



The Current Affairs Quiz

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Tuesday, 19 May 2026

- India secured a total of how many medals (Gold, Silver and Bronze combined) in the Asian Boxing U-15 Championships 2026?
(A) 24 medals (B) 27 medals
(C) 29 medals (D) 31 medals
(E) 33 medals
- In 2026, Sikkim Statehood Day marks how many years of Sikkim's statehood in India?
(A) 49 years (B) 50 years
(C) 51 years (D) 52 years
(E) 53 years
- Ali Falih Kadhim al-Zaidi assumed office as Prime Minister of which country in May 2026?
(A) Iraq (B) Iran
(C) Syria (D) Jordan
(E) Kuwait
- Which country returned the 11th-century Anaimangalam copper plates to India in May 2026?
(A) France (B) United Kingdom
(C) Germany (D) Netherlands
(E) Portugal
- Scientists from CSIR-NGRI identified an ancient underground river channel in which Indian state?
(A) Bihar (B) Jharkhand
(C) Uttar Pradesh (D) Rajasthan
(E) Madhya Pradesh
- Rajasthan's first semiconductor cluster was inaugurated in May 2026 in which district?
(A) Alwar (B) Jodhpur
(C) Jaipur (D) Jaisalmer
(E) Udaipur
- Etor Gidi festival, recently celebrated in Arunachal Pradesh, is associated with which tribal community?
(A) Naga (B) Adi
(C) Apatani (D) Bodo
(E) Mishing
- Which state became the first in India to complete all priority areas under Deregulation Phase-I and Phase-II in 2026?
(A) Assam (B) Manipur
(C) Meghalaya (D) Tripura
(E) Nagaland
- Recently, a new Ebola outbreak in May 2026 was reported in which country?
(A) Nigeria (B) Congo
(C) Uganda (D) South Sudan
(E) Cameroon
- The Centre launched a ₹189.79-crore Ginger Mission (2026) in which state, which is also known as the Ginger Capital of India?
(A) Mizoram (B) Tripura
(C) Assam (D) Manipur
(E) Meghalaya

1-{B} - 2-{C} - 3-{A} - 4-{D} - 5-{C} - 6-{A} - 7-{B} - 8-{D} - 9-{B} - 10-{A}



Bhupesh Kumar, Chief Mentor, Career Planner Alliance Club is felicitated for his outstanding contribution in the field of education by His Excellency **Rajendra Vishwanath Arlekar**, Governor of Bihar.



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- एशियाई मुक्केबाजी अंडर-15 चैंपियनशिप 2026 में भारत ने कुल कितने पदक (स्वर्ण, रजत और कांस्य संयुक्त) हासिल किए?
(A) 24 पदक (B) 27 पदक
(C) 29 पदक (D) 31 पदक
(E) 33 पदक
- 2026 में, सिक्किम राज्यत्व दिवस भारत में सिक्किम के राज्यत्व के कितने वर्ष पूरे होने का प्रतीक है?
(A) 49 वर्ष (B) 50 वर्ष
(C) 51 वर्ष (D) 52 वर्ष
(E) 53 वर्ष
- अली फलीह कादिम अल-जैदी ने मई 2026 में किस देश के प्रधान मंत्री के रूप में पदभार ग्रहण किया?
(A) इराक (B) ईरान
(C) सीरिया (D) जॉर्डन
(E) कुवैत
- मई 2026 में किस देश ने 11वीं शताब्दी की अनार्इमंगलम तांबे की प्लेटें भारत को लौटा दीं?
(A) फ्रांस (B) यूनाइटेड किंगडम
(C) जर्मनी (D) नीदरलैंड
(E) पुर्तगाल
- सीएसआईआर - एनजीआरआई के वैज्ञानिकों ने किस भारतीय राज्य में एक प्राचीन भूमिगत नदी चैनल की पहचान की?
(A) बिहार (B) झारखंड
(C) उत्तर प्रदेश (D) राजस्थान
(E) मध्य प्रदेश
- मई 2026 में राजस्थान के पहले सेमीकंडक्टर क्लस्टर का उद्घाटन किस जिले में किया गया?
(A) अलवर (B) जोधपुर
(C) जयपुर (D) जैसलमेर
(E) उदयपुर
- हाल ही में अरुणाचल प्रदेश में मनाया गया एटोर गिदी उत्सव किस आदिवासी समुदाय से संबंधित है?
(A) नागा (B) आदि
(C) अपातानी (D) बोडो
(E) मिशिंग
- 2026 में विनियमन चरण-I और चरण-II के तहत सभी प्राथमिकता वाले क्षेत्रों को पूरा करने वाला कौन सा राज्य भारत का पहला राज्य बन गया?
(A) असम (B) मणिपुर
(C) मेघालय (D) त्रिपुरा
(E) नागालैंड
- हाल ही में, मई 2026 में एक नया इबोला प्रकोप किस देश में रिपोर्ट किया गया था?
(A) नाइजीरिया (B) कांगो
(C) युगांडा (D) दक्षिण सूडान
(E) कैमरून
- केंद्र ने किस राज्य में ₹189.79 करोड़ का जिंजर मिशन (2026) लॉन्च किया, जिसे भारत की जिंजर राजधानी के रूप में भी जाना जाता है?
(A) मिजोरम (B) त्रिपुरा
(C) असम (D) मणिपुर
(E) मेघालय

