

CHAPTER IX

ANCIENT SPORTS

1. The history of sports in India dates back to the ____
a) Aryan era
b) Mughal era
c) **Vedic era**
d) British era
2. Physical culture in ancient India was fed by a powerful fuel of ____
a) **Religious rites**
b) Caste rites
c) Cultural rites
d) Personal rites
3. Which were the common ancient sports between India and Greece?
a) **Chariot-racing and Wrestling**
b) Billiards and hockey
c) Chess and carom
d) Judo and Kung fu
4. In India, *dehvada* or the body-way is defined as ____
a) "Self-fashioning ideas"
b) Full of relaxing
c) Rebellious and revolting
d) **One of the ways to full realisation**
5. What is the most integral part of the Indian Sports?
a) Winning
b) Competing fiercely
c) **Guru-shishya**
d) Helping and supporting
6. When did Indian sports reach the peak of excellence?
a) **Buddhism**
b) British
c) Jainism
d) Hinduism
7. Bharahram means ____
a) Walking
b) Horse riding
c) **Weight lifting**
d) Archery
8. *Mall-Stambha* means ____
a) Walking
b) Chariot-racing
c) Hammer throwing
d) **Wrestling**
9. Physical perfection has been an integral part of ____
a) **Hinduism**
b) Buddhism
c) Jainism
d) Christianity
10. Kayasadhana stands for ____
a) Fitness
b) **Understanding of the body**
c) Cleanliness
d) Understanding of the soul
11. Arjuna and Bhima, two of the mighty Pandavas, excelled in ____
a) Military stratagem
b) Swimming
c) Chariot racing and hunting
d) **Archery and weightlifting**

12. Hanuman, Jamvant and Jarasandha were some of the great champion of ____

- a) **Wrestling**
- b) Hunting
- c) Archery
- d) Swimming

13. Wrestling and ball games were immensely popular among ____

- a) **The students of Universities**
- b) The Princes and Princesses
- c) The sons of the rich
- d) The farmers and landlords

14. The King, Raja Krishnadev was once ____

- a) Archer
- b) Swimming
- c) **Wrestler and horseman**
- d) Hunting

15. Who built several Hanuman temples all over Maharashtra, for the promotion of physical culture among the youth?

- a) **Chattrapati Shivaji's guru, Ramdas**
- b) Shajahan
- c) Chattrapathi Shivaji
- d) Mughal Emperors

16. Kerala's martial art form, Kalari Payattu, is very similar to ____

- a) **Karate**
- b) Taekwondo
- c) Kung Fu
- d) Judo

17. Who started a new trend in the Shaolin temple in China?

- a) Lord Buddha
- b) Jain monk
- c) **Bodhidharma**
- d) Chinese

18. What are the venues of indigenous games and martial arts?

- a) Wartimes
- b) **Festivals and local fairs**
- c) Competitions
- d) Playgrounds

19. Asol Aap and Asol-Tale Aap are the indigenous games of ____

- a) Andaman
- b) Sri Lanka
- c) **Nicobar**
- d) Coasta Rica

20. Asol Aap means ____

- a) **Canoe Race**
- b) Archery
- c) Horserace
- d) Swimming

21. How many players participate in the canoeing?

- a) 30-40
- b) 50-60
- c) 40-50
- d) **40-90**

22. How many kilometers is covered in the canoeing game?

- a) 7 to 8
- b) 5 to 7
- c) 8 to 9
- d) **5 to 6**

23. Asol- TaleAap means ____

- a) Canoe Raceon sand
- b) Canoe raceon stream
- c) **Canoe race on sea**
- d) Canoe race on valley

24. Boat Race is the famous game of ____
a) Kashmir c) **Kerala**
b) Maharashtra d) Karnataka
25. Dhopakhel is the most popular indigenous game of ____
a) **Assam** c) Nagaland
b) Sikkim d) Mizoram
26. Assam's Spring Festival is named as ____
a) Rangoli agaya c) Rangoli
b) **Rangoli Bihu** d) None of the above
27. In the game of Dhop, Chukornishan is ____
a) Four players c) Four flags
b) Four balls d) **Four corners**
28. Gella-Chutt is an indigenous game of ____
a) **Tripura** b) Kerala
b) Sikkim d) Nagaland
29. Ghar stands for ____
a) Court c) **House**
b) Outside d) Boundary
30. Gella-chutt means ____
a) **The King is out** c) The King ran away
b) The King is inside d) The King is caught
31. Hiyang Tannaba or the boat race is extremely popular amongst the natives of ____
a) Misoram c) **Manipur**
b) Assam d) Sikkim
32. Inbuan, the traditional game of Mizoram resembles ____
a) **Wrestling** c) Judo
b) Street fighting d) Racing
33. Insuknawr, the Rod-pushing game is the nation game of ____
a) Sikkim c) Nagaland
b) **Mizoram** d) Kashmir
34. In Insuknawr, a contest of strength and endurance, contestants are considered above the age of ____
a) **40** c) 50
b) 35 d) 30
35. Kabaddi ____ years old
a) 2000 c) 1000
b) **4000** d) 3000

