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Q.3. Weightlifter Mirabai Chanu has won India's first gold medal in Commonwealth Games 2022 in which weight category?

A) 45kg

B) 49kg

C) 65kg

D) 75kg

Answer : B

- ✓ Mirabai Chanu Clinches India's First Gold at Birmingham Commonwealth Games 2022 in 49 Kg weightlifting.
- ✓ SAIKHOM MIRABAI CHANU
- ✓ State : Manipur
- ✓ Sport : Weightlifting
- ✓ Event(s) : 49 kg
- ✓ Coached By : Vijay Sharma, Aaron Horschig
- ✓ Rajiv Gandhi Khel Ratna, highest sporting honour of India (2018)
- ✓ Padma Shri, the fourth highest civilian award of India (2018)

MIRABAI CHANU IN NEWS 2021-22

- Mirabai Chanu bagged 'BBC Indian Sportswoman of the Year' award 2021
- Mirabai Chanu has won the gold medal in the 55kg weight category at the Singapore Weightlifting International 2022.
- Mirabai Chanu won the silver medal and became the first Indian to win an Olympic medal at the 2020 Tokyo Games in the Women's 49kg category. China's Zhihui Hou won the gold medal.
- Adidas roped Mirabai Chanu for its 'Stay in Play' campaign
- Amway India appoints Mirabai Chanu as brand ambassador
- She also won the first gold medal for India in the 2018 Commonwealth Games.
- Chanu Mirabai's career began with the Glasgow Commonwealth games 2014 where she won the silver medal in the 48 kg category.
- In 2017 she won the Gold Medal in the women's category weightlifting in World Weightlifting Championships at Anaheim, USA.
- In 2021, she won the bronze medal at the 2020 Asian Weightlifting Championships in Tashkent .



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Q.4. Who has won the first medal for India in 2022 Birmingham Commonwealth Games (CWG)?

- A) Bidyarani Devi B) Sanket Sargar
C) Jeremy Lalrinnunga D) Mirabai Chanu

Answer : B

- ✓ Indian weightlifter Sanket Mahadev Sargar helped India to get its first medal at the 2022 Commonwealth Games (CWG), by claiming silver in the men's 55kg category on July 30, 2022.
- ✓ The 21-year-old lifted a total of 248kg (113kg+135kg) to finish second.
- ✓ Mohamad Aniq of Malaysia lifted 249kg (107kg+142kg) to win the gold and Dilanka Isuru Kumara of Sri Lanka lifted 225kg (105kg+120kg) to claim the bronze medal.
- ✓ Sanket Sargar was born in nagpur Maharashtra.

Q.5. Sanket Sargar lost to which player in men's 55kg Weightlifting final at 2022 Birmingham Commonwealth Games (CWG) to settle for silver medal?

- A) Sagid Murtazaliev B) Mark Schultz
C) Dilanka Isuru Kumara D) Mohamad Aniq

Answer : D

Q.6. Gururaja Poojary has recently won bronze medal for India at 2022 Birmingham Commonwealth Games (CWG) in which event?

- A) Boxing
B) Wrestling
C) Shooting
D) Weightlifting

Answer : D

- ✓ Indian Weightlifter Gururaja Poojary bagged a bronze medal in the men's 61-kg category to get the second medal for the country.
- ✓ Gururaja lifted a total of 269kg (118kg+151kg) to finish third.
- ✓ Gold was won by Malaysia's Aznil Bin Bidin Muhamad with a lift of 285kg (127+158).
- ✓ Morea Baru of Papua New Guinea bagged silver with a total lift of 273kg (121+152).
- ✓ Gururaja Poojary was born in Vandse, Karnataka.



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Q.7. Jeremy Lalrinnunga has won gold medal in men's 67 kg category weightlifting at the 2022 Commonwealth Games. He is from which Indian State?

