

Total Marks 200

210

PHYSICAL EDUCATION

(English Medium)

Category

A

210-PHYSICAL EDUCAT

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Seat No. of the Candidate

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Block No. of the Candidate

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Signature of the Candidate

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Signature of the Block Supervisor

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Important Instructions for Candidates

- (1) Please do not open the question booklet until you are told to do so.
- (2) During examination, if a candidate is found having any literature guide, guide, piece of paper, handwritten or printed paper, mobile phone, calculator, spy camera, headphone or any other equipments then the candidate will be considered as disqualified.
- (3) During the examination if candidates are found conversing with each other, making noise or not following supervisor's instructions then they will be considered as disqualified.
- (4) After receiving question paper please write your seat number in **OMR SHEET** at the correct given place.
- (5) Please do not write your seat number at any other place than the allotted one in the **OMR SHEET** and if any sign of your identity or recognition is found then you will be considered totally disqualified for the examination.
- (6) Signatures of both the supervisor and the candidate in the certificate of **OMR SHEET** are compulsory without which **OMR SHEET** will not be evaluated, so it is compulsory for the candidate to get signature of the supervisor.
- (7) Candidates can use blue/black ball pen. They cannot use pens or pencils of any other colour and also whitener.
- (8) No marks should be made on any of the options in the question paper.
- (9) There are total 200 questions in this question paper. There is only one answer to each question from the options A, B, C and D. Four options are given for each question. All the questions are compulsory.
Example: What is the capital of Gujarat?
(A) Ahmedabad (B) Gandhinagar (C) Vadnagar (D) Patan
Here, if option (B) Gandhinagar is correct then option (B) in the **OMR SHEET** will have to be darkened with pen. **A ● C D**
- (10) One(1) mark is allotted to each correct answer. For each wrong answer 0.25 marks will be deducted. If a candidate does not want to answer any question then he/she will have to select option E. Negative marking will not be applicable for option E.
- (11) Cross marked answers, answers given on more than one option and answers re-marked after use of blade, eraser or whitener will be given **Negative 0.25 marks**.
- (12) Please hand over the **OMR SHEET** to the block supervisor after completion of examination before leaving the classroom. Any candidate failing to do so will be considered as disqualified for the examination.
- (13) Maximum time allotted for the examination is 180 minutes.
- (14) Most appropriate option will be considered as answer of the question.

- (1) _____ is an author of the book "Why the Constitution Matters?"
- (A) Shri Amish Tripathi (B) Shri Ravi Mitra
(C) Shri R. C. Lahori (D) Shri D. Y. Chandrachud
- (2) _____ article of the constitution directs the state to ensure Early Childhood Care and Education for the children up to 6 years.
- (A) Article 40 (B) Article 45
(C) Article 48 (D) Article 46
- (3) Which among the pairs given in the options, is correct?
- (A) Rohila National Park - Karnatak
(B) Keoladeo National Park - Rajasthan
(C) Velavadar National Park - Madhya Pradesh
(D) Jim Corbett National Park - Assam
- (4) According to the psychological learning tests, which among the following is incorrect ?
- (A) Intelligence Quotient : Stern
(B) Classical conditioning : Watson
(C) Trial and Error : Thorndike
(D) Programmed learning : Skinner
- (5) Which among the following pairs are correctly matched.
1. Colosseum - Greece
2. Pyramids - Egypt of Giza
3. Leaning Tower of Pisa - Italy
4. Angkor wat - Indonesia
- (A) Only 2, 3 (B) Only 3, 4
(C) Only 2, 4 (D) Only 1, 2, 3
- (6) _____ Launched the Earth observation satellite COSMO-SkyMed Second Generation Flight Model-3 (SG-fin3)
- (A) NASA (B) European Space Agency
(C) Arianespace (D) SpaceX

(7) Read the following sentences in the context of Election Commission of India:

1. Election Commission of India was formed on 25th January, 1950.

2. Chief Election Commissioner is appointed by prime-minister of India.

3. Chief Election Commissioner can be impeached through the $\frac{2}{3}$ majority of members of Parliament.

4. National Voter's Day is celebrated on 26th January.

Which above is correct?

(A) Only 1, 2

(B) Only 1, 3

(C) Only 2, 4

(D) Only 2

(8) Three Tier Panchayati Raj system is implemented in Gujarat. It was recommended by _____.

(A) Jivraj Mehta Committee

(B) Balwant Rai Mehta Committee

(C) Bhuriya Committee

(D) None of the above

(9) A pen-name of Manubhai Rajaram Pancholi is _____.

(A) Darshak

(B) Sundaram

(C) Dwiref

(D) Ushanas

(10) India will jointly manufacture the Kamov-226T helicopter with _____.

(A) USA

(B) Britain

(C) Russia

(D) France

(11) It is called _____ defect of eye if a person is able to see nearby objects clearly but distant objects appear blurred.

(A) Hypermetropia

(B) Presbyopia

(C) Cornea

(D) Myopia

(12) It is a well-known belief that five ragas originated from the five faces of Lord Shiva. _____ is one among them.

