



# Physical Education Notes Unit 6

BY @THUNDERSTUDY

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## TOPIC 1 — National Sports Policies in India

**National Sports Policy** is a framework formulated by the Government of India to guide the development, promotion, and regulation of sports across the country. India's sports governance is primarily handled by the **Ministry of Youth Affairs and Sports (MYAS)**.

### A. National Sports Policy 1984 — India's First Formal Policy

- **Year:** Announced in 1984 under the Government of India.
- **Context:** India's poor performance in international sports prompted the need for a structured policy.
- **Key Objectives:** Promotion of mass participation in sports; talent identification; development of sports infrastructure; promotion of traditional sports.
- **Implementing Bodies:** Sports Authority of India (SAI) established in 1984 as the primary implementation body.
- **Key Features:** National coaching schemes; scholarships for talented athletes; sports competitions at school/college levels.
- **Limitation:** Policy was broad but lacked specific funding mechanisms and accountability measures.

### B. National Sports Policy 2001 — Comprehensive Overhaul

- **Year:** 2001 — replaced the 1984 policy with a more comprehensive framework.
- **Key Thrust Areas:**
  1. **Broad-basing of Sports:** Encourage maximum participation at grassroots/rural level.
  2. **Achieving Excellence:** Identify and nurture talent for international competitions (Olympic, CWG, Asian Games).
  3. **Sports Infrastructure:** Develop world-class facilities across the country.
  4. **Sports Science & Technology:** Integrate sports science, medicine, and nutrition into athlete training.
  5. **Women in Sports:** Special emphasis on promoting female participation.
  6. **Role of NGOs and Corporate Sector:** Encourage public-private partnership in sports development.
  7. **Traditional Games:** Preserve and promote indigenous sports (Kabaddi, Kho-Kho, Mallakhamb).
- **Key Outcome:** Led to expansion of SAI centres; establishment of National Institutes of Sports.

### C. Draft National Sports Policy 2011

- **Status:** Draft prepared but never formally adopted as official policy.
- **Key Additions over 2001:** Greater focus on anti-doping, sports governance reform, right to play.
- **Special Focus:** Sports for persons with disabilities (parasports); sports for North-East India.
- **Corporate Involvement:** Stronger framework for CSR (Corporate Social Responsibility) in sports.

### D. Key Government Sports Schemes & Programmes

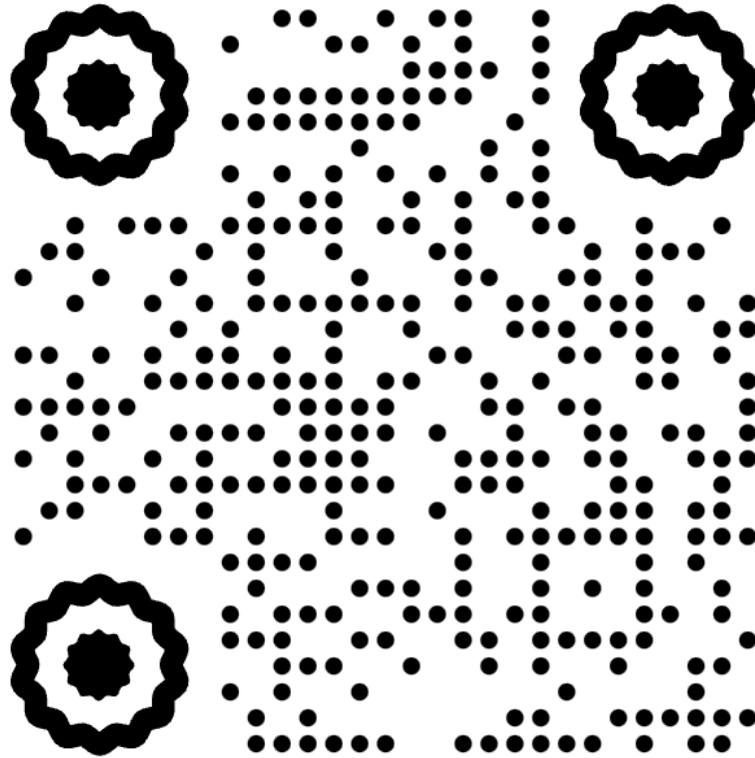
Scheme / Programme	Year	Objective / Key Features
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Khelo India Programme	2018 (revised)	Grassroots sports development; identifies talented youth; scholarships to top athletes (Rs. 5 lakh/year); multi-discipline competitions at school and university level
Target Olympic Podium Scheme (TOPS)	2014	Provides elite support to top athletes with Olympic medal potential — personalised funding, coaching, equipment, foreign exposure
National Sports Development Fund (NSDF)	1998	Government fund + public/corporate donations for sports promotion; supplements government allocation for high-performance athletes
Sports Authority of India (SAI)	1984	Apex national body for sports training; manages SAI centres, National Institutes of Sports, regional academies
Fit India Movement	2019	Mass fitness campaign promoting physical activity for ALL citizens across all age groups and professions
Khelo India Youth Games	2018	Annual multi-sport competition for U-17 and U-21 athletes; rotates between states to promote regional sports development
Khelo India University Games	2020	Multi-sport competition for college/university students to identify sports talent at higher education level
National Anti-Doping Agency (NADA)	2009	India's anti-doping regulatory authority; conducts doping tests, educates athletes, implements WADA code
PYKKA (Panchayati Raj/Urban Local Bodies)	2008	Provide basic sports facilities at village/panchayat level — playfields, open gyms
Assistance to National Sports Federations (ANSF)	Ongoing	Financial support to National Sports Federations (NSFs) for training camps, equipment, foreign competitions

## E. Sports Governance Structure in India

Level	Body	Role
Central Government	Ministry of Youth Affairs & Sports (MYAS)	Policy formulation, funding, international relations
Apex Sports Body	Sports Authority of India (SAI)	Implementation of schemes, running national academies, athlete support
Olympic Body	Indian Olympic Association (IOA)	Represents India at Olympics, Asian Games, Commonwealth Games
Sport-Specific	National Sports Federations (NSFs) — 50+ federations	Govern individual sports (BCCI for cricket, AFI for athletics, etc.)

State Level	State Sports Associations / State Olympic Associations	Manage sports at state level, select state teams
Anti-Doping	National Anti-Doping Agency (NADA)	Conducts tests, educates athletes, enforces WADA code
Research	Lakshmibai National Institute of Physical Education (LNIFE)	Premier PE institute — research, training, policy support



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## TOPIC 2 — Major Sports Awards of India

India recognises outstanding sports achievement through **National Sports Awards** presented annually on **National Sports Day — 29 August** (birthday of Major Dhyhan Chand). The awards are presented by the **President of India** at Rashtrapati Bhavan.

### 1. MAJOR DHYAN CHAND KHEL RATNA AWARD

**Established:** 1991-92 (Originally 'Rajiv Gandhi Khel Ratna'; renamed in 2021 after Major Dhyhan Chand)

**Prize:** Rs. 25,00,000 (25 Lakhs) cash prize + a medal + citation scroll

**Eligibility / Criteria:** Highest sports honour in India. Awarded for the most spectacular and outstanding performance in sport over a 4-year rolling period (not just one year). Maximum 3 athletes per year. All sports included — individual and team sports.

**Frequency:** Annual — National Sports Day (29 August)

**Notable Recipients:** Sachin Tendulkar (1997-98), Viswanathan Anand, Mary Kom, Saina Nehwal, Abhinav Bindra, Neeraj Chopra (2021), PV Sindhu (2020), Bajrang Punia (2019), Mithali Raj (2021)

### 2. ARJUNA AWARD

**Established:** 1961 — India's second highest sports award

**Prize:** Rs. 15,00,000 (15 Lakhs) cash prize + bronze statuette of Arjuna + citation scroll

**Eligibility / Criteria:** Awarded to athletes for consistent outstanding performance over 4 years in sports events (Olympics, Asian Games, Commonwealth Games, World Championships etc.). Good sportsmanship, leadership qualities, and community contribution considered. Maximum 15 athletes per year. Retired athletes can also be considered.

**Frequency:** Annual — National Sports Day (29 August)

**Notable Recipients:** Kapil Dev, Sunil Gavaskar, PT Usha, Milkha Singh (posthumous), Dhanraj Pillay, Geeta Phogat, Deepa Malik, Rani Rampal, Neeraj Chopra (also received before Khel Ratna)

### 3. DRONACHARYA AWARD

**Established:** 1985 — Named after Dronacharya, the legendary coach of Arjuna in Mahabharata

**Prize:** Rs. 15,00,000 (15 Lakhs) cash prize + bronze statuette of Dronacharya + citation scroll

**Eligibility / Criteria:** Awarded to COACHES for producing medal-winning athletes at major international events (Olympics, World Championships, Asian/Commonwealth Games). Two categories: (1) Regular Category — coaches with recent achievements; (2) Lifetime Category — coaches with distinguished long-term contributions. Maximum 5 coaches per year.

