

Choose the correct option from those given below each question :

1. How many players are there in one team of Kabaddi?
A. 5 B. 7 C. 10 D. 12
2. What should be the maximum weight of the players of the boys' team in the age group below 17 years?
A. 57 kg B. 53 kg C. 51 kg D. 48 kg
3. How many points are given for a loan in the game of Kabaddi?
A. 1 B. 2 C. 3 D. 4
4. How many time-outs can be taken in one half-time in Kabaddi?
A. 4 B. 3 C. 2 D. 1
5. Of which people is Kabaddi originally a game?
A. Tibetan B. Sri Lankan C. Indian D. Bhutanese
6. In which of the following countries is Kabaddi not famous?
A. Japan B. France C. Bangladesh D. Malaysia
7. Years ago, by which name was the game of Kabaddi played in the eastern part of India?
A. Hu...du...du B. Chedu...gudu C. Hu...tu...tu D. 'Kaun Bada'
8. Which of the following is not one of the methods in which Kabaddi was played in the initial years?
A. Dead method B. Immortal method C. Living method D. Live method
9. The contribution of which state is great in making Kabaddi a national level sport in India?
A. Uttar Pradesh B. Maharashtra C. Gujarat D. Punjab
10. The Olympic games held in which city propagated the sport of Kabaddi for the first time?
A. Berlin B. Moscow C. Beijing D. Delhi
11. When was Kabaddi included in the 'Indian Olympic Games'?
A. In 1950 B. In 1936 C. In 1952 D. In 1938
12. When was the 'All India Kabaddi Federation' established?
A. In 1936 B. In 1938 C. In 1950 D. In 1952
13. From which year have national competitions of Kabaddi been organized?
A. From 1962 B. From 1952 C. From 1955 D. From 1950
14. When did Kabaddi competitions for women start being organized?
A. In 1955-56 B. In 1960-61 C. In 1965-66 D. In 1971-72
15. When did the 'Amateur Kabaddi Federation of India (AKFI)' come into existence?
A. In 1962 B. In 1965 C. In 1970 D. In 1972
16. In which city were the first 'Asian Championships' organized in 1980?
A. In Kolkata B. In Delhi C. In Chennai D. In Ahmadabad
17. When and where was Kabaddi officially included in the '11th Asian Games'?
A. In 1970, Moscow (Russia) B. In 1980, Delhi (India)
C. In 1990, Beijing (China) D. In 2000, Dhaka (Bangladesh)

18. What is the length of the Kabaddi field used for junior boys and girls?
A. 10.50 m *B. 11 m C. 12.25 m D. 9.50 m
19. What is the width of the Kabaddi field used for junior boys and girls?
A. 12.25 m B. 11 m C. 8.50 m *D. 8 m
- ~~20.~~ At what distance is the crossing line from the middle line in a Kabaddi field used for junior boys and girls?
A. 3.00 m B. 3.50 m C. 4 m D. 3.80 m
- ~~21.~~ What is the length of the attack line in a Kabaddi field used for junior boys and girls?
A. 10.50 m B. 9.50 m C. 8.50 m *D. 8 m
22. What is the length of the waiting block in a Kabaddi field used for junior boys and girls?
A. 8 m *B. 6 m C. 10 m D. 9 m
23. Which of the following is a skill of the raiding team in a game of Kabaddi?
A. Catching the leg B. Catching the hand *C. Raid from behind D. Chain cover
- ~~24.~~ In Kabaddi, what is the number of players that sit out?
A. 4 B. 6 *C. 5 D. 7
- ~~25.~~ What is the distance between the end line and the waiting block in a field of Kabaddi used for junior boys and girls?
A. 1 m B. 1.5 m C. 1.20 m *D. 2 m
26. What is the breadth of all the lines in a field of Kabaddi used for junior boys and girls?
A. 6 m *B. 5 m C. 10 m D. 4 m
27. What is the duration of one half-time in Kabaddi played by junior boys and girls?
A. 20 minutes B. 24 minutes *C. 15 minutes D. 18 minutes
- ~~28.~~ In a game of Kabaddi, how many seconds time-out is allowed twice to each team in each half-time?
A. 10 B. 20 *C. 30 D. 40
29. How many metres away is the bonus line from the crossing line in a ground used for Kabaddi played by junior boys and girls?
*A. 1 B. 1.50 C. 2 D. 2.50
- ~~30.~~ How should a Kabaddi ground be?
*A. Level B. Not level C. Smooth D. Rough
31. Which of the following is a skill of the raiding team in a game of Kabaddi?
A. Individual cover *B. Breaking the cover
C. Catching the leg D. Catching the hand
32. Which of the following is a skill of the anti-raiding team in a game of Kabaddi?
A. Kicking *B. Catching the leg
C. Conducting a raid D. Touching with the leg
33. How many points does a raiding team score on getting one member of the opposite team out?
A. 2 points *B. 1 point C. $\frac{1}{3}$ point D. $1\frac{1}{2}$ point
34. How many players should be there in a team of Kabaddi to start a game?
A. 5 B. 6 *C. 7 D. 8

62. Which of the following skills is a skill of the anti-raiding team in a game of Kabaddi?
 A. Touching with the leg B. Kicking
 C. Half-moon cover D. Going over the crossing line
63. Which line does the player have to go over in the skill of 'Going over the crossing line'?
 A. Centre line B. End line C. Waiting line D. Bonus line
64. In the 'Kicking' skill used in the game of Kabaddi, in how many ways can a player 'kick' to get a player 'out'?
 A. Two B. Three C. Four D. Five
65. Which of the following methods of 'Kicking' is wrong for the game of Kabaddi?
 A. Upward kick B. Front kick C. Back kick D. Diagonal kick
66. How many types of 'Chain cover' skill are used in Kabaddi?
 A. Two B. Five C. Three D. Four
67. Which of the following methods of 'Kicking' is wrong for the game of Kabaddi?
 A. Double chain cover B. Single chain cover
 C. Triple chain cover D. Quadruple chain cover

- Ans. 1. 12 2. 53 kg 3. 2
 4. 2 5. Indian 6. France
 7. Hu...du...du 8. Live method 9. Maharashtra
 10. Berlin 11. In 1938 12. In 1950
 13. From 1952 14. In 1955-56 15. In 1972
 16. In Kolkata 17. In 1990, Beijing (China) 18. 11 m
 19. 8 m 20. 3.00 m 21. 8 m
 22. 6 m 23. Raid from behind 24. 5
 25. 2 m 26. 5 m 27. 15 minutes
 28. 30 29. 1 30. Level
 31. Breaking the cover 32. Catching the leg 33. 1 point
 34. 7 35. Is counted as 'out' 36. When there is a raid
 37. 2 loan points 38. 5
 39. For a very small (2 minutes) ban 40. In the waiting block
 41. With tossing a coin 42. Kabaddi ... Kabaddi 43. Technical point
 44. At most 2 minutes 45. 1 technical point 46. Two time-outs
 47. 2 48. Individual cover 49. Touching with the leg
 50. Centre line 51. The team that has more points
 52. Chain cover 53. When a player of the opposite team gets 'out'
 54. Green colour 55. Red colour 56. He is declared 'out'.
 57. Going over the crossing line 58. Catching the hand
 59. Kicking 60. Chain cover 61. Conducting a raid
 62. Half-moon cover 63. Centre line 64. Three
 65. Upward kick 66. Three 67. Quadruple chain cover

14. The spine becomes flexible. 15. 'ॐ सवित्रे नमः।'
 16. Fat around the waist decreases. 17. 'ॐ आदित्याय नमः।'
 18. The hands become strong. 19. 'ॐ आदित्याय नमः।'
 20. Diseases of the stomach are cured. 21. 'ॐ हिरण्यगर्भाय नमः।'
 22. The spine becomes strong. 23. 'ॐ भानवे नमः।'
 24. The hands become very strong. 25. 'ॐ अर्काय नमः।'
 26. The body becomes shapely and beautiful. 27. 'ॐ भास्कराय नमः।'
 28. The head develops. 29. 'ॐ अर्काय नमः।'
 30. The power of stability increases. 31. 'ॐ भास्कराय नमः।'
 32. Self-confidence increases. 33. 'D'
 34. First and twelfth
 35. Twelve 36. Position 5
 37. Position 8
 38. The Sun's 39. Position 10
 40. Position 7



ASANA

Choose the correct option from those given below each question :

- In which asana does the body get the shape of a lotus?
 A. Bhadrasana B. Shavasana C. Padmasana D. Gomukhasana
- In which asana does the body get the shape of a bow?
 A. Tadasana B. Dhanurasana C. Bhadrasana D. Uttanpadasana
- Where is the shape of 'Gomukh' (face of a cow) formed while doing Gomukhasana?
 A. Behind the back B. Near the shoulder
 C. Near both the knees D. Near the waist
- Which asana is performed while lying on the back?
 A. Makarasana B. Shavasana C. Dhanurasana D. Gomukhasana
- Which asana is performed in a standing position?
 A. Tadasana B. Bhadrasana C. Gomukhasana D. Makarasana
- Which asana is performed in a sitting position?
 A. Shavasana B. Makarasana C. Tadasana D. Padmasana
- Which asana is performed while lying on the stomach?
 A. Gomukhasana B. Dhanurasana C. Tadasana D. Padmasana
- In which asana does the body get the shape of a butterfly?
 A. Padahasthasana B. Poorna Titli asana C. Shavasana D. Padmasana
- Which vice (Guna) is destroyed by performing asanas?
 A. Tamo Guna B. Sattva Guna C. Rajo Guna D. Tattva Guna
- For which asana should the backs of both the heels be made to touch the navel?
 A. Tadasana B. Padmasana C. Bhadrasana D. Shavasana
- By doing which asana does the flow of life turn upwards?
 A. Padmasana B. Tadasana C. Padahasthasana D. Bhadrasana
- Which asana is performed in a sitting position?
 A. Shavasana B. Makarasana C. Tadasana D. Gomukhasana

13. By doing which asana does the shape near the knees become like a 'Gomukh' (face of a cow)?
A. Padmasana B. Padahastasana C. Gomukhasana D. Bhadrasana
14. By doing which asana are diseases like swelling of testicles and hernia cured?
A. Gomukhasana B. Dhanurasana C. Shavasana D. Bhadrasana
15. By doing which asana does one get relief from diseases like arthritis?
A. Dhanurasana B. Tadasana C. Uttanpadasana D. Gomukhasana
16. By doing which asana does one get relief from hunch back without defect?
A. Tadasana B. Dhanurasana C. Bhadrasana D. Padmasana
17. By doing which asana does the build of the body become like the 'Tada' tree?
A. Padmasana B. Dhanurasana C. Gomukhasana D. Tadasana
18. Which asana is useful in increasing height during adolescence?
A. Padahastasana B. Shavasana C. Tadasana D. Gomukhasana
19. By doing which asana does running speed increase and the body become light?
A. Uttanpadasana B. Tadasana C. Bhadrasana D. Shavasana
20. Which asana is done standing up?
A. Padahastasana B. Bhadrasana C. Padmasana D. Shavasana
21. In which asana do the hands and feet meet?
A. Dhanurasana B. Bhadrasana C. Padahastasana D. Uttanpadasana
22. By doing which asana does the ability of the nervous system increase?
A. Bhadrasana B. Padahastasana C. Tadasana D. Padmasana
23. By doing which asana do the muscles of the feet, neck, back, waist and abdomen become strong?
A. Dhanurasana B. Padmasana C. Bhadrasana D. Padahastasana
24. Which asana is considered auspicious?
A. Bhadrasana B. Dhanurasana C. Padmasana D. Purna Titli asana
25. Which asana is effective in the treatment of fissure, piles and fistula?
A. Shavasana B. Purna Titli asana C. Bhadrasana D. Gomukhasana
26. By doing which asana does the fat on the insides of thighs decrease?
A. Tadasana B. Bhadrasana C. Dhanurasana D. Padahastasana
27. Which asana is helpful in innumerable diseases like TB, heart disease, insomnia, etc.?
A. Gomukhasana B. Bhadrasana C. Dhanurasana D. Padmasana
28. In which asana does the body have to be kept still as if dead?
A. In Bhadrasana B. In Dhanurasana C. In Tadasana D. In Shavasana
29. Which asana should be done at the end of every asana so that each part of the body is rested?
A. Dhanurasana B. Purna Titli asana C. Bhadrasana D. Shavasana
30. Which asana when done properly for just 10 minutes gives as much benefit as 6 hours of sleep?
A. Shavasana B. Dhanurasana C. Purna Titli asana D. Padmasana
31. By doing which asana does the condition of meditation improve?
A. Gomukhasana B. Dhanurasana C. Shavasana D. Tadasana

32. Which asana is useful for problems related to the navel?
 A. Purna Titli asana B. Shavasana C. Gomukhasana D. Uttanpadasana
33. Which asana makes the muscles of the leg strong?
 A. Shavasana B. Gomukhasana C. Padmasana D. Dhanurasana
34. Which asana makes the body shapely?
 A. Bhadrasana B. Padahastanasana C. Uttanpadasana D. Shavasana
35. Which asana is useful in the practice of celibacy?
 A. Gomukhasana B. Dhanurasana C. Padmasana D. Tadasana
36. Which asana provides relief to back, shoulder, and neck pain?
 A. Padmasana B. Dhanurasana C. Bhadrasana D. Gomukhasana
37. Which asana makes the muscles of the hands, legs and chest strong?
 A. Padahastanasana B. Dhanurasana C. Bhadrasana D. Shavasana
38. By doing which asana do the reproductive and the excretory systems become healthy?
 A. Bhadrasana B. Uttanpadasana C. Shavasana D. Dhanurasana
39. Which asana provides tremendous relief to the muscles of the inner thighs?
 A. Purna Titli asana B. Bhadrasana C. Padahastanasana D. Dhanurasana
40. Which of the following asanas is not done standing up?
 A. Shavasana B. Padahastanasana C. Tadasana D. Garudasana
41. Which is the other name of Shavasana?
 A. Dhanurasana B. Shithilasana C. Padmasana D. Bhadrasana
42. Which of the following asanas is done sitting down?
 A. Purna Titli asana B. Tadasana C. Padahastanasana D. Garudasana
43. Which of the following asanas is done sleeping on the back?
 A. Purna Titli asana B. Uttanpadasana C. Tadasana D. Padahastanasana

- Ans. 1. Padmasana 2. Dhanurasana 3. Near both the knees
 4. Shavasana 5. Tadasana 6. Padmasana
 7. Dhanurasana 8. Purna Titli asana 9. Rajo Guna
 10. Padmasana 11. Padmasana 12. Gomukhasana
 13. Gomukhasana 14. Gomukhasana 15. Gomukhasana
 16. Dhanurasana 17. Tadasana 18. Tadasana
 19. Tadasana 20. Padahastanasana 21. Padahastanasana
 22. Padahastanasana 23. Padahastanasana 24. Bhadrasana
 25. Bhadrasana 26. Bhadrasana 27. Bhadrasana
 28. In Shavasana 29. Shavasana 30. Shavasana
 31. Shavasana 32. Uttanpadasana 33. Dhanurasana
 34. Padahastanasana 35. Padmasana 36. Gomukhasana
 37. Dhanurasana 38. Bhadrasana 39. Purna Titli asana
 40. Shavasana 41. Shithilasana 42. Purna Titli asana
 43. Uttanpadasana