(A) Raag Hindol

(B) Raag Desh

(C) Raag Yaman

(D) Raag Ahir Bhairav

- (13) Under NEP-2020, it is expected that students take pride on Indian Cultural Heritage and its knowledge systems. In order to achieve it, the essence of Bhagvad Gita has been included in _____ textbook of standard 9 to 12.
- (A) Social Science (B) Separate book
(C) Gujarati (D) Sanskrit
- (14) Under NEP-2020, which among the following is expected from a good Educational Institute?
1. Each student is welcomed.
 2. Safe and motivated environment is provided.
 3. Diverse learning experiences are made available.
- (A) 1 and 2 (B) All three
(C) 2 and 3 (D) 1 and 3
- (15) _____ students are included in STP class.
- (A) Out of school children
(B) The students who are dropped out from school
(C) Children with special needs
(D) Above all
- (16) A school can be imposed with the penalty of _____ as per RTE Act-2009, if school schedules an interview for child's admission in school.
- (A) Rs. 10,000/- (B) Rs. 20,000/-
(C) Rs. 25,000/- (D) Rs. 50,000/-
- (17) Which among the following is correct regarding census 2026-27 in India?
1. Census will be conducted in three phases.
 2. First time it will be digitally conducted.
 3. Self-enumeration option is introduced first time.
- (A) All three (B) 1 and 2
(C) 2 and 3 (D) 1 and 3
- (18) A stands for _____ in NATO.
- (A) America (B) Atlantic
(C) Arctic (D) Association

- (19) _____ is not among the Talukas recently formed in 2025.
- (A) Fagvel (B) Chikda
(C) Shamaji (D) Tankara
- (20) Nobel Laureate Maria Machado belongs to _____.
- (A) Columbia (B) Venezuela
(C) America (D) Australia
- (21) _____ among the following is essential for Distance Learning.
- (A) Effective pre-knowledge
(B) Effective class-room interaction
(C) Effective self-learning material
(D) Effective integration
- (22) _____ ideology considers experiences as a source of knowledge.
- (A) Pragmatism (B) Realism
(C) Idealism (D) Existentialism
- (23) The idea of the unique importance of interaction between nature and child in Education, is seen in the educational philosophy of _____.
- (A) Ravindranath Tagore (B) Gandhiji
(C) Swami Vivekanand (D) J. Krishnamurthy
- (24) Education means _____ in comprehensive meaning.
- (A) A tool for livelihood
(B) Process of holistic development
(C) To attain literacy
(D) To get trained
- (25) School education is a type of _____.
- (A) Continuous education
(B) Distance education
(C) Formal education
(D) Informal education

- (26) Which among the following statements is incorrect in terms of the forms of education?
- (A) Education is a lifelong process.
 - (B) Education means distribution of information.
 - (C) Education is a process of exploration.
 - (D) Education is a process of creation.
- (27) In which philosophy, thought is considered more important than material objects
- (A) Pragmatism
 - (B) Idealism
 - (C) Realism
 - (D) Naturalism
- (28) _____ is a supreme power as per Naturalism
- (A) Spirituality
 - (B) Physical forces
 - (C) Existence
 - (D) Eternal truth
- (29) Knowledge is in _____ form as per Idealists.
- (A) Intangible
 - (B) Tangible
 - (C) Real
 - (D) Physical
- (30) _____ indicates internal impulse, excitation or pressure.
- (A) Impulse
 - (B) Motivation
 - (C) Arousal
 - (D) Instinct
- (31) The deficiency related to writing, reading and learning is known as _____.
- (A) Down syndrome
 - (B) Autism
 - (C) Dyslexia
 - (D) Distraction
- (32) Child likes to perform in musical acts. It shows his/her _____.
- (A) Intelligence
 - (B) Attitude
 - (C) Value
 - (D) Aptitude
- (33) Which among the following is incorrect regarding Growth
- (A) Growth is a change in physical organs
 - (B) Growth is a quantitative change
 - (C) Growth is a lifelong process
 - (D) Growth mostly depends on inheritance

- (34) Which among the following is incorrect regarding development?
- (A) Development is sequential in nature.
 (B) Development is a qualitative change.
 (C) Development is a complex and intricate process.
 (D) Development stops at particular age.
- (35) "Each child is special" - What does this statement suggest?
- (A) Individual differences (B) Types of personality
 (C) Social differences (D) Universal differences
- (36) Children facing a problem of Dysgraphia observes general errors in _____.
- (A) Understanding (B) Reading
 (C) Writing (D) Comprehension
- (37) The _____ phase of moral development is termed as the phase of Equality by Jean Piaget.
- (A) Young age (B) Childhood
 (C) Adolescence (D) Old age
- (38) _____ formed the first personal Intelligence Test.
- (A) Binet and Simon (B) Wechsler and Binet
 (C) Binet and Raven (D) Cafeman and Wechsler
- (39) What is meant by the mental readiness of psycho-physical behavior?
- (A) Motivation (B) Attitude
 (C) Reaction (D) Psychological
- (40) In study weak student achieves success in sports. Which type of defense mechanism is this?
- (A) Adaptation (B) Displacement
 (C) Projection (D) Compensation
- (41) _____ phase of development is called Transition period of life.
- (A) Young age (B) Childhood
 (C) Adolescence (D) Teenage