**Frequency:** Annual — National Sports Day (29 August)

**Notable Recipients:** O.M. Nambiar (PT Usha's coach), Pulela Gopichand (Badminton), Bikash Dayal (Weightlifting), Nagapuri Ramesh (Athletics), Sandeep Gupta, Vimal Kumar (Badminton)

### Other Major Sports Awards

Award	Established	For Whom	Prize	Key Purpose
Dhyan Chand Award (Lifetime Achievement)	2002	Retired athletes + coaches	Rs. 10 Lakhs + statue + citation	Contributions to sports development after retirement
Rashtriya Khel Protsahan Puraskar	2009	Corporates, sports orgs, individuals	Trophy + citation (no cash)	Outstanding contribution to sports promotion
Maulana Abul Kalam Azad Trophy	1956-57	Universities	Rolling trophy + cash	Best performance in national inter-university sports
Tenzing Norgay National Adventure Award	1993	Adventurers	Rs. 15 Lakhs	Outstanding in land/water/air adventure activities
Paramatma Award	New	Para-athletes	Equivalent to Arjuna	Recognise achievements of differently-abled athletes

### Sports Awards Quick Comparison Table

Feature	Khel Ratna	Arjuna Award	Dronacharya Award
Named After	Major Dhyan Chand (Hockey legend)	Arjuna — warrior of Mahabharata	Dronacharya — teacher of Arjuna
Established	1991-92 (renamed 2021)	1961	1985
Rank	Highest (1st)	Second (2nd)	Third — but equal to Arjuna
Given To	Athletes	Athletes	COACHES (not athletes)
Cash Prize	Rs. 25 Lakhs	Rs. 15 Lakhs	Rs. 15 Lakhs
Period Considered	4-year rolling period	4-year rolling period	Athletes' achievements under coach
Max per Year	3	15	5
Presented By	President of India	President of India	President of India
Date	29 August (National Sports Day)	29 August	29 August

### Major Dhyan Chand — The Hockey Wizard (The Legend)

- **Full Name:** Major Dhyan Chand Singh (born 29 August 1905, Allahabad; died 3 December 1979).
- **Sport:** Field Hockey — widely regarded as the greatest hockey player of all time.
- **Career Highlights:** Won 3 Olympic Gold Medals for India — Paris 1924, Amsterdam 1928, Los Angeles 1932, Berlin 1936.
- **Career Statistics:** Scored over 1,000 goals in international career. Played for India from 1926–1948.
- **Berlin 1936:** Hitler himself offered German citizenship after watching Dhyan Chand score 6 goals in the final against Germany.

- **Legacy:** Padma Bhushan (1956); his birthday (29 August) is celebrated as National Sports Day.
- **The Khel Ratna** was renamed 'Major Dhyan Chand Khel Ratna Award' in August 2021 after massive public demand.
- **Nickname:** 'The Wizard' / 'The Magician' — stick control so magical opponents suspected the stick was magnetised.

## TOPIC 3 — Career Opportunities in Physical Education, Sports & Yoga

Physical Education, Sports, and Yoga offer a vast and growing range of **professional career pathways** in India. The sports industry in India is growing rapidly — estimated to reach **USD 130 billion** by 2025. Careers exist in teaching, coaching, management, therapy, research, media, and entrepreneurship.

### TEACHING & EDUCATION

**Physical Education Teacher (PET):** Teach PE in schools (Government/Private/KVS/NVS). Requires B.P.Ed. degree. Selected through TET (Teacher Eligibility Test), CTET, State TET, or direct recruitment by state boards.

**College Lecturer / Assistant Professor:** Teach PE at degree college or university level. Requires M.P.Ed. + NET (National Eligibility Test) / SET qualification.

**Professor / HOD (University):** Senior academic position — requires M.P.Ed. + Ph.D. + research experience.

**Special Education Teacher:** Teaches adapted PE to students with disabilities. Requires additional training in special education.

**Yoga Instructor in Schools:** Following NEP 2020, yoga is promoted as a compulsory subject in many school systems.

**Sports Coach in Educational Institutions:** Coach specific sports teams in schools, colleges, and universities.

### COACHING & SPORTS TRAINING

**National/State Level Coach:** Coaches national/state sports teams. Requires certification from SAI, NSF (National Sports Federation), or recognised coaching institute.

**Professional Sports Club Coach:** Coach players in professional leagues — IPL support staff, ISL football, PKL (Pro Kabaddi), PBL (Premier Badminton League), etc.

**Personal Trainer / Fitness Coach:** One-on-one coaching for fitness, weight management, and athletic performance. Growing demand in corporate wellness.

**Strength & Conditioning Coach (S&C):** Specialised coach for physical preparation — works with high-performance athletes and sports teams.

**Youth Development Coach:** Work at grassroots level in state academies, SAI centres, Khelo India programmes.

**SAI / National Academy Coach:** Government employment through Sports Authority of India at National Sports Academies (NSAs).

### SPORTS MEDICINE & THERAPY

**Sports Physiotherapist:** Treats sports injuries, designs rehabilitation programmes. Requires B.Sc. / M.Sc. Physiotherapy + sports specialisation.

**Sports Doctor / Team Physician:** Medical doctor specialised in sports medicine. Requires MBBS + MD in Sports Medicine or fellowship.

**Athletic Trainer:** Prevents, diagnoses, and treats musculoskeletal injuries — works with teams at training sessions and competitions.

**Sports Nutritionist / Dietitian:** Designs nutrition plans for athletes. Requires B.Sc. Nutrition + sports nutrition certification.

**Sports Psychologist:** Addresses mental performance, anxiety, motivation, focus. Requires M.Sc./Ph.D. in Psychology + sports specialisation.

**Occupational Therapist (Sports):** Rehabilitation and functional recovery for injured athletes.

## SPORTS MANAGEMENT & ADMINISTRATION

**Sports Administrator/Manager:** Manages sports organisations, events, and federations. Requires MBA in Sports Management or equivalent.

**Event Manager (Sports):** Plans and executes sports events — tournaments, leagues, marathons, school competitions.

**Sports Marketing Professional:** Handles branding, sponsorships, media rights, athlete endorsements for sports organisations.

**Sports Journalist / Commentator:** Covers sports events for print, TV, digital media. Requires journalism + sports knowledge.

**Sports Analyst / Data Analyst:** Uses data and video analysis to improve team strategy and individual performance. Growing field with IPL, ISL, NBA franchises.

**Umpire / Referee:** Official for specific sports — certified by respective national/international federation (e.g., BCCI, FIFA, BWF).

**Team Manager:** Manages logistics, travel, accommodation for sports teams during competitions.

## YOGA CAREER PATHS

**Certified Yoga Instructor:** Teach yoga in studios, gyms, schools, corporate settings, or online. Requires 200-hour (RYT 200) or 500-hour (RYT 500) certification from Yoga Alliance or equivalent body.

**Yoga Therapist:** Uses yoga therapeutically for health conditions — anxiety, back pain, diabetes management. Requires advanced training (1000+ hours).

**Yoga Teacher in Government Schools:** Following Yoga inclusion in NEP 2020 and promotion by Morarji Desai National Institute of Yoga.

**International Yoga Instructor:** Qualified Indian yoga teachers find excellent international demand — USA, Europe, Australia. Premium career option.

**Yoga Entrepreneur:** Start own yoga studio, online yoga platform, or wellness retreat centre.

**Ayush Ministry Yoga Programmes:** Government positions in wellness centres, AYUSH hospitals, and government yoga campaigns (International Yoga Day coordination).

**Research in Yoga:** Academic researcher at universities studying yoga's physiological and psychological effects. Growing scientific interest globally.

## MILITARY, POLICE & DEFENCE SPORTS

**Indian Army / Navy / Air Force Sports:** Join armed forces with sports quota — NCC, direct recruitment based on sports achievement. Represent services in national competitions.

**Police Department Sports:** Many state police forces recruit athletes under sports quota — represent state police in national championships.

**CISF / BSF / CRPF Sports Teams:** Central Armed Police Forces maintain strong sports teams — recruit talented athletes.

**Sports Coach in Defence:** Coach sports teams within armed forces — permanent government employment with good benefits.

## FITNESS INDUSTRY & ENTREPRENEURSHIP

**Gym Owner / Fitness Centre Entrepreneur:** Start own gym or fitness centre. Growing demand — India's fitness industry growing at 20%+ annually.

**Certified Fitness Trainer:** Work in gyms, hotels, corporate wellness. Certifications: ACE, NASM, ACSM, ISSA internationally recognised.

**Sports Equipment & Technology Startup:** Build tech solutions for sports — analytics platforms, training apps, wearable tech.

**Sports Content Creator:** YouTube/Instagram channels for fitness, sports tutorials, sports commentary — monetise through views and brand partnerships.

**Corporate Wellness Consultant:** Design fitness and wellness programmes for corporate employees — growing segment post-COVID.

## TOPIC 4 — Courses Offered in Physical Education, Sports & Yoga in India

### A. Courses in Physical Education

Course	Duration	Eligibility	Key Institutions
Certificate in Physical Education (C.P.Ed.)	1 year	10+2	Various state institutes
Diploma in Physical Education (D.P.Ed.)	2 years	10+2	State institutes, DIET
Bachelor of Physical Education (B.P.Ed.)	3–4 years	10+2 (3yr) or Graduation (1yr bridge)	LNIFE, Tamil Nadu PE & Sports University, Amravati
Bachelor of Science in Physical Education, Health & Sports (B.Sc. PEHS)	3 years	10+2 with Science	Universities offering science-based PE
Master of Physical Education (M.P.Ed.)	2 years	B.P.Ed. or equivalent	LNIFE Gwalior, Indira Gandhi Institute of PE, Delhi
Master of Science in Sports Science (M.Sc.)	2 years	Graduation in relevant field	Sports authority institutes, selected universities
Master of Science in Exercise Science	2 years	Graduation	Selected universities
Ph.D. in Physical Education / Sports Science	3–5 years	M.P.Ed. + NET/GATE	LNIFE, Amravati, TNSPE, major universities
D.Sc. (Doctor of Science)	Post-doctoral	Ph.D.	Senior research positions

### B. Courses in Sports Science & Coaching

Course	Duration	Eligibility	Offered By
Certificate Course in Coaching	6 months – 1 year	10+2 + sports background	SAI (Sports Authority of India) coaching certificates
National Coaching Certificate (NCC) — Level 1/2/3	Short term	Sport-specific eligibility	SAI National Coaching School, national federations
B.Sc. Sports Science	3 years	10+2 Science	Multiple universities — Symbiosis, SHUATS, etc.
B.Sc. Sports Management	3 years	10+2	Amity, NIFT, ISMS Mumbai
M.Sc. Sports Science	2 years	Relevant graduation	LNIFE, Chandigarh University
M.Sc. Sports Coaching	2 years	Sports background + graduation	NSNIS Patiala (premier institute)
MBA in Sports Management	2 years	Any graduation	IISM (International Institute of Sports Management), Amity, Manipal
Post-Graduate Diploma in Sports Management	1 year	Graduation	KIIT, various private institutes