36. Kabadi for women is called as...

- a) Chedugudu
- b) Hu-Tu-Tu
- c) **Chu-Kit-Kit**
- d) Hadudu

37. In Kabaddi, each half of the game has ____ minutes and 5 minutes of break.

- a) **20**
- b) 15
- c) 25
- d) 10

38. What is Lonain Kabbadi?

- a) Door Die Ride
- b) **All out with bonus**
- c) Super tackle
- d) Bonus Point

39. Kabaddi played without court is called ____

- a) **Circle Kabaddi**
- b) Goongi Kabaddi
- c) Amar Kabaddi
- d) Gaminee Kabaddi

40. Where was the first world Kabaddi championship held?

- a) **Hamilton**
- b) Edge Boston
- c) Delhi
- d) Jaipur

41. When was the Kabaddi Federation of India (KFI) founded?

- a) **1950**
- b) 1970
- c) 1960
- d) 1980

42. Amateur Kabaddi was found in

- a) **1960**
- b) 1955
- c) 1973
- d) 1983

43. Kang Shanaba is an indigenous Manipuri game played on the day between Manipur's ____ and the Ratha Jatra festival.

- a) **New Year's Day**
- b) Independence day
- c) Good Friday
- d) Dasara

44. Kho-Khoor 'run chase' is originated from ____

- a) Tamil Nadu
- b) **Maharastra**
- c) Uttar Pradesh
- d) Karnataka

45. When were the rules for Kho-Kho game framed?

- a) 1924
- b) **1914**
- c) 1910
- d) 1916

46. Who had organized the first national Kho-Kho championship in India?

- a) **Vijayawada (Andhra Pradesh)**
- b) Mumbai (Maharastra)
- c) Chennai (Tamil Nadu)
- d) Bhopal (Madhya Pradesh)

47. How many minutes are given for the chasing of the players in Kho-Kho?

- a) 6
- b) 8
- c) 7
- d) **9**

48. Khong Kangjei is also known as ____

- a) **Hockeyon Foot**
- b) Handball
- c) Polo
- d) Billiards

49. Sagol Kangjei is the ancient name for ____

- a) Hockeyon Foot
- b) Handball
- c) **Polo (Manipuri Hockey)**
- d) Billiards

50. Kirip (Nicobarese Wrestling), is the indigenous ____ game of the Nicobar island)

- a) Hunting
- b) Horse Riding
- c) **Wrestling**
- d) Run Chase

51. What is KeNangHaun?

- a) **Pig Fight with Man**
- b) Men Wrestling
- c) Women Wrestling
- d) bull fight with man

52. Lamjei from the state of Manipuris the game of ____

- a) **The race**
- b) Wrestling
- c) Judo
- d) Boat race

53. In Mallakhamb, 'Malla' means ____

- a) Pole
- b) Yoga
- c) **Gymnast**
- d) Court

54. Maximum number of participants in Mallakham bare ____

- a) **15**
- b) 14
- c) 12
- d) 10

55. In Mallakhamb, the khamb is made of ____

- a) **Teak Wood**
- b) Bamboo stick
- c) Sandalwood
- d) None of the above

56. What is the height of the Mallakhamb?

- a) 220cm
- b) 230cm
- c) **225cm**
- d) 210cm

57. Mukna and MizoInchai are the combination of Judo and Wrestling of ____ state.

- a) Assam
- b) **Manipur**
- c) Sikkim
- d) Nagaland

58. The indigenous game Hole Taso Dukanaram from Arunachal Pradesh is the imitation of ____ animal.

- a) Lag
- b) **Hole Taso**
- c) Dukanaram
- d) Pig

59. Porok-Pamin Sinam is also known as ____

- a) Cock-fighting
- b) Pig fighting
- c) **Bull fighting**
- d) Snake fighting

60. The cock-fighting is the prominent sport in ____

- a) **Nagaland**
- b) Haryana
- c) Sikkim
- d) Manipur

61. Yubee-Lakpee (Snatching the coconut) is the popular outdoor game played only by ____

- a) Women
- b) **Men**
- c) Children
- d) Elders

62. *Yubee* in Manipuri means _____

- a) Bamboo
b) Mango
c) **Coconut**
d) Bird

63. *lakpee* means _____

- a) **Snatching**
b) Gathering
c) Catching
d) Harvesting

64. The Prominent indigenous sport of Meghalaya is _____

- a) **Archery**
b) Racing
c) Hunting
d) Wrestling

65. The target is affixed on a thin bamboo pole, at a height of _____ ft from the ground

- a) 4
b) $4\frac{1}{2}$
c) **$3\frac{1}{2}$**
d) 5

Answers:

1. c	2. a	3. a	4. d	5.c	6.a	7.c	8. d	9.a	10.b
11.d	12.a	13.a	14.c	15.a	16.a	17.c	18.b	19.c	20.a
21.d	22.d	23.c	24.c	25.a	26.b	27.d	28.a	29.c	30.a
31.c	32.a	33.b	34.a	35.b	36.c	37.a	38.b	39.a	40.a
41.a	42.a	43.a	44.b	45.b	46.a	47.d	48.a	49.c	50.c
51.a	52.a	53.c	54.a	55.a	56.c	57.b	58.b	59.c	60. a
61.b	62.c	63.a	64.a	65.c					

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