- (42) To study your students' educational as well as psychological problems in depth, which of the following methods will be useful?
- (A) Visit (B) Case study
(C) Observation (D) Sociometry
- (43) Jean Piaget had divided the birth to 12 year span in _____ phases.
- (A) Four (B) Five
(C) Seven (D) Three
- (44) Action, Object, and Outcome are the parameters of _____ model of intelligence.
- (A) Bi-factor principle
(B) Three-factor principle
(C) Three-dimensional principle
(D) Multiintelligence principle
- (45) _____ introduced three dimensional model of components of Intellectual abilities.
- (A) Guilford (B) Spearman
(C) Sternberg (D) Gardner
- (46) In the context of the scores obtained by the entire group of students, the relative position of a particular student can be determined by _____ measure.
- (A) Percentile Rank (B) Co-relation
(C) Rank (D) Percentage
- (47) Median is used when _____.
- (A) The number of both the extreme ends is high.
(B) Every score needs to be taken into account.
(C) A high level of accuracy is required.
(D) Other statistical measures need to be calculated.
- (48) Which among the following is Assessment for learning?
- (A) Co-scholastic Assessment (B) Assessment of co-curricular activities
(C) Formative Assessment (D) Summative Assessment

- (49) _____ among the following sequence is developmental in the context of level of Information.
- (A) Data → Information → Knowledge → Wisdom
 - (B) Information → Data → Knowledge → Wisdom
 - (C) Data → Knowledge → Information → Wisdom
 - (D) Information → Knowledge → Data → Wisdom
- (50) In the stages of Action Research, the topmost step is _____ as per intermediate status.
- (A) Problem
 - (B) Probable reasons of problem
 - (C) Sketch of Experiential task
 - (D) Evaluation
- (51) To pat the students is a _____ incentive.
- (A) Positive verbal incentive
 - (B) Positive not verbal incentive
 - (C) Negative verbal incentive
 - (D) Negative non-verbal incentive.
- (52) In the classroom, the teacher presents various examples through different methods, derives rules based on them and then makes generalization. It is called _____ method.
- (A) Inductive - Inductive
 - (B) Deductive - Inductive
 - (C) Inductive - Deductive
 - (D) Deductive - Deductive
- (53) A teacher should ask _____ types of questions in the classroom.
- (A) Meaningful
 - (B) Supportive
 - (C) Reflexive
 - (D) Suggestive
- (54) To make classroom teaching effective and lively, _____ types of interactions are not included.
- (A) Interactions between students and stimulus
 - (B) Interactions between teacher and students
 - (C) Interactions between student and Society
 - (D) Interactions between student and student

- (55) _____ is not the component included in relative effect of teacher in class-room interaction.
- (A) Acceptance of feelings (B) Praise motivation
(C) Acceptance of ideas (D) Instructions
- (56) Complete the series : 1, 4, 9, 16, 25
- (A) 36 (B) 38
(C) 40 (D) 44
- (57) X is taller than Y. Z is taller than X but shorter than T. W is shorter than X but taller than Y. Then find the option that correctly indicates the ascending order.
- (A) T - Z - X - W - Y (B) Z - X - W - Y - T
(C) T - X - Z - W - Y (D) Y - W - X - Z - T
- (58) HOUSE = 69 then HOME = ?
- (A) 66 (B) 41
(C) 40 (D) 37
- (59) Five friends A, B, C, D and E are standing in a queue. A is left to B. A is right to C and D. E is at the end in right. Then _____ is in the middle.
- (A) B (B) D
(C) A (D) C
- (60) If SCHOOL = VFKRRO then PUPIL = _____
- (A) TYTMO (B) SXSLO
(C) RWRKO (D) QVQLO
- (61) A person walks for 6 mt in North. Then he turns at 90° and walks for 3 mt to the East. Then he turns to South at 90° and walks for 6 mt. Then turns 90° to the East and walks for 3 mt. Now how far is he from the starting point?
- (A) 3 mt (B) 9 mt
(C) 12 mt (D) 6 mt
- (62) _____ stands in the middle if letters are arranged in alphabetical order of word "MONTH"
- (A) M (B) O (C) N (D) H