Strength & Conditioning Certification	Variable	Sports/health background	NSCA (CSCS), ACSM — international certifications
Sports Physiotherapy (B.Sc./M.Sc.)	3–4 years	10+2 Science	Physiotherapy colleges across India
Sports Nutrition (PG Diploma)	1 year	Graduation	IGNOU, nutrition institutes
Sports Psychology (M.Sc./Ph.D.)	2–5 years	Psychology graduation	JNU, TISS, major universities

### C. Courses in Yoga

Course	Duration	Eligibility	Key Institutions
Certificate in Yoga (CY)	6 months – 1 year	10+2	Morarji Desai National Institute of Yoga (MDNIY), SVYASA
Diploma in Yoga Education	1 year	10+2	MDNIY Delhi, Dev Sanskriti Vishwavidyalaya
Diploma in Yoga Science	1–2 years	10+2 Science	SVYASA Bangalore, Yoga institutes
Bachelor of Arts in Yoga (B.A. Yoga)	3 years	10+2	SVYASA, Dev Sanskriti, selected universities
Bachelor of Science in Yoga	3 years	10+2 Science	Universities with yoga faculties
Bachelor of Naturopathy & Yogic Sciences (BNYS)	5.5 years	10+2 Biology	Naturopathy colleges — SDNYS
Master of Arts in Yoga (M.A. Yoga)	2 years	Graduation	SVYASA, BHU Varanasi, Amrita University
Master of Science in Yoga	2 years	Science graduation	Manipal, selected universities
M.Sc. Yoga Therapy	2 years	Health-related graduation	SVYASA Bangalore
Ph.D. in Yoga	3–5 years	M.A./M.Sc. in Yoga + NET	SVYASA, BHU, Dev Sanskriti
RYT 200 / RYT 500 (Yoga Alliance)	200–500 hrs	Basic yoga practice	Internationally recognised — Yoga Alliance USA
MDNIY Short-term Yoga Courses	3 months	Any	Morarji Desai National Institute of Yoga, New Delhi

### D. Key Institutes for PE, Sports & Yoga in India

Institute	Location	Specialisation
Lakshmbai National Institute of Physical Education (LNPE)	Gwalior (MP) + Guwahati campus	Premier PE institute — B.P.Ed, M.P.Ed., Ph.D., Research
Netaji Subhas National Institute of Sports (NSNIS)	Patiala (Punjab)	Coaching certifications (NCC), Sports science research
Tamil Nadu Physical Education & Sports University (TNPESU)	Chennai	First dedicated PE University — comprehensive PE and sports programmes

Indira Gandhi Institute of Physical Education (IGIPE)	New Delhi	B.P.Ed., M.P.Ed., government college
Guru Nanak Dev University	Amritsar (Punjab)	Strong sports science and PE programmes
SVYASA Yoga University	Bengaluru (Karnataka)	Premier yoga university — degrees, research, therapy
Morarji Desai National Institute of Yoga (MDNIY)	New Delhi	Government yoga institute — diploma, certificate, short-term courses
Dev Sanskriti Vishwavidyalaya	Haridwar (Uttarakhand)	Yoga, Ayurveda, spiritual sciences
Sports Authority of India (SAI) Centres	Pan India (10 National Academies)	High-performance athlete training, coaching certification
International Institute of Sports Management (IISM)	Mumbai	MBA in Sports Management, sports business
Amity School of Physical Education & Sports Sciences	Noida (UP)	B.P.Ed., M.P.Ed., sports science
BHU Institute of Medical Sciences	Varanasi (UP)	Yoga research and advanced yoga programmes

### E. Career Path vs Minimum Qualification Required

Career	Minimum Qualification	Additional Requirements
School PE Teacher (Govt.)	B.P.Ed.	CTET/State TET/DPC qualification
College Lecturer (PE)	M.P.Ed.	NET/SET + University recruitment
University Professor (PE)	M.P.Ed. + Ph.D.	Research publications, NET
National Coach (SAI)	M.P.Ed. / NCC Level 3	SAI selection test, sports experience
Sports Physiotherapist	BPT + Sports Specialisation	Clinical internship, sports certifications
Sports Nutritionist	B.Sc. Nutrition + PG Diploma Sports Nutrition	RD registration, sports certifications
Sports Psychologist	M.Sc. Psychology + Sports specialisation	Ph.D. preferred, counselling practice
Sports Manager/Admin	MBA Sports Management	Industry experience, networking
Yoga Teacher (School)	D.Y.Ed. or B.A. Yoga / MDNIY Diploma	Government appointment, state exam
Yoga Instructor (Studio)	RYT 200 (Yoga Alliance) / MDNIY Certificate	Teaching practice hours
Certified Fitness Trainer	NSCA-CSCS / ACE / NASM Certification	Practical hours, CPR/AED
Team Doctor (Sports)	MBBS + MD Sports Medicine	Fellowship in sports medicine

## QUICK REVISION — Unit VI At a Glance

Topic	Key Points for CUET
NSP 1984	India's first sports policy; SAI established 1984; focus on mass participation and talent identification
NSP 2001	7 thrust areas: mass participation, excellence, infrastructure, sports science, women, NGOs/corporate, traditional games
Khelo India	2018; grassroots development; Rs. 5 lakh/yr scholarship; Khelo India Youth Games + University Games
TOPS Scheme	2014; elite Olympic medal hopefuls; personalised support for top athletes
SAI	1984; apex implementation body; manages national academies and coaching certification
Khel Ratna	Highest award; Rs. 25 Lakhs; established 1991-92; renamed 2021 after Dhyan Chand; 4-year rolling performance
Arjuna Award	Since 1961; Rs. 15 Lakhs; consistent performance; max 15/year; National Sports Day 29 Aug
Dronacharya Award	Since 1985; Rs. 15 Lakhs; given to COACHES; max 5/year; 2 categories: regular + lifetime
Dhyan Chand	29 Aug 1905; 3 Olympic golds (1928, 1932, 1936); 1000+ career goals; 'The Wizard'
Teaching Careers	B.P.Ed. for school; M.P.Ed. for college; Ph.D. for university; NET/SET required
Key PE Institutes	LNPIE Gwalior; NSNIS Patiala; TNPESU Chennai; IGIPE Delhi; SVYASA (Yoga)
Yoga Careers	MDNIY Delhi; SVYASA Bangalore; RYT 200/500 Yoga Alliance; BNYS degree (5.5 years)

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# UNIT VI — PRACTICE MCQ BANK

50 Questions | Hard Level | CUET / Class 12

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10 Tricky | 30 Standard | 3 Match the Following | 7 Additional  
Complete Answer Key + Detailed Explanations

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## SECTION I — TRICKY MCQs (Q.1–Q.10)

*Both options may seem correct — select the MOST accurate answer.*

**Q.1. [TRICKY] The Rajiv Gandhi Khel Ratna Award was renamed. The name it was changed TO, and the YEAR of renaming, are:**

- (a) Bharat Ratna Sports Award, renamed in 2019
- (b) Major Dhyan Chand Khel Ratna Award, renamed in August 2021
- (c) Major Dhyan Chand Award, renamed in 2002
- (d) National Sports Ratna Award, renamed in 2020

**Q.2. [TRICKY] The Dronacharya Award has TWO categories. Which statement MOST accurately describes the distinction?**

- (a) One for coaches of individual sports; one for coaches of team sports
- (b) One for Indian coaches; one for foreign coaches working in India
- (c) Regular Category (recent achievements); Lifetime Category (long-term distinguished contribution over career)
- (d) One for Olympic sports coaches; one for non-Olympic sports coaches

**Q.3. [TRICKY] NSP 2001 identified 7 thrust areas. Which option MOST accurately represents 3 of those 7 areas?**

- (a) Olympic medal winning, foreign coaching, and sports betting regulation
- (b) Broad-basing sports participation, achieving excellence in international competition, and promoting traditional/indigenous games
- (c) Ban on private sports leagues, government monopoly on sports, and compulsory military service for athletes
- (d) Free sports equipment distribution, compulsory PE in all colleges, and abolition of sports quotas

**Q.4. [TRICKY] Major Dhyan Chand won 3 Olympic Gold medals. The CORRECT host cities in chronological order are:**

- (a) Stockholm 1912, Antwerp 1920, Paris 1924
- (b) Amsterdam 1928, Los Angeles 1932, Berlin 1936
- (c) Paris 1924, Amsterdam 1928, Los Angeles 1932
- (d) Berlin 1936, London 1948, Helsinki 1952

**Q.5. [TRICKY] A student wants to become a GOVERNMENT SCHOOL PE teacher. The correct qualification path is:**

- (a) Complete MBBS, then apply directly as school doctor-teacher
- (b) Complete B.P.Ed. degree, then qualify CTET/State TET, then apply to government school recruitment
- (c) Complete MBA in Sports Management, then apply for PE teacher post
- (d) Obtain international coaching certification (NSCA/NASM), then qualify for TET

**Q.6. [TRICKY] The Maulana Abul Kalam Azad (MAKA) Trophy is awarded to:**

- (a) The best individual athlete at the national level
- (b) The university with the best overall performance in national inter-university sports championships
- (c) The state with the best performance in the National Games
- (d) The coach who produces the most national champions in a year

**Q.7. [TRICKY] LNIFE (Lakshmbai National Institute of Physical Education) is significant because:**

- (a) It is India's first and premier institution exclusively for Physical Education — offers B.P.Ed., M.P.Ed., Ph.D., and conducts national PE research
- (b) It is primarily a yoga institute under the AYUSH ministry
- (c) It trains India's Olympic athletes exclusively with no academic programmes
- (d) It was established in 2019 under the Khelo India scheme

