ground used for international matches?  
 A. 81 to 90 m  B. 71 to 80 m  C. 64 to 73 m  D. 61 to 70 m
44. What is the width of a goal in football?  
 A. 8.5 m  B. 7.3 m  C. 6.8 m  D. 8.2 m
45. In football, what should be the height of a goal from the ground?  
 A. 2.4 m  B. 3.4 m  C. 3.6 m  D. 4.0 m
46. Of what measurement should the goal posts and the cross bar used in football be?  
 A. 15 cm  B. 10 cm  C. 12 cm  D. 20 cm
47. What is the length of the goal area in a football ground?  
 A. 15.5 m  B. 16.4 m  C. 18.9 m  D. 18.3 m
48. What is the width of the goal area in a football ground?  
 A. 5.5 m  B. 6 m  C. 6.5 m  D. 8 m
49. What is the length of the penalty area in a football ground?  
 A. 20 m  B. 40.3 m  C. 30.5 m  D. 35.6 m
50. What is the width of the penalty area in a football ground?  
 A. 18 m  B. 20.5 m  C. 24.5 m  D. 16.5 m
51. In a football ground, how far is the penalty spot from the midpoint of the goal line?  
 A. 10 m  B. 11 m  C. 12 m  D. 13 m
52. In a football ground, what is the radius of the centre circle?  
 A. 9.15 m  B. 10.2 m  C. 8.1 m  D. 12.5 m
53. In a football ground, an arc of how many metres is drawn from the penalty spot to outside the penalty area?  
 A. 12.10 m  B. 10.10 m  C. 8.20 m  D. 9.15 m
54. In a football ground, what is the height of the flags placed at the four corners?  
 A. 2 m  B. 1.5 m  C. 2.5 m  D. 3 m
55. After every ..... years the Football World Cup is played.  
 A. three  B. four  C. two  D. five
56. With which skill is a ball coming from a far controlled while playing football?  
 A. Passing  B. Goalkeeping  C. Trapping  D. Shooting