- (63) If 5 people complete 5 tasks in 5 days, then 10 people complete 10 tasks in _____ days.
- (A) 10 days (B) 5 days
(C) 1 days (D) 8 days
- (64) _____ among the following can be divided by 3, 7 and 8 without remainder.
- (A) 1008 (B) 564
(C) 1009 (D) 1276
- (65) Your father's brother's son's sister's uncle is your _____.
- (A) Maternal uncle (B) Maternal grandfather
(C) Maternal aunt's husband (Masa) (D) Father
- (66) $8 \text{ ____ } 4 \text{ ____ } 68 \text{ ____ } 17$
- (A) $\times, +, =$ (B) $-, \times, =$
(C) $-, =, \div$ (D) $\times, =, -$
- (67) _____ among the following is odd one.
- (A) J7Q (B) N6T (C) R3V (D) B2D
- (68) Krupali begins to walk to the North. She turns right after walking for 2 km. Then she walks for 2 km. Then she moves to the right and walks for 2 km. Now Krupali must be facing _____ direction.
- (A) North (B) South
(C) East (D) West
- (69) 40 boys are standing in a line. Vedant stands 14th from the right, then he must be _____ from the left.
- (A) 25th (B) 24th
(C) 27th (D) 26th
- (70) If in the following equation:
+ in place of -
 \times in place of \div inserted then _____ will come in place of ?
 $35 + 30 - 3 \times 3 \div 17 = ?$
- (A) 24 (B) 22 (C) 20 (D) 23

- (71) નીચે વિકલ્પોમાં આપેલા શબ્દોમાંથી સામાસિક શબ્દ ન હોય તે ઓળખી બતાવો.
- (A) પોસ્ટ ઓફિસ (B) પોસ્ટકાર્ડ
(C) રાત-દિવસ (D) અનુપમ
- (72) બે ફાંટ પતીરા રિયા – મતીરા શબ્દનો અર્થ જણાવો.
- (A) કાકડી (B) ચીભડા
(C) કારેલાં (D) કંકોડા
- (73) કાર ખોટકાઈ પડે તો એનો માલિક થોડો શરમાય છે.
વાક્યમાં થોડો શબ્દ નીચે પૈકી શું છે?
- (A) પ્રમાણસૂચક ક્રિયા વિશેષણ (B) માત્રાસૂચક વિશેષણ
(C) સમયવાચક ક્રિયા વિશેષણ (D) પ્રમાણસૂચક ક્રિયા વિશેષણ
- (74) રોગના મૂળમાં સમજણ સાથેના છૂટાછેડા રહેલા છે – વાક્યનો ભાવાર્થ દર્શાવતું વાક્ય નીચેના વિકલ્પોમાંથી શોધો.
- (A) ડોક્ટર રોગની જાળવણી માટે છે કે આરોગ્યની?
(B) રોગ થાય તે માટે સુખી લોકો સ્થૂળ સાધના કરે છે.
(C) પોતાના શરીરને ન સમજે તે વળી બીજાને શું સમજે?
(D) તંદુરસ્ત સમાજ એટલે હોસ્પિટલ, અનાથ આશ્રમ, વૃદ્ધાશ્રમની વૃદ્ધિ.
- (75) સમાન અર્થ ધરાવતા શબ્દની જોડી નીચેના વિકલ્પોમાંથી ઓળખી બતાવો.
- (A) આદિમ – પ્રારંભ, અંત (B) છાંક – નશો, કેફ
(C) ઓથ – સહારો, સાયુજ્ય (D) ગિરા – મીઠાંશ, કર્કસતા
- (76) વિરામ ચિહ્ન નક્કી કરો.
- વાચન સમજ માટે વપરાય છે.
- કોઈના કથનને દર્શાવતા પહેલા મૂકાય છે.
- સંબોધનના પદ પછી મૂકાય છે.
- (A) પૂર્ણવિરામ (B) અર્ધવિરામ
(C) અલ્પવિરામ (D) ગુરુવિરામ
- (77) અર્થની સ્પષ્ટતા કરવા માટે વપરાય છે.
- (A) નાનો કૌસ (B) મોટો કૌસ
(C) છગડિયો કૌસ (D) બેવડું અવતરણ

(78) સાચી જોડણી ઓળખો.

(A) કીર્તિ

(B) કિર્તિ

(C) કીર્તી

(D) કિર્તી

(79) કવિ - લેખકના તખલ્લુસની યોગ્ય જોડ બનાવો.

A

B

1. ગૌરીશંકર જોશી

A. બેફામ

2. મણિશંકર ભટ્ટ

B. વાસુકી

3. બરકર વિરાણી

C. ધૂમકેતુ

4. ઉમાશંકર જોશી

D. કાન્ત

(A) 1-B, 2-D, 3-A, 4-C

(B) 1-C, 2-D, 3-B, 4-A

(C) 1-C, 2-B, 3-A, 4-D

(D) 1-C, 2-D, 3-A, 4-B

(80) જરૂર - નો સમાનાર્થી શબ્દ શોધો.

(A) પિતા

(B) જઠર

(C) યુવાન

(D) વૃદ્ધ

(81) પૂર્વા, મને તારું સરનામું લખાવ તો ! વાક્યમાં નિપાત શોધો.

(A) તો

(B) મને

(C) તારું

(D) લખાવ

(82) ચોઘડિયું - સમાસ ઓળખાવો.

(A) દ્વંદ્વ

(B) દ્વિગુ

(C) તત્પુરુષ

(D) મધ્યમપદલોપી

(83) અલંકાર ઓળખાવો - "રવિને પોતાનો તડકો ન ગમે તો ક્યાં જાય?"