**Q.8. [TRICKY] The Target Olympic Podium Scheme (TOPS) was designed specifically to:**

- (a) Fund sports infrastructure in smaller states with no Olympic history
  - (b) Provide elite, personalised, intensive support to the top Indian athletes most likely to win Olympic medals
  - (c) Organise annual state-level Olympic-style games to identify talent
  - (d) Provide scholarships to all athletes who participate in national championships
- 

**Q.9. [TRICKY] The Arjuna Award was established to recognise athletes for performance over a 4-YEAR PERIOD rather than a single year. The PRIMARY reason for this is:**

- (a) To reduce government administrative costs by awarding fewer times
  - (b) To ensure recognition of consistent excellence rather than single-season performances, preventing fluke selections
  - (c) To align with the 4-year Olympic cycle so awards match Olympic results
  - (d) Because sports federations only submit nomination data every 4 years
- 

**Q.10. [TRICKY] SVYASA in Bengaluru is India's premier institution for Yoga. SVYASA stands for:**

- (a) Sports and Vigour Youth Association of South Asia
  - (b) Swami Vivekananda Yoga Anusandhana Samsthana
  - (c) Sports, Vedic, Ayurveda, and Spiritual Academic Association
  - (d) Scientific Validation and Yoga Standardisation Authority
-

## SECTION II — STANDARD MCQs (Q.11–Q.40)

**Q.11. National Sports Day in India is celebrated on which date?**

- (a) 15 August
  - (b) 29 August
  - (c) 2 October
  - (d) 26 January
- 

**Q.12. The Dronacharya Award is given to:**

- (a) The best athlete in Olympic sports
  - (b) Sports coaches for producing medal-winning athletes
  - (c) Sports journalists for outstanding coverage
  - (d) Sports administrators for governance
- 

**Q.13. The Khelo India Programme was launched in which year?**

- (a) 2014
  - (b) 2016
  - (c) 2018
  - (d) 2020
- 

**Q.14. Which institution is known as the 'NSNIS' and is located in Patiala?**

- (a) National Sports Nutrition Institute of Sports
  - (b) Netaji Subhas National Institute of Sports
  - (c) National Scouts and NCC Integration Sports
  - (d) National Sports and Nursing Institute
- 

**Q.15. Which award was established in 1961 and is India's second highest sports honour?**

- (a) Dhyan Chand Award
  - (b) Dronacharya Award
  - (c) Arjuna Award
  - (d) Khel Ratna Award
- 

**Q.16. The cash prize for the Major Dhyan Chand Khel Ratna Award is:**

- (a) Rs. 5 Lakhs
  - (b) Rs. 15 Lakhs
  - (c) Rs. 20 Lakhs
  - (d) Rs. 25 Lakhs
- 

**Q.17. For a career as a COLLEGE LECTURER in Physical Education, which qualification is mandatory?**

- (a) Certificate in Physical Education (C.P.Ed.)
  - (b) Bachelor of Physical Education (B.P.Ed.)
  - (c) Master of Physical Education (M.P.Ed.) + NET
  - (d) Diploma in Physical Education (D.P.Ed.)
- 

**Q.18. The Sports Authority of India (SAI) was established in which year?**

- (a) 1975
  - (b) 1980
  - (c) 1984
  - (d) 1991
- 

**Q.19. Which degree is the minimum requirement to become a government school Physical Education teacher?**

- (a) Certificate in Physical Education (C.P.Ed.)

- (b) Bachelor of Physical Education (B.P.Ed.)
  - (c) Master of Physical Education (M.P.Ed.)
  - (d) Diploma in Sports Science
- 

**Q.20. The Fit India Movement was launched in which year by the Government of India?**

- (a) 2017
  - (b) 2018
  - (c) 2019
  - (d) 2020
- 

**Q.21. The Tenzing Norgay National Adventure Award recognises excellence in which field?**

- (a) Aquatic sports (swimming)
  - (b) Adventure activities (land/water/air)
  - (c) Traditional Indian martial arts
  - (d) Yoga and meditation
-

## SECTION II — STANDARD MCQs (Continued)

**Q.22. Which institution conducts the NET (National Eligibility Test) required for PE lecturers?**

- (a) SAI (Sports Authority of India)
  - (b) UGC (University Grants Commission)
  - (c) NCERT (National Council of Educational Research & Training)
  - (d) NAAC (National Assessment & Accreditation Council)
- 

**Q.23. The BNYS degree stands for:**

- (a) Bachelor of Nursing and Yoga Sciences
  - (b) Bachelor of Naturopathy and Yogic Sciences
  - (c) Bachelor of Nutrition and Yoga Studies
  - (d) Bachelor of Naturopathy and Yoga Specialisation
- 

**Q.24. The Rashtriya Khel Protsahan Puraskar is awarded to:**

- (a) Individual athletes for career achievement
  - (b) Sports journalists for best coverage
  - (c) Organisations and individuals contributing to sports promotion
  - (d) School students for academic excellence in PE
- 

**Q.25. RYT 200 and RYT 500 certifications in yoga are awarded by which international body?**

- (a) WHO (World Health Organisation)
  - (b) Yoga Alliance USA
  - (c) Ministry of AYUSH, Government of India
  - (d) International Yoga Federation
- 

**Q.26. Which university holds the distinction of being India's FIRST dedicated Physical Education University?**

- (a) LNIPE, Gwalior
  - (b) Netaji Subhas NIS, Patiala
  - (c) Tamil Nadu Physical Education & Sports University (TNPESU), Chennai
  - (d) Guru Nanak Dev University, Amritsar
- 

**Q.27. Khelo India scholarships are valued at how much per year for selected athletes?**

- (a) Rs. 1 Lakh/year
  - (b) Rs. 3 Lakhs/year
  - (c) Rs. 5 Lakhs/year
  - (d) Rs. 10 Lakhs/year
- 

**Q.28. The Morarji Desai National Institute of Yoga (MDNIY) is located in:**

- (a) Mumbai
  - (b) Bangalore
  - (c) New Delhi
  - (d) Haridwar
- 

**Q.29. The National Anti-Doping Agency (NADA) India was established in which year?**

- (a) 2000
  - (b) 2005
  - (c) 2009
  - (d) 2014
- 

**Q.30. Which career in sports specifically requires an MBA in Sports Management?**

- (a) National Team Coach

- (b) Sports Physiotherapist
  - (c) Sports Event Manager / Sports Marketing Professional
  - (d) PE Teacher in Government School
- 

**Q.31. International Yoga Day is celebrated on which date, following a UN resolution?**

- (a) 21 June
  - (b) 29 August
  - (c) 2 October
  - (d) 1 January
-

## SECTION II — STANDARD MCQs (Continued)

**Q.32. The Dhyan Chand Award (Lifetime Achievement Award) was established in:**

- (a) 1985
- (b) 1991
- (c) 1998
- (d) 2002

**Q.33. Which of the following is CORRECTLY matched as a career with its required certification?**

- (a) Personal Trainer — M.P.Ed. mandatory
- (b) National Level Yoga Teacher — MBBS degree
- (c) Sports Physiotherapist — BPT (Bachelor of Physiotherapy) + Sports specialisation
- (d) Sports Commentator — NET qualification mandatory

**Q.34. The Indian Olympic Association (IOA) is primarily responsible for:**

- (a) Setting sports policy and funding all national sports
- (b) Representing India at the Olympics, Asian Games, and Commonwealth Games
- (c) Conducting national coaching certification programmes
- (d) Regulating doping in Indian sports

**Q.35. Which of the following is a SPORTS MANAGEMENT career, not a coaching or teaching career?**

- (a) Strength and Conditioning Coach
- (b) School PE Teacher
- (c) Sports Event Manager / Team Operations Manager
- (d) Yoga Instructor in a school

**Q.36. The Maximum number of athletes who can receive the Arjuna Award in a single year is:**

- (a) 5
- (b) 10
- (c) 15
- (d) 25

**Q.37. NSP (National Sports Policy) 2001 placed special emphasis on which group that was previously underrepresented in sports?**

- (a) Senior citizens
- (b) Women athletes
- (c) Foreign nationals
- (d) Professional athletes only

**Q.38. Which certification is internationally recognised for personal fitness trainers and exercise scientists?**

- (a) B.P.Ed. from Indian universities
- (b) NSCA-CSCS / ACE CPT / NASM CPT
- (c) UGC-NET in Physical Education
- (d) NCC (National Coaching Certificate) from SAI

**Q.39. The PYKKA scheme was aimed at providing sports facilities at which level?**

- (a) National stadiums and sports complexes
- (b) University sports facilities only
- (c) Panchayat/village level and urban local bodies — grassroots facilities
- (d) International standard facilities for Olympic training

**Q.40. A yoga therapist who uses yoga for clinical conditions like anxiety and back pain requires minimum training of approximately:**

- (a) 100 hours (short course)
  - (b) 200 hours (RYT 200 level)
  - (c) 500 hours (RYT 500 level)
  - (d) 1000+ hours (advanced therapeutic training)
-

### SECTION III — MATCH THE FOLLOWING (Q.41–Q.43)

Match Column A with Column B — choose the correct combination.

**Q.41. MATCH THE FOLLOWING — Sports Awards and their Key Features:** Column A: 1. Khel Ratna 2. Arjuna Award 3. Dronacharya Award 4. Dhyan Chand Award Column B: P. For coaches; Rs. 15 Lakhs; since 1985 Q. For athletes; Rs. 25 Lakhs; highest honour R. For athletes; Rs. 15 Lakhs; since 1961 S. Lifetime achievement; Rs. 10 Lakhs; since 2002

- (a) 1-R, 2-P, 3-Q, 4-S
- (b) 1-P, 2-Q, 3-S, 4-R
- (c) 1-Q, 2-R, 3-P, 4-S
- (d) 1-S, 2-R, 3-P, 4-Q

**Q.42. MATCH THE FOLLOWING — Sports Schemes and their Objectives:** Column A: 1. TOPS 2. Khelo India 3. Fit India Movement 4. PYKKA Column B: P. Village/panchayat-level basic sports infrastructure Q. Mass public fitness campaign for all ages R. Grassroots sports; identifies youth talent; Rs. 5L scholarship S. Elite Olympic medal hopefuls; personalised intensive support

- (a) 1-Q, 2-P, 3-S, 4-R
- (b) 1-S, 2-R, 3-Q, 4-P
- (c) 1-P, 2-S, 3-R, 4-Q
- (d) 1-R, 2-Q, 3-P, 4-S

**Q.43. MATCH THE FOLLOWING — Institutions and their Locations/Specialisations:** Column A: 1. LNIFE 2. NSNIS 3. SVYASA 4. MDNIY Column B: P. New Delhi — Government yoga institute under AYUSH Q. Bengaluru — India's only yoga deemed university R. Patiala — Premier coaching certification and sports science S. Gwalior — Premier PE institute; B.P.Ed., M.P.Ed., Ph.D.