1-{B} - 2-{C} - 3-{A} - 4-{D} - 5-{C} - 6-{A} - 7-{B} - 8-{D} - 9-{B} - 10-{A}

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Date-7th & 21th April

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Test Calendar 2026

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Exam Pattern

| Subject | Total No of Questions | Max Marks | Sectional Time |
|-----------|-----------------------|-----------|----------------|
| Reasoning | 25 | 25 | 20 |
| Maths | 25 | 25 | 25 |
| English | 25 | 25 | 20 |
| GK | 25 | 25 | 15 |

Contact Branch Office with one photo and CP id-card for admit card

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The General Studies Quiz

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G.S

1. What is the full form of 'GDP'?

- (A) Gross Domestic Product
- (B) Global Discount Product
- (C) Gross Demand Product
- (D) Gross Direct Price

2. Elementary Education has been accepted as a Fundamental Right of each child between the _____ of age.

- (A) 5 to 10 years
- (B) 6 to 14 years
- (C) 6 to 12 years
- (D) 5 to 15 years

3. Losar Festival is observed annually in which state/UT?

- (A) Ladakh
- (B) Meghalaya
- (C) Jammu & Kashmir
- (D) Goa

4. Who was the first chairman of the Delimitation Commission?

- (A) Justice J L Kapur
- (B) Justice Kuldeep Singh
- (C) Justice N Chandrasekhara Aiyar
- (D) None of the above

5. According to the Jain Philosophy, what is the meaning of the term 'Jina'?

- (A) A period of less than forty-eight minutes
- (B) A type of cloth woven fabric
- (C) Refraining from the five minor types of evil activity
- (D) The one who has conquered temporal and material existence

6. The northern plain of India is formed of _____.

- (A) Metamorphic soil
- (B) Igneous rocks
- (C) Alluvial soil
- (D) Old crystalline rocks

7. The provisions of 'Directive Principles of State Policy' of the Indian Constitution are borrowed from which of the following Constitutions?

- (A) Canadian Constitution
- (B) Irish Constitution
- (C) US Constitution
- (D) British Constitution

8. Heri Tiera Fomes (Sundari tree) is a type of _____.

- (A) Mangrove Forest
- (B) Alpine Forest
- (C) Tundra Forest
- (D) None of the above

9. 'Dashain' is the grandest festival of _____.

- (A) Bangladesh
- (B) Bhutan
- (C) Sri Lanka
- (D) Nepal

10. Acid rain is caused by _____.

- (A) Sulfur dioxide
- (B) Nitrogen oxides
- (C) Methane
- (D) Both (A) and (B)

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Daily Static GK One -Liners

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SKELETAL SYSTEM

Main Functions of the Skeletal System

- **Support** – Provides shape and structure to the body.
- **Protection** – Shields vital organs (e.g., skull protects the brain, ribs protect the heart and lungs).
- **Movement** – Works with muscles to allow movement at joints.
- **Mineral Storage** – Stores calcium and phosphorus, which are vital for many body processes.
- **Blood Cell Production** – Bone marrow produces red and white blood cells and platelets (in long bones, ribs, sternum).
- **Energy Storage** – Yellow bone marrow stores fats.

Major Parts of the Skeletal System

- **Bones** – Hard structures that form the body's framework (206 in adult humans).
- **Cartilage** – Smooth, flexible tissue that reduces friction and absorbs shock at joints.
- **Ligaments** – Tough bands of connective tissue that connect

- **Joints** – Places where two or more bones meet, allowing movement.

Types of Bones (by shape)

- **Long bones** – e.g., femur, humerus (support and movement)
- **Short bones** – e.g., carpals, tarsals (stability, little movement)
- **Flat bones** – e.g., skull, ribs, sternum (protection, surface for muscle attachment)
- **Irregular bones** – e.g., vertebrae (complex shapes for special functions)
- **Sesamoid bones** – e.g., patella (reduce friction in tendons)

Divisions of the Skeleton

• **Axial Skeleton (80 bones)**

- Skull → 22
- Vertebral column → 26
- Rib cage + Sternum → 25
- Ear ossicles + Hyoid bone → 7
- (Ear ossicles = 6, Hyoid = 1)

• **Appendicular Skeleton (126 bones)**

- Limbs (arms and legs) - 120 Bones
- Shoulder girdle- 4 Bones
- Pelvic girdle- 2 Bones

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