(A) વ્યાજસ્તુતિ

(B) અનન્વય

(C) વ્યતિરેક

(D) શ્લેષ

(84) વિભક્તિનો પ્રકાર જણાવો. તે રાજકોટ સુધી અમારી સાથે હતા.

(A) દ્વિતીયા

(B) તૃતીયા

(C) પંચમી

(D) સપ્તમી

- (85) शब्दकोशना क्रममां गोठवो. कौस, कृपा, कांयन, कागण
 (A) कागण, कांयन, कौस, कृपा
 (B) कागण, कांयन, कृपा, कौस
 (C) कागण, कृपा, कांयन, कौस
 (D) कागण, कौस, कांयन, कृपा
- (86) Quinine tastes bitter. Find the correct passive sentence.
 (A) Quinine is bitter when it is tasted. (B) Quinine is bitter tasted.
 (C) The taste of quinine is bitter. (D) Quinine is tasted bitter.
- (87) When he was working with full concentration, _____ angle appeared and commented.
 (Put proper article)
 (A) a (B) an
 (C) the (D) none
- (88) You must _____ God, the greatest. (put proper phrase)
 (A) trust on (B) trust to
 (C) trust in (D) trust
- (89) For 25 years, the residents of Taj Nagar Village near Gurgaon lobbied _____ a railway station in their village.
 (A) to (B) for
 (C) towards (D) on
- (90) Few people turned up for the show, _____? (Select proper Question Tag)
 (A) did they (B) didn't they
 (C) aren't they (D) won't they
- (91) Which is not the sub skill of Listening Skills?
 (A) Global understanding (B) Specific information
 (C) Scanning (D) Infer attitude
- (92) Which conjunction is preferable to indicate the reason and result?
 (A) Although (B) Though
 (C) So that (D) Either....nor

- (93) Find out the nearest meaning of "haze".
- (A) near (B) for
(C) gaze (D) gain
- (94) "Let's give a party", said Jaya. "let's not", said her husband. Find the correct indirect speech.
- (A) Jaya suggested giving a party but her husband answered in the positive.
(B) Jaya suggested giving a party but her husband contradicted her.
(C) Jaya suggested giving a party but her husband was not sure.
(D) Jaya suggested not giving a party but her husband refused.
- (95) Find the adjective from the options given below.
1. Black 2. Box 3. School 4. House
- (A) box (B) black
(C) school (D) house
- (96) Fill in the blank : The manager was impressed _____ his dedication.
- (A) at (B) on (C) with (D) for
- (97) Select the synonym of Diligent :
- (A) Hardworking (B) Intelligent
(C) Lazy (D) Famous
- (98) Choose the correct antonym of : ' Transparent '
- (A) Clear (B) Opaque (C) Fragile (D) Solid
- (99) Fill in the blank with correct tense : "By the time we reach the station, the train _____."
- (A) leaves (B) will leave
(C) will have left (D) left
- (100) Select the correct meaning of the idiom : ' To hit the nail on the head '
- (A) To hurt someone
(B) To work as a carpenter
(C) To describe exactly what is causing a situation
(D) To make a loud noise

- (101) What is known as effort to attain unity by controlling body Pran and mind in 'Yoga'?
- (A) Gyan Yoga (B) Karma Yoga
(C) Bhakti Yoga (D) Raj Yoga
- (102) Which Aasana removes stress and fatigue from the body?
- (A) Makarasana (B) Halasana
(C) Bhujangasana (D) Bhadrasana
- (103) What does 'Kumbhaka' mean in 'Pranayama'?
- (A) Inhaling the air (B) Retention of breath in body
(C) Exhalation (D) Long breath
- (104) Name the asana in which the position of body resemble like Palm tree?
- (A) Dhanurasana (B) Padhastasana
(C) Tadasana (D) Dhanurasana
- (105) What is measured by vertical jump in motor quality test?
- (A) Shoulder and trunk co-ordination (B) Visual ability
(C) Emotional ability (D) Explosive ability
- (106) In case of honey-bee bite what is to be rubbed on stinged part?
- (A) Tincture Iodine (B) Hot water soaked piece of cloth
(C) Tincture Benzoin (D) Ice
- (107) How many metres long the approach runway is kept in long jump?
- (A) 45 mtr (B) 40 mtr
(C) 43 mtr (D) 55 mtr
- (108) What is the thickness of rim in shot put?
- (A) 8 mm (B) 9 mm
(C) 5 mm (D) 6 mm