- (a) 1-R, 2-Q, 3-S, 4-P
- (b) 1-Q, 2-S, 3-P, 4-R
- (c) 1-S, 2-R, 3-Q, 4-P
- (d) 1-P, 2-R, 3-S, 4-Q

## SECTION IV — ADDITIONAL MCQs (Q.44–Q.50)

**Q.44. Which Minister/PM launched the Khelo India Programme in its current form?**

- (a) It was launched by President of India at Republic Day 2018
- (b) Revamped and relaunched by the Ministry of Youth Affairs & Sports under PM Modi's government in 2018
- (c) It was a Rajya Sabha initiative started in 2016
- (d) Started by the Planning Commission of India in 2014

**Q.45. A candidate wants to join the ARMY as a sportsperson. Which route is MOST appropriate?**

- (a) Directly apply to Army HQ with sports certificates
- (b) Apply through Army Sports Institute (ASI) Pune or through sports quota in Army recruitment rallies
- (c) First win an Olympic medal, then apply for honorary commission
- (d) Complete MBBS, then join as Army Medical Corps with sports duties

**Q.46. What does 'NADA' stand for in the context of Indian sports?**

- (a) National Athletics Development Agency
- (b) National Anti-Doping Agency
- (c) National Awards and Distinctions Authority
- (d) National Association of Drug-free Athletes

**Q.47. The 4-year B.P.Ed. degree differs from the 1-year B.P.Ed. in that:**

- (a) The 4-year programme is inferior in quality
- (b) The 4-year programme is for 10+2 students entering directly; 1-year is for graduates doing a bridge programme
- (c) The 1-year programme is for international students only
- (d) There is no 1-year B.P.Ed. — it is always 4 years

**Q.48. Pulela Gopichand is a famous Dronacharya awardee. He coached which sport?**

- (a) Cricket
- (b) Boxing
- (c) Badminton
- (d) Wrestling

**Q.49. Which of the following CORRECTLY identifies a career in the YOGA sector supported by the Ministry of AYUSH?**

- (a) Yoga referee in national yoga competitions
- (b) Certified Yoga Instructor in AYUSH wellness centres and yoga clinics run by government
- (c) Yoga equipment manufacturer under AYUSH scheme
- (d) International yoga referee appointed by WHO

**Q.50. Which of the following BEST summarises the UNIQUE contribution of NSP 2001 compared to NSP 1984?**

- (a) NSP 2001 was the first sports policy — NSP 1984 was just a guideline
- (b) NSP 2001 explicitly included women in sports, sports science, traditional games, and NGO/corporate partnership — making it far more comprehensive and multidimensional than the 1984 policy
- (c) NSP 2001 focused exclusively on Olympic sports; NSP 1984 covered all sports equally
- (d) NSP 2001 abolished SAI and created new institutions from scratch

## ANSWER KEY — Quick Reference

Q.	Ans	Q.	Ans	Q.	Ans	Q.	Ans	Q.	Ans
Q.1	(B)	Q.2	(C)	Q.3	(B)	Q.4	(B)	Q.5	(B)
Q.6	(B)	Q.7	(A)	Q.8	(B)	Q.9	(B)	Q.10	(B)
Q.11	(B)	Q.12	(B)	Q.13	(C)	Q.14	(B)	Q.15	(C)
Q.16	(D)	Q.17	(C)	Q.18	(C)	Q.19	(B)	Q.20	(C)
Q.21	(B)	Q.22	(B)	Q.23	(B)	Q.24	(C)	Q.25	(B)
Q.26	(C)	Q.27	(C)	Q.28	(C)	Q.29	(C)	Q.30	(C)
Q.31	(A)	Q.32	(D)	Q.33	(C)	Q.34	(B)	Q.35	(C)
Q.36	(C)	Q.37	(B)	Q.38	(B)	Q.39	(C)	Q.40	(D)
Q.41	(C)	Q.42	(B)	Q.43	(C)	Q.44	(B)	Q.45	(B)
Q.46	(B)	Q.47	(B)	Q.48	(C)	Q.49	(B)	Q.50	(B)

## DETAILED ANSWER EXPLANATIONS

WHY the correct answer is right AND why each wrong option is incorrect.

### — TRICKY MCQs —

#### Q.1 — Correct: (B)

Wrong: (a) Bharat Ratna Sports Award, renamed in 2019

**CORRECT: (b) Major Dhyan Chand Khel Ratna Award, renamed in August 2021**

Wrong: (c) Major Dhyan Chand Award, renamed in 2002

Wrong: (d) National Sports Ratna Award, renamed in 2020

**Explanation:** The Rajiv Gandhi Khel Ratna was renamed to MAJOR DHYAN CHAND KHEL RATNA AWARD in AUGUST 2021 by the Government of India, following massive public demand and a petition campaign. The renaming was announced on National Sports Day (29 August 2021). Option (c) confuses it with the DHYAN CHAND AWARD (lifetime achievement, established 2002) — a different, separate award. The Bharat Ratna Sports Award (option a) does not exist as a category.

#### Q.2 — Correct: (C)

Wrong: (a) One for coaches of individual sports; one for coaches of team sports

Wrong: (b) One for Indian coaches; one for foreign coaches working in India

**CORRECT: (c) Regular Category (recent achievements); Lifetime Category (long-term distinguished contribution over career)**

Wrong: (d) One for Olympic sports coaches; one for non-Olympic sports coaches

**Explanation:** The Dronacharya Award has two distinct categories: (1) REGULAR CATEGORY — awarded to coaches for producing medal-winning athletes at recent major international events; (2) LIFETIME CATEGORY — awarded to coaches for distinguished, long-standing contributions to sports coaching over their entire career. Maximum 2 in Regular and 2 in Lifetime category annually. Options (a), (b), (d) do not reflect the actual categorisation in the official award framework.

#### Q.3 — Correct: (B)

Wrong: (a) Olympic medal winning, foreign coaching, and sports betting regulation

**CORRECT: (b) Broad-basing sports participation, achieving excellence in international competition, and promoting traditional/indigenous games**

Wrong: (c) Ban on private sports leagues, government monopoly on sports, and compulsory military service for athletes

Wrong: (d) Free sports equipment distribution, compulsory PE in all colleges, and abolition of sports quotas

**Explanation:** NSP 2001's 7 thrust areas: 1. Broad-basing, 2. Achieving Excellence, 3. Sports Infrastructure, 4. Sports Science & Technology, 5. Women in Sports, 6. Role of NGOs/Corporate sector, 7. Traditional/Indigenous Games. Option (b) correctly identifies 3 of these 7. Options (a), (c), (d) contain fabricated policies not in NSP 2001.

#### Q.4 — Correct: (B)

Wrong: (a) Stockholm 1912, Antwerp 1920, Paris 1924

**CORRECT: (b) Amsterdam 1928, Los Angeles 1932, Berlin 1936**

Wrong: (c) Paris 1924, Amsterdam 1928, Los Angeles 1932

Wrong: (d) Berlin 1936, London 1948, Helsinki 1952

**Explanation:** Dhyan Chand's three Olympic Gold medals: AMSTERDAM 1928 (his first Olympics), LOS ANGELES 1932, BERLIN 1936. He scored 14 goals in the 1932 Olympics and was the highest scorer. In the 1936 Berlin final, India beat Germany 8-1, with Dhyan Chand scoring 6 goals. Option (c) is one Olympics too early (Paris 1924 was before his career peak and India did participate but Dhyan Chand didn't lead). Option (a) is from the 1910s — incorrect era.

#### Q.5 — Correct: (B)

Wrong: (a) Complete MBBS, then apply directly as school doctor-teacher

**CORRECT: (b) Complete B.P.Ed. degree, then qualify CTET/State TET, then apply to government school recruitment**

Wrong: (c) Complete MBA in Sports Management, then apply for PE teacher post

Wrong: (d) Obtain international coaching certification (NSCA/NASM), then qualify for TET

**Explanation:** For GOVERNMENT SCHOOL PE TEACHER: B.P.Ed. (Bachelor of Physical Education) is the mandatory degree. Then qualify CTET (Central Teacher Eligibility Test — for KVS/NVS/Central schools) or State TET (for state government schools). Then apply in state/central government teacher recruitment drives. Some states also accept D.P.Ed. (Diploma) for primary levels. MBBS/MBA/international certifications are for different career tracks.

**Q.6 — Correct: (B)**

Wrong: (a) The best individual athlete at the national level

**CORRECT: (b) The university with the best overall performance in national inter-university sports championships**

Wrong: (c) The state with the best performance in the National Games

Wrong: (d) The coach who produces the most national champions in a year

**Explanation:** The MAKA Trophy (established 1956-57) is a ROLLING TROPHY awarded to the UNIVERSITY that achieves the best overall performance across national inter-university sports and games competitions conducted by the Association of Indian Universities (AIU). Panjab University, Chandigarh has won it most often (30+ times). It is not for individuals, states, or coaches.