- A) Manipur
B) Assam
C) Mizoram
D) Odisha

Answer : C

- ✓ Jeremy Lalrinnunga wins Gold in men's 67 kg weightlifting at 2022 CWG
- ✓ India's Jeremy Lalrinnunga has won gold medal in men's 67 kg category weightlifting at the 2022 Commonwealth Games.
- ✓ The 19-year-old Youth Olympic champion lifted a total of 300kg (140kg+160kg) to get the first position.
- ✓ This is the second gold for the country and fifth medal overall.
- ✓ Samoan weightlifter Vaipava Nevo loane secured silver medal with a lift of 293 (127kg + 166kg)
- ✓ Nigeria's Edidiong Joseph Umoafia won bronze, 290kg (130kg+160kg)
- ✓ Jeremy Lalrinnunga is an Indian weightlifter from Aizawl, Mizoram.
- ✓ 2021 Commonwealth Weightlifting Championships Uzbekistan [Gold medal 67Kg]
- ✓ 2018 Summer Youth Olympics Buenos Aires , Argentina [Gold Medal 67Kg]

Q.8. Bidyarani Devi has recently won Silver medal for India at 2022 Birmingham Commonwealth Games (CWG) in which weight category?

- A) 55Kg
B) 49Kg
C) 67Kg
D) 74Kg

Answer : A

- ✓ Bidyarani Devi wins silver in women's 55kg to get India's 4th medal at 2022 CWG
- ✓ Indian weightlifter Bidyarani Devi clinched silver medal in the women's 55kg final at the Commonwealth Games 2022, to get fourth medal for India.
- ✓ The 23-year-old Manipur girl lifted a total of 202kg (86kg + 116kg) to grab the second position.
- ✓ Adijat Adenike Olarinoye of Nigeria won gold with 203 kg (92 + 111).
- ✓ Fraer Morrow of England won bronze with 198kg.
- ✓ Indian weightlifter from Manipur, S Bindyarani Devi.



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Q.9. Who has become the youngest athlete to represent the Indian contingent at the 2022 Commonwealth Games in Birmingham?

- A) Joshna Chinappa B) Dipika Pallikal
C) Anahat Singh D) Sunayna Kuruvilla

Answer : C

- ✓ Squash player Anahat Singh is India's youngest athlete at 2022 Birmingham Commonwealth Games (CWG)
- ✓ India's 14-year-old squash player, Anahat Singh, is the youngest athlete to represent Indian contingents at the 2022 Commonwealth Games in Birmingham.
- ✓ This is also the first time time that Anahat is participating in senior tournament.
- ✓ Anahat hails from Delhi and is currently studying in Class 9.

Q.10. The 3rd edition of India-Vietnam- joint military exercise “VINBAX 2022” will be held in which state of India?

- A) West Bengal B) Rajasthan
C) Uttarakhand D) Haryana

Answer : D

- ✓ 3rd India-Vietnam Bilateral Army Exercise “Ex VINBAX 2022” to begin at Chandimandir in Haryana
- ✓ The third edition of Vietnam-India Bilateral Army Exercise “Ex VINBAX 2022” is scheduled to be conducted at Chandimandir, a military cantonment of the Indian Army located in Panchkula district of Haryana, from August 01 to 20, 2022.
- ✓ The theme of Ex VINBAX 2022 is Employment and deployment of an Engineer Company and a Medical Team as part of United Nations Contingent for Peace Keeping Operations.
- ✓ The exercise will further strengthen the bilateral relations between India and Vietnam.
- ✓ The previous edition of the bilateral exercise was conducted in Vietnam in 2019.
- ✓ VIETNAM
Capital : Hanoi
Currency : Dong
Prime Minister : Pham Minh Chinh



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Q.11. The 4th edition of joint military exercise "Al Nagah-VI" has started between India and which country?

- A) Oman
- C) UAE

- B) Vietnam
- D) Indonesia

Answer : A

- ✓ 4th India-Oman Joint Military Exercise 'AL NAJAH-IV