- (109) What is the duration of the game of Kabaddi?
- (A) $10+10+15 = 35$ minutes
 (B) $15+5+15 = 35$ minutes
 (C) $10+15+10 = 35$ minutes
 (D) $10+5+20 = 35$ minutes
- (110) What was the name of the game Volleyball given by William G Morgan?
- (A) Mintonette
 (B) Mint-o-mint
 (C) mint o volley
 (D) Volley o mint
- (111) Who is a special defensive player in Volleyball team?
- (A) Cairo
 (B) Libero
 (C) Impact Player
 (D) Captain
- (112) What is the full form of ORS powder?
- (A) Oral Rehydration Syrup
 (B) Oral Respiratory System
 (C) Oral Rehydration Solution
 (D) Oral Recognition System
- (113) How many maxims are there in the book "Yoga Sootra"?
- (A) 185
 (B) 195
 (C) 210
 (D) 169
- (114) Efficiency of nervous system depends upon what?
- (A) Thought of the mind
 (B) Efficiency of the brain
 (C) Flexibility of the spine
 (D) Efficiency of the muscles
- (115) First Five steps of Ashtanga Yoga are known as?
- (A) Extrovert
 (B) Internal
 (C) External
 (D) Introvert
- (116) Which is the first step of Ashtanga Yoga?
- (A) Niyam
 (B) Asana
 (C) Pranayam
 (D) Yama

- (117) In which adhyaya of Bhagavad Gita explanation about where to sit and how to sit in meditation is given?
- (A) 12 (B) 15
(C) 08 (D) 06
- (118) In which of the following activities is inhalation done only through the right nostril?
- (A) Sooryabhedan (B) Chandrabhedan
(C) Anulom - Vilom (D) Sheetali
- (119) Which Pranayam controls high B.P.?
- (A) Anulom - Vilom (B) Sheetali
(C) Bhastrika (D) Sheetkari
- (120) Which bandha awakes Kundalini Power?
- (A) Mula bandha (B) Jalandhar bandha
(C) Yogik bandha (D) Uddiyana bandha
- (121) In which asana does the body get the shape of a bow?
- (A) Padmasana (B) Tadasana
(C) Makrasana (D) Dhanurasana
- (122) By doing which asana are diseases like swelling of testicles and Hernia cured?
- (A) Dhanurasana (B) Gomukhasana
(C) Shavasana (D) Padmasana
- (123) Which asana is beneficial for people suffering from osteoporosis?
- (A) Chakrasana (B) Ushtrasana
(C) Pavanmuktasana (D) Setukasana
- (124) By doing which asana is energy generated in the body?
- (A) Shalabhasana (B) Chakrasana
(C) Pavanmuktasana (D) Garudasana

- (125) By which Pranayam the muscles of the head get rest?
- (A) Anulom-Vilom (B) Chandrabhedan
(C) Sheetalī (D) Sooryabhedan
- (126) What benefit does one gain by performing the third position of Suryanamaskar?
- (A) Brightness of the eyes increases.
(B) Throat diseases like tonsils are cured.
(C) The spine becomes flexible.
(D) The hand becomes strong.
- (127) How many constituents are there for food?
- (A) Eight (B) Seven
(C) Six (D) Five
- (128) How should a patient be made to lie in Schafer method of artificial respiration?
- (A) should not be allowed to lie down (B) on the stomach (inverted)
(C) on the side (D) on the back
- (129) How many breathes does a person take normally in resting position in a minute?
- (A) Approx - 10 to 12 (B) Approx - 20 to 22
(C) Approx - 17 to 19 (D) Approx - 14 to 16
- (130) In case of fracture what should be applied while tying a bandage?
- (A) Splint (B) An Antiseptic
(C) Cotton (D) A solution
- (131) Which of the following is not an illusion about yoga?
- (A) Yoga is for beauty
(B) Yoga is a type of exercise
(C) Yoga is only Aasanas and Pranayama
(D) Yoga is to attain oneness with the divine soul

- (132) After how many positions is one cycle of Surya-Namaskar completed?
- (A) Eleven (B) Twelve
(C) Ten (D) Nine
- (133) What is the width of the pit used for Long-Jump?
- (A) 2.25 mtr (B) 2.75 mtr
(C) 2.50 mtr (D) 3.00 mtr
- (134) What kind of step is taken at the end of the approach run?
- (A) Little longer (B) Very long
(C) Litter shorter (D) Very small
- (135) How many metres is the free zone in the game of Kho-Kho for Junior boys?
- (A) 1.25 mt (B) 1.50 mt
(C) 2.00 mt (D) 2.50 mt
- (136) Which institution was the first to frame rules for Kho-Kho?
- (A) South Gymnasium (B) West Gymnasium
(C) North Gymnasium (D) East Gymnasium
- (137) Who invented the game of basketball?
- (A) H. C. Buck (B) Baron D. Kubertin
(C) James William (D) Dr. James Naismith
- (138) What is the length of the antenna in volleyball game?
- (A) 2.50 mtr (B) 1.80 mtr
(C) 2.00 mtr (D) 1.50 mtr
- (139) What is the maximum length of bat in the game of cricket?
- (A) 90.5 cm (B) 92.5 cm
(C) 94.5 cm (D) 96.5 cm