**Q.7 — Correct: (A)**

**CORRECT: (a) It is India's first and premier institution exclusively for Physical Education — offers B.P.Ed., M.P.Ed., Ph.D., and conducts national PE research**

Wrong: (b) It is primarily a yoga institute under the AYUSH ministry

Wrong: (c) It trains India's Olympic athletes exclusively with no academic programmes

Wrong: (d) It was established in 2019 under the Khelo India scheme

**Explanation:** LNIPE GWALIOR is India's premier institution for Physical Education — established in 1957 (then called Lakshmibai College of Physical Education), granted national institute status in 1995. It offers B.P.Ed., M.P.Ed., M.Sc. in Sports Coaching, Ph.D., and conducts cutting-edge PE research. It also has a Guwahati campus for North-East India. LNIPE is autonomous under Ministry of Youth Affairs & Sports. Option (b) — MDNIY Delhi is the government yoga institute. Option (d) — LNIPE predates Khelo India by decades.

**Q.8 — Correct: (B)**

Wrong: (a) Fund sports infrastructure in smaller states with no Olympic history

**CORRECT: (b) Provide elite, personalised, intensive support to the top Indian athletes most likely to win Olympic medals**

Wrong: (c) Organise annual state-level Olympic-style games to identify talent

Wrong: (d) Provide scholarships to all athletes who participate in national championships

**Explanation:** TOPS (2014) is an ELITE SUPPORT SCHEME — it identifies the top 2–3 Indian athletes in each discipline with genuine potential to win OLYMPIC MEDALS. Selected athletes receive: personalised training support, best coaches, world-class equipment, foreign training/competition exposure, sports science support, and financial assistance. It is highly selective — NOT for all national-level athletes (option d). Infrastructure is not its focus (option a). It doesn't organise competitions (option c).

**Q.9 — Correct: (B)**

Wrong: (a) To reduce government administrative costs by awarding fewer times

**CORRECT: (b) To ensure recognition of consistent excellence rather than single-season performances, preventing fluke selections**

Wrong: (c) To align with the 4-year Olympic cycle so awards match Olympic results

Wrong: (d) Because sports federations only submit nomination data every 4 years

**Explanation:** The 4-YEAR ROLLING PERIOD for Arjuna Award (and Khel Ratna) is deliberately designed to reward CONSISTENT EXCELLENCE — not just a single breakthrough year. This prevents rewarding one-time performers who may not sustain their level and ensures genuinely elite, sustained achievers are recognised. Option (c) — while the 4-year period coincidentally aligns with the Olympic cycle, this is not the primary stated rationale. Options (a) and (d) are not the actual reasons.

**Q.10 — Correct: (B)**

Wrong: (a) Sports and Vigour Youth Association of South Asia

**CORRECT: (b) Swami Vivekananda Yoga Anusandhana Samsthana**

Wrong: (c) Sports, Vedic, Ayurveda, and Spiritual Academic Association

Wrong: (d) Scientific Validation and Yoga Standardisation Authority

**Explanation:** SVYASA = SWAMI VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA — established in Bengaluru. It is India's only deemed university dedicated to Yoga. It offers B.A. Yoga, M.A. Yoga, M.Sc. Yoga Therapy, Ph.D. in Yoga, and is internationally recognised for yoga research. 'Anusandhana' = research; 'Samsthana' = institute. All other options are fabricated acronyms.

## — STANDARD MCQs —

**Q.11 — Correct: (B)**

Wrong: (a) 15 August

**CORRECT: (b) 29 August**

Wrong: (c) 2 October

Wrong: (d) 26 January

**Explanation:** National Sports Day = 29 AUGUST — the birthday of Major Dhyan Chand (born 1905). On this day, the President of India presents the Khel Ratna, Arjuna, Dronacharya, and Dhyan Chand awards at Rashtrapati Bhavan.

**Q.12 — Correct: (B)**

Wrong: (a) The best athlete in Olympic sports

**CORRECT: (b) Sports coaches for producing medal-winning athletes**

Wrong: (c) Sports journalists for outstanding coverage

Wrong: (d) Sports administrators for governance

**Explanation:** The Dronacharya Award (1985) is exclusively for COACHES who have produced medal-winning athletes at major international events. Named after Dronacharya — the legendary teacher/guru of the Pandavas in the Mahabharata who trained Arjuna.

**Q.13 — Correct: (C)**

Wrong: (a) 2014

Wrong: (b) 2016

**CORRECT: (c) 2018**

Wrong: (d) 2020

**Explanation:** Khelo India was revamped and relaunched in 2018 as a comprehensive grassroots sports development programme by the Ministry of Youth Affairs & Sports. It replaced earlier schemes like Rajiv Gandhi Khel Abhiyan and merged them into one unified framework for grassroots sports development.

**Q.14 — Correct: (B)**

Wrong: (a) National Sports Nutrition Institute of Sports

**CORRECT: (b) Netaji Subhas National Institute of Sports**

Wrong: (c) National Scouts and NCC Integration Sports

Wrong: (d) National Sports and Nursing Institute

**Explanation:** NSNIS = NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, Patiala (Punjab). It is India's premier coaching institution — offers National Coaching Certificate (NCC) programmes, sports science research, and training for elite coaches and athletes. Named after Netaji Subhas Chandra Bose.

**Q.15 — Correct: (C)**

Wrong: (a) Dhyan Chand Award

Wrong: (b) Dronacharya Award

**CORRECT: (c) Arjuna Award**

Wrong: (d) Khel Ratna Award

**Explanation:** The ARJUNA AWARD was established in 1961 by the Government of India — making it the oldest of the major sports awards. It is India's second highest sports honour after the Khel Ratna. Named after Arjuna — the legendary archer from

the Mahabharata, symbolising the ideal athlete.

**Q.16 — Correct: (D)**

Wrong: (a) Rs. 5 Lakhs

Wrong: (b) Rs. 15 Lakhs

Wrong: (c) Rs. 20 Lakhs

**CORRECT: (d) Rs. 25 Lakhs**

**Explanation:** The Khel Ratna carries a cash prize of Rs. 25,00,000 (25 Lakhs) — the highest cash component among all national sports awards. Arjuna Award and Dronacharya Award each carry Rs. 15 Lakhs. The Dhyan Chand Lifetime Achievement Award carries Rs. 10 Lakhs.

**Q.17 — Correct: (C)**

Wrong: (a) Certificate in Physical Education (C.P.Ed.)

Wrong: (b) Bachelor of Physical Education (B.P.Ed.)

**CORRECT: (c) Master of Physical Education (M.P.Ed.) + NET**

Wrong: (d) Diploma in Physical Education (D.P.Ed.)

**Explanation:** For appointment as a college/university lecturer in Physical Education, the mandatory qualifications are: (1) M.P.Ed. (Master of Physical Education), AND (2) NET (National Eligibility Test) or SET (State Eligibility Test) conducted by UGC. B.P.Ed. alone qualifies only for school PE teacher positions.

**Q.18 — Correct: (C)**

Wrong: (a) 1975

Wrong: (b) 1980

**CORRECT: (c) 1984**

Wrong: (d) 1991

**Explanation:** SAI (Sports Authority of India) was established in 1984 — the same year as the first National Sports Policy. SAI is the apex national body for sports training and development, manages national training centres, SAI centres across India, and implements government sports schemes.

**Q.19 — Correct: (B)**

Wrong: (a) Certificate in Physical Education (C.P.Ed.)

**CORRECT: (b) Bachelor of Physical Education (B.P.Ed.)**

Wrong: (c) Master of Physical Education (M.P.Ed.)

Wrong: (d) Diploma in Sports Science

**Explanation:** B.P.Ed. (Bachelor of Physical Education) is the minimum mandatory degree for becoming a government school PE teacher at secondary and higher secondary level. Additionally, CTET or State TET qualification is required. Some states accept D.P.Ed. for primary level PE.

**Q.20 — Correct: (C)**

Wrong: (a) 2017

Wrong: (b) 2018

**CORRECT: (c) 2019**

Wrong: (d) 2020

**Explanation:** The FIT INDIA MOVEMENT was launched on 29 August 2019 (National Sports Day) by Prime Minister Narendra Modi. It is a nationwide campaign to encourage Indians of all ages to adopt physical fitness and an active lifestyle. It is separate from Khelo India (which focuses on competitive sport).

**Q.21 — Correct: (B)**

Wrong: (a) Aquatic sports (swimming)

**CORRECT: (b) Adventure activities (land/water/air)**

Wrong: (c) Traditional Indian martial arts

Wrong: (d) Yoga and meditation

**Explanation:** The Tenzing Norgay National Adventure Award (1993) recognises extraordinary achievements in ADVENTURE ACTIVITIES across three categories: Land (mountaineering, trekking), Water (diving, rowing), and Air (skydiving, paragliding, hang gliding). Named after Tenzing Norgay who first summited Everest with Edmund Hillary in 1953. Prize: Rs. 15 Lakhs.

**Q.22 — Correct: (B)**

Wrong: (a) SAI (Sports Authority of India)

**CORRECT: (b) UGC (University Grants Commission)**

Wrong: (c) NCERT (National Council of Educational Research & Training)

Wrong: (d) NAAC (National Assessment & Accreditation Council)

**Explanation:** UGC-NET (University Grants Commission — National Eligibility Test) is conducted by the National Testing Agency (NTA) on behalf of UGC. It is mandatory for positions of Assistant Professor and Junior Research Fellow in universities and colleges. Physical Education is a subject in UGC-NET.

**Q.23 — Correct: (B)**

Wrong: (a) Bachelor of Nursing and Yoga Sciences

**CORRECT: (b) Bachelor of Naturopathy and Yogic Sciences**

Wrong: (c) Bachelor of Nutrition and Yoga Studies

Wrong: (d) Bachelor of Naturopathy and Yoga Specialisation

**Explanation:** BNYS = BACHELOR OF NATUROPATHY AND YOGIC SCIENCES — a 5.5 year degree programme that integrates naturopathy (natural healing methods) with yoga sciences. It qualifies graduates to work as naturopathy doctors and yoga therapists in clinical settings. Offered at naturopathy colleges across India.

**Q.24 — Correct: (C)**

Wrong: (a) Individual athletes for career achievement

Wrong: (b) Sports journalists for best coverage

**CORRECT: (c) Organisations and individuals contributing to sports promotion**

Wrong: (d) School students for academic excellence in PE

**Explanation:** The Rashtriya Khel Protsahan Puraskar (2009) is awarded to CORPORATES, SPORTS ORGANISATIONS, and INDIVIDUALS who have made outstanding contributions to sports promotion and development. There are 4 categories: Identification and nurturing of young talent; Encouragement to sports through CSR; Employment of sportspersons and sports welfare measures; Sports for development.

**Q.25 — Correct: (B)**

Wrong: (a) WHO (World Health Organisation)

**CORRECT: (b) Yoga Alliance USA**

Wrong: (c) Ministry of AYUSH, Government of India

Wrong: (d) International Yoga Federation

**Explanation:** RYT (Registered Yoga Teacher) 200-hour and 500-hour certifications are awarded by YOGA ALLIANCE USA — the internationally recognised body for yoga teacher standards. RYT 200 = 200 training hours minimum (entry level); RYT 500 = advanced level. These are globally recognised and allow teaching yoga internationally. MDNIY certifications are the Indian government equivalent.

**Q.26 — Correct: (C)**

Wrong: (a) LNIPE, Gwalior

Wrong: (b) Netaji Subhas NIS, Patiala

**CORRECT: (c) Tamil Nadu Physical Education & Sports University (TNPESU), Chennai**

Wrong: (d) Guru Nanak Dev University, Amritsar

**Explanation:** TNPESU (Tamil Nadu Physical Education & Sports University), Chennai is India's FIRST university dedicated exclusively to Physical Education and Sports sciences. It offers comprehensive programmes from certificate level to Ph.D. LNIPE is a National Institute (not a university per se). NSNIS focuses on coaching. Guru Nanak Dev has strong PE but is a general university.

**Q.27 — Correct: (C)**

Wrong: (a) Rs. 1 Lakh/year

Wrong: (b) Rs. 3 Lakhs/year

**CORRECT: (c) Rs. 5 Lakhs/year**

Wrong: (d) Rs. 10 Lakhs/year

**Explanation:** Khelo India scholarships are worth Rs. 5,00,000 (5 Lakhs) per year for 8 years to identified talented young athletes. The programme identifies approximately 1,000 athletes per year across 22 disciplines. This covers training, coaching, equipment, nutrition, and education expenses.

#### Q.28 — Correct: (C)

Wrong: (a) Mumbai

Wrong: (b) Bangalore

**CORRECT: (c) New Delhi**

Wrong: (d) Haridwar

**Explanation:** MDNIY (Morarji Desai National Institute of Yoga) is located in NEW DELHI and operates under the Ministry of AYUSH. It is the premier government yoga institute offering diploma, certificate, and short-term yoga courses. Named after former Prime Minister Morarji Desai, a famous yoga practitioner. SVYASA is in Bangalore. Dev Sanskriti is in Haridwar.

#### Q.29 — Correct: (C)

Wrong: (a) 2000

Wrong: (b) 2005

**CORRECT: (c) 2009**

Wrong: (d) 2014

**Explanation:** NADA (National Anti-Doping Agency) India was established in 2009 under the Sports Act as an autonomous body to implement India's anti-doping programme in compliance with the World Anti-Doping Code (WADA). It conducts doping tests, manages the prohibited list, educates athletes, and adjudicates violations.

#### Q.30 — Correct: (C)

Wrong: (a) National Team Coach

Wrong: (b) Sports Physiotherapist

**CORRECT: (c) Sports Event Manager / Sports Marketing Professional**

Wrong: (d) PE Teacher in Government School

**Explanation:** MBA in Sports Management prepares graduates for careers in SPORTS ADMINISTRATION, EVENT MANAGEMENT, SPORTS MARKETING, team operations, sponsorship management, media rights, and sports business. Institutions offering this: IISM Mumbai, Amity, KIIT, Symbiosis. Coaching requires coaching certifications; physiotherapy requires BPT; PE teaching requires B.P.Ed.

#### Q.31 — Correct: (A)

**CORRECT: (a) 21 June**

Wrong: (b) 29 August

Wrong: (c) 2 October

Wrong: (d) 1 January

**Explanation:** International Yoga Day = 21 JUNE (summer solstice) — proposed by India's PM Modi at the UN General Assembly in 2014 and adopted unanimously. First celebrated globally on 21 June 2015. The UN resolution was co-sponsored by 177 nations — the largest number for any UN resolution of this type.

#### Q.32 — Correct: (D)

Wrong: (a) 1985

Wrong: (b) 1991

Wrong: (c) 1998

**CORRECT: (d) 2002**

**Explanation:** The DHYAN CHAND AWARD for Lifetime Achievement in Sports and Games was established in 2002 by the Government of India. It is awarded to retired athletes AND coaches for their contributions to sports after their active career. Prize: Rs. 10 Lakhs + bronze statue. Note: Different from the Khel Ratna being RENAMED after Dhyan Chand in 2021.

**Q.33 — Correct: (C)**

Wrong: (a) Personal Trainer — M.P.Ed. mandatory

Wrong: (b) National Level Yoga Teacher — MBBS degree

**CORRECT: (c) Sports Physiotherapist — BPT (Bachelor of Physiotherapy) + Sports specialisation**

Wrong: (d) Sports Commentator — NET qualification mandatory

**Explanation:** Sports Physiotherapist = BPT (Bachelor of Physiotherapy) as baseline + sports physiotherapy specialisation or postgraduate training. Option (a) — Personal trainers typically need fitness certifications (ACE, NSCA), not M.P.Ed. Option (b) — MBBS is for medical doctors, not yoga teachers. Option (d) — commentators need no formal certification (media experience preferred).

**Q.34 — Correct: (B)**

Wrong: (a) Setting sports policy and funding all national sports

**CORRECT: (b) Representing India at the Olympics, Asian Games, and Commonwealth Games**

Wrong: (c) Conducting national coaching certification programmes

Wrong: (d) Regulating doping in Indian sports

**Explanation:** IOA (Indian Olympic Association) is India's national Olympic committee — its primary role is to REPRESENT INDIA at the Olympics, Asian Games, Commonwealth Games, and other multi-sport events under IOC (International Olympic Committee) and OCA (Olympic Council of Asia). Policy = MYAS; Coaching = SAI/NSNIS; Doping = NADA.

**Q.35 — Correct: (C)**

Wrong: (a) Strength and Conditioning Coach

Wrong: (b) School PE Teacher

**CORRECT: (c) Sports Event Manager / Team Operations Manager**

Wrong: (d) Yoga Instructor in a school

**Explanation:** SPORTS EVENT MANAGER and TEAM OPERATIONS MANAGER are MANAGEMENT careers — they handle logistics, sponsorship, marketing, player welfare, and business aspects of sports. They require MBA/BBA in Sports Management. Strength & Conditioning Coach, School PE Teacher, and Yoga Instructor are all coaching or teaching roles requiring different qualifications.

**Q.36 — Correct: (C)**

Wrong: (a) 5

Wrong: (b) 10

**CORRECT: (c) 15**

Wrong: (d) 25

**Explanation:** The Arjuna Award can be given to a MAXIMUM of 15 athletes per year across all sports disciplines. Khel Ratna maximum = 3 per year. Dronacharya maximum = 5 coaches per year. These limits ensure the awards maintain prestige and selectivity.

**Q.37 — Correct: (B)**

Wrong: (a) Senior citizens

**CORRECT: (b) Women athletes**

Wrong: (c) Foreign nationals

Wrong: (d) Professional athletes only

**Explanation:** NSP 2001 included a specific thrust on WOMEN IN SPORTS — recognising that female participation in Indian sports was severely limited by social, cultural, and infrastructure barriers. Special provision was made for women's sports facilities, competitions, and talent identification. This has contributed to the rise of PV Sindhu, Saina Nehwal, Mirabai Chanu, and others.

**Q.38 — Correct: (B)**

Wrong: (a) B.P.Ed. from Indian universities

**CORRECT: (b) NSCA-CSCS / ACE CPT / NASM CPT**

Wrong: (c) UGC-NET in Physical Education

Wrong: (d) NCC (National Coaching Certificate) from SAI

**Explanation:** NSCA (National Strength & Conditioning Association) — CSCS (Certified Strength & Conditioning Specialist) and CPT (Certified Personal Trainer) from ACE (American Council on Exercise) or NASM (National Academy of Sports Medicine) are globally recognised certifications for fitness trainers and exercise scientists. They are NOT restricted to India and are valid internationally. B.P.Ed. and NCC are India-specific.

**Q.39 — Correct: (C)**

Wrong: (a) National stadiums and sports complexes

Wrong: (b) University sports facilities only

**CORRECT: (c) Panchayat/village level and urban local bodies — grassroots facilities**

Wrong: (d) International standard facilities for Olympic training

**Explanation:** PYKKA (Panchayati Raj Institutions and Urban Local Bodies) scheme was specifically designed to create and maintain basic sports infrastructure at the GRASSROOTS LEVEL — playfields, open gyms, and sports facilities in villages and small urban areas managed by panchayats and urban local bodies. It addressed the lack of facilities at the most basic community level.

**Q.40 — Correct: (D)**

Wrong: (a) 100 hours (short course)

Wrong: (b) 200 hours (RYT 200 level)

Wrong: (c) 500 hours (RYT 500 level)

**CORRECT: (d) 1000+ hours (advanced therapeutic training)**

**Explanation:** YOGA THERAPY is an advanced specialisation — distinct from regular yoga teaching. It requires minimum 1000+ hours of training according to the International Association of Yoga Therapists (IAYT) standards. This includes yoga philosophy, anatomy, physiology, clinical assessment, and supervised clinical practice. RYT 200/500 are for YOGA TEACHERS, not therapists. The distinction is crucial in career counselling.

**— MATCH THE FOLLOWING —**

**Q.41 — Correct: (C)**

Wrong: (a) 1-R, 2-P, 3-Q, 4-S

Wrong: (b) 1-P, 2-Q, 3-S, 4-R

**CORRECT: (c) 1-Q, 2-R, 3-P, 4-S**

Wrong: (d) 1-S, 2-R, 3-P, 4-Q

**Explanation:** Khel Ratna (1) = Q (athletes; Rs. 25 Lakhs; India's highest sports honour); Arjuna Award (2) = R (athletes; Rs. 15 Lakhs; since 1961 — oldest major award); Dronacharya Award (3) = P (coaches; Rs. 15 Lakhs; since 1985); Dhyan Chand Award (4) = S (lifetime achievement; Rs. 10 Lakhs; since 2002). Option (a) gives coaches prize to Khel Ratna and reverses others — classic confusion trap.

**Q.42 — Correct: (B)**

Wrong: (a) 1-Q, 2-P, 3-S, 4-R

**CORRECT: (b) 1-S, 2-R, 3-Q, 4-P**

Wrong: (c) 1-P, 2-S, 3-R, 4-Q

Wrong: (d) 1-R, 2-Q, 3-P, 4-S

**Explanation:** TOPS (1) = S (elite Olympic medal hopefuls — most selective, intensive support programme); Khelo India (2) = R (grassroots development, youth identification, Rs. 5 lakh scholarships); Fit India Movement (3) = Q (mass fitness campaign for ALL citizens regardless of sports level); PYKKA (4) = P (village/panchayat-level basic infrastructure — playgrounds, open gyms). These four schemes target four completely different groups in a pyramid: village → youth → national → elite.

**Q.43 — Correct: (C)**

Wrong: (a) 1-R, 2-Q, 3-S, 4-P

Wrong: (b) 1-Q, 2-S, 3-P, 4-R

**CORRECT: (c) 1-S, 2-R, 3-Q, 4-P**

Wrong: (d) 1-P, 2-R, 3-S, 4-Q

**Explanation:** LNIPE (1) = S (Gwalior — premier PE national institute for B.P.Ed., M.P.Ed., Ph.D.); NSNIS (2) = R (Patiala — Netaji Subhas NIS, premier coaching certification centre); SVYASA (3) = Q (Bengaluru — Swami Vivekananda Yoga Anusandhana Samsthana, India's premier yoga university); MDNIY (4) = P (New Delhi — Morarji Desai National Institute of Yoga under AYUSH Ministry). All four are among India's most important sports/PE/yoga institutions.

### — ADDITIONAL MCQs —

#### Q.44 — Correct: (B)

Wrong: (a) It was launched by President of India at Republic Day 2018

**CORRECT: (b) Revamped and relaunched by the Ministry of Youth Affairs & Sports under PM Modi's government in 2018**

Wrong: (c) It was a Rajya Sabha initiative started in 2016

Wrong: (d) Started by the Planning Commission of India in 2014

**Explanation:** The Khelo India Programme was revamped and relaunched in 2018 by the MINISTRY OF YOUTH AFFAIRS & SPORTS under the NDA government led by PM Narendra Modi. It merged several earlier schemes (Rajiv Gandhi Khel Abhiyan, Urban Sports Infrastructure Scheme, National Sports Talent Contest) into one comprehensive grassroots sports development programme.

#### Q.45 — Correct: (B)

Wrong: (a) Directly apply to Army HQ with sports certificates

**CORRECT: (b) Apply through Army Sports Institute (ASI) Pune or through sports quota in Army recruitment rallies**

Wrong: (c) First win an Olympic medal, then apply for honorary commission

Wrong: (d) Complete MBBS, then join as Army Medical Corps with sports duties

**Explanation:** Indian Army recruitment for sportspersons: (1) Army Sports Institute (ASI), Pune — trains promising athletes who join the Army and represent it in national/international competitions. (2) SPORTS QUOTA in Army Open recruitment rallies — states conduct rallies where sportspersons with state/national level achievements get priority. These are the standard, established routes for sports-based Army entry.

#### Q.46 — Correct: (B)

Wrong: (a) National Athletics Development Agency

**CORRECT: (b) National Anti-Doping Agency**

Wrong: (c) National Awards and Distinctions Authority

Wrong: (d) National Association of Drug-free Athletes

**Explanation:** NADA = NATIONAL ANTI-DOPING AGENCY — India's official anti-doping regulatory body established in 2009. It implements the World Anti-Doping Code in India, conducts out-of-competition and in-competition tests, educates athletes about prohibited substances, and adjudicates anti-doping rule violations.

#### Q.47 — Correct: (B)

Wrong: (a) The 4-year programme is inferior in quality

**CORRECT: (b) The 4-year programme is for 10+2 students entering directly; 1-year is for graduates doing a bridge programme**

Wrong: (c) The 1-year programme is for international students only

Wrong: (d) There is no 1-year B.P.Ed. — it is always 4 years

**Explanation:** B.P.Ed. programmes exist in two tracks: (1) 4-YEAR B.P.Ed. — for students entering after 10+2 (integrated honours programme); (2) 1-YEAR B.P.Ed. — a bridge/lateral entry programme for students who already hold a graduation degree (B.A./B.Sc.) and want to become PE teachers. Both result in the same B.P.Ed. degree and qualify for PE teacher posts.

#### Q.48 — Correct: (C)

Wrong: (a) Cricket

Wrong: (b) Boxing

**CORRECT: (c) Badminton**

Wrong: (d) Wrestling

**Explanation:** Pulela Gopichand received the Dronacharya Award for his exceptional coaching in BADMINTON. He coached PV Sindhu (Olympic Silver + Gold), Saina Nehwal (Olympic Bronze), and many other top Indian shuttlers. He is himself an All England Open champion (2001) and established the Gopichand Badminton Academy in Hyderabad which has become one of India's premier badminton training centres.

**Q.49 — Correct: (B)**

Wrong: (a) Yoga referee in national yoga competitions

**CORRECT: (b) Certified Yoga Instructor in AYUSH wellness centres and yoga clinics run by government**

Wrong: (c) Yoga equipment manufacturer under AYUSH scheme

Wrong: (d) International yoga referee appointed by WHO

**Explanation:** Ministry of AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha, Homeopathy) runs multiple initiatives employing yoga professionals: AYUSH wellness centres (over 14,000 sanctioned), AYUSH hospitals, National AYUSH Mission, and International Yoga Day coordination. Certified yoga instructors and yoga therapists find government employment through these AYUSH-supported institutions.

**Q.50 — Correct: (B)**

Wrong: (a) NSP 2001 was the first sports policy — NSP 1984 was just a guideline

**CORRECT: (b) NSP 2001 explicitly included women in sports, sports science, traditional games, and NGO/corporate partnership — making it far more comprehensive and multidimensional than the 1984 policy**

Wrong: (c) NSP 2001 focused exclusively on Olympic sports; NSP 1984 covered all sports equally

Wrong: (d) NSP 2001 abolished SAI and created new institutions from scratch

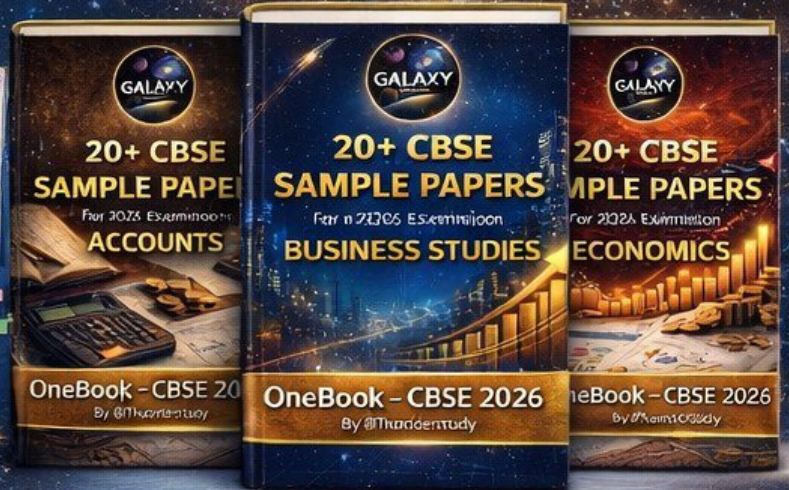
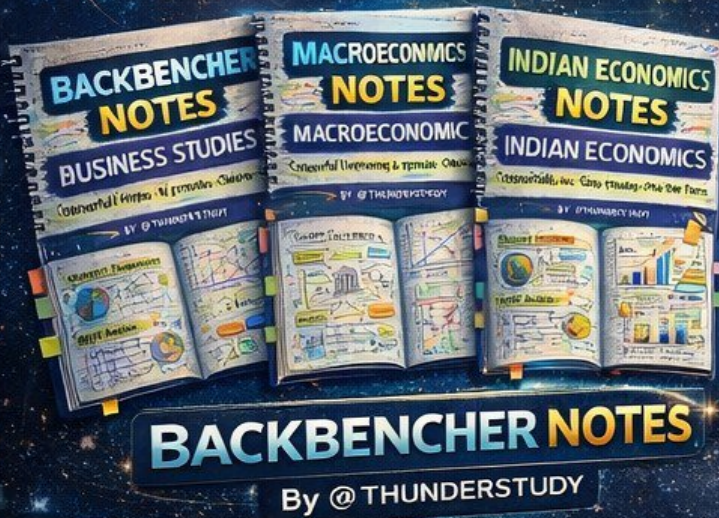
**Explanation:** NSP 1984 was India's first formal policy — primarily focused on mass participation, talent identification, and SAI establishment. NSP 2001 expanded massively to include: women's sports promotion, sports science & technology integration, role of NGOs and corporate sector, traditional/indigenous games preservation, and sports infrastructure development — a far more COMPREHENSIVE, MULTIDIMENSIONAL framework that addressed multiple barriers to sports development simultaneously.

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