- (140) What is the distance between the wickets in the game of cricket?
(A) 21.12 mtr (B) 22.12 mtr
(C) 20.12 mtr (D) 23.12 mtr
- (141) From which states has the game of Kabaddi originated?
(A) Maharashtra and Karnataka (B) Madhya Pradesh and Gujarat
(C) Gujarat and Maharashtra (D) Rajasthan and Madhya Pradesh
- (142) A set of Volleyball game consists of how many points?
(A) 20 points (B) 25 points
(C) 15 points (D) 30 points
- (143) What is the correct sequence of Antarang Yoga?
(A) Dharana, Dhyana, Samadhi (B) Dhyana, Dharana, Samadhi
(C) Samadhi, Dharana, Asana (D) Pratyahar, Dharana, Asana
- (144) Which Bandha is useful in case of hernia?
(A) Jalandhar Bandha (B) Uddiyana Bandha
(C) Mul bandha (D) Vayu Bandha
- (145) What is the required starting position for Garudasana?
(A) Standing Position (B) Sleeping Position
(C) Sitting Position (D) Prone Position
- (146) Which vaccine is given to prevent polio?
(A) OPV (B) TT
(C) DTP (D) BCC
- (147) Which type of clay is specifically recommended in clay treatment?
(A) Clay from an anthill (B) Red clay from mountain
(C) Processed white ceramic clay (D) Sand from the bottom of the ocean

(148) When is the 'World AIDS Day' Celebrated?

(A) 1st October

(B) 1st November

(C) 1st December

(D) 1st January

(149) When a referee shows yellow card in Kabaddi it means _____

(A) Warning / Alter

(B) Temporary dismissal

(C) Dismissal for the game

(D) Player is out

(150) What is the length and width of basketball playground?

(A) 18 m x 32 m

(B) 15 m x 28 m

(C) 28 m x 15 m

(D) 32 m x 18 m

(151) When the players of both the teams keep their one or two hands over the ball for five seconds, it is declared as _____ by umpire.

(A) Intentional foul

(B) Personal foul

(C) Double foul

(D) Held ball

(152) Which among the following is not a passing style in Handball game?

(A) chest pass

(B) head pass

(C) wrist pass

(D) bounce pass

(153) How many substitutes are there in the game of 'Handball' in each team?

(A) 5 players

(B) 4 players

(C) 3 players

(D) 1 player

(154) What is the number of the ball in the game of volleyball?

(A) 3 number

(B) 6 number

(C) 4 number

(D) 2 number

(155) Which of the following is not a type of Kicking in football?

(A) Drop Kick

(B) Volley Kick

(C) Push Kick

(D) Left Kick

- (156) When did the Santosh Trophy start?
- (A) 1941 (B) 1940
(C) 1951 (D) 1950
- (157) Which medicine is given to a person who is suffering from excessive sleep?
- (A) paracetamol (B) amoxicillin
(C) amphetamine (D) ibuprofen
- (158) Which Vidya is an invaluable gift inherited by us from our ancient saints?
- (A) Jyotish Vidya (B) Khagol Vidya
(C) Tantrik Vidya (D) Yoga Vidya
- (159) In Pranayam what is the process if with-held the breath outside the body known as?
- (A) Rechak (B) Poorak
(C) Bahya Kumbhak (D) Kumbhak
- (160) Which Vaccine is given to Prevent TB?
- (A) Small Pox (B) B.C.G.
(C) O.P.V. (D) D.P.T.
- (161) Who kills the germs injected in the process of vaccination?
- (A) RBC (B) WBC
(C) Plasma (D) Vaccine adverse effects
- (162) Which therapeutic method has side-effect?
- (A) Ayurveda (B) Yogopachar
(C) Homoeopathy (D) Allopathy

- (163) In the district of Panchmahal of Gujarat which organization provides health services with the spirit of service?
- (A) ANJALI (B) CHETNA
(C) VANVASI (D) ANANDI
- (164) Which type of start is used in 1500 mtrs run?
- (A) Crouch start (B) Elongated start
(C) Standing start (D) Bullet start
- (165) In a relay race which start type is mandatory?
- (A) crouch start (B) standing start
(C) Elongated start (D) Any start is allowed
- (166) Give the name of second Skill of Discus throw?
- (A) Grip (B) Stance
(C) Arm swings (D) Throw
- (167) In Discus throw, which finger gives the last push to the discus?
- (A) Last (B) Second
(C) Third (D) First
- (168) What should be the radius of the centre circle of a basketball playground?
- (A) 1.50 mtrs (B) 1.75 mtrs
(C) 1.80 mtrs (D) 1.50 mtrs
- (169) After the toss, winner of the coin toss begins the game with ?
- (A) Throw off (B) Penalty throw
(C) Throw-in (D) Free throw

- (170) How many studs are there at a sole of boot in football game?
(A) 5 (B) 7
(C) 8 (D) 10
- (171) Which Pranayam removes old fever and purifies the blood?
(A) Sheetali Pranayama (B) Nadi-Shodhan Pranayam
(C) Sheetkari Pranayam (D) Sooryabhedan Pranayam
- (172) In the game of Football how many referees are there?
(A) Four (B) Three
(C) Five (D) Two
- (173) What should be the height of the stumps from the ground in the game of cricket?
(A) 71.12 cm (B) 70.12 cm
(C) 72.12 cm (D) 73.12 cm
- (174) In the beginning when does the patient of T.B. suffer slow fever?
(A) Morning (B) Afternoon
(C) Night (D) Evening
- (175) How do bacteria of Typhoid enter human body?
(A) Through air (B) Through rubbing of skin
(C) Through food, water, milk (D) Through animal touch
- (176) When did Government start National AIDS Control Programme in India?
(A) June - 1990 (B) August - 1991
(C) February - 1993 (D) April - 1992
- (177) Which is the test for measuring the swiftness of a player?
(A) 6x10 mtr shuttle run (B) 400 mtr race
(C) Throw ball (D) Straight high Jump

- (178) Why is the specific asana named "Lolasana"?
- (A) because it makes body strong like rock
 (B) because the body swings like the pendulum of a clock.
 (C) because it requires the practitioner to sit like lotus
 (D) because it is performed at very fast speed
- (179) What is the quality of good behaviour known as?
- (A) Rajoguna (B) Tamoguna
 (C) Sattvaguna (D) None of above
- (180) In which Pranayama is the breath inhaled through the left nostril, then closed and exhaled through the right nostril?
- (A) Sheetalī (B) Bhastrika
 (C) Sooryabhedan (D) Chandrabhedan
- (181) In which Pranayama does a performer inhale through the left nostril, close it and exhale through the right nostril?
- (A) Sheetalī (B) Bhastrika
 (C) Sooryabhedan (D) Chandrabhedan
- (182) In which country had the Football game originated?
- (A) England (B) India
 (C) Brazil (D) France
- (183) In Dr. Silvester method of artificial respiration, how should the patient lie ?
- (A) on the back (B) on the belly
 (C) on the side (D) inverted

- (184) In effects of heavy type of exercises, what is the energy produced in the presence of oxygen known as?
- (A) Anaerobic energy (B) Aerobic energy
(C) Chemical energy (D) Great energy
- (185) In non-visual method of relay race, which one of the following is not a correct method of the exchange of baton?
- (A) Cup-shape method
(B) The palm-towards baton method
(C) The up-swing method
(D) The palm-held-skywards method
- (186) What is the angle between two line of throwing area of 'Discus throw'?
- (A) 38.28° (B) 38.92°
(C) 34.92° (D) 35.92°
- (187) Which principle applies when it is said "if hands are short then motion will be more and if hands are long then motion will be slow?"
- (A) Gravity (B) Pythagoras
(C) Evolution (D) Pendulum
- (188) During the game of handball when the players of both the teams violate the rules simultaneously. What is awarded by the referee?
- (A) Referee Throw (B) Throw-in
(C) Throw-off (D) Free Throw
- (189) In which method the movement of both the legs go one by one forward and backward in long jump?
- (A) Walking in the air method (B) Sailing in the air method
(C) Hanging in the air method (D) Diving in the air method

- (190) In the game of Volleyball when the service changes how do the players of the servicing team position themselves?
- (A) According to the instructions of the captain
 - (B) Anticlockwise
 - (C) Clockwise
 - (D) In any manner
- (191) The National Educational Policy has laid emphasis on the all-round _____ of the individual ?
- (A) Environment
 - (B) Health
 - (C) Sport
 - (D) None of these
- (192) Which of the following is not an educational measurement?
- (A) The meaning is limited
 - (B) It is very precise measurement
 - (C) It is temporary
 - (D) The result
- (193) What percentage of protein should be in the diet of athletes during sports training?
- (A) 5 to 10%
 - (B) 11 to 15 %
 - (C) 16 to 20 %
 - (D) 10 to 15 %
- (194) Which method encourages students to discover through thinking and experimentation?
- (A) Guided Discovery Method
 - (B) Dictation Method
 - (C) Drill Method
 - (D) Lecture Method
- (195) Which method practices individual parts of a skill separately ?
- (A) Progressive part method
 - (B) Whole method
 - (C) Whole part –whole method
 - (D) Part method
- (196) Trained physical education teachers should be:
- (A) Ethical, caring, critical and reflective
 - (B) Careless and passive
 - (C) Only competitive
 - (D) Only authoritative

- (197) The national curriculum and syllabus in physical education should aim for:
- (A) local isolation
 - (B) Reduced academic standards
 - (C) limited participation
 - (D) Global compatibility
- (198) How many parts are mentioned for teaching a skill in physical education ?
- (A) Three parts
 - (B) Four parts
 - (C) Five parts
 - (D) Six parts
- (199) Students are given different tasks based on their ability level. This teaching approach is _____
- (A) Uniform teaching
 - (B) Strict discipline
 - (C) Differentiated instruction
 - (D) Free play
- (200) According to the teachers' code of Ethics, a teacher should respect whom?
- (A) Right, dignity and worth of every human being
 - (B) Only academic performance of students
 - (C) Only institutional rules
 - (D) Only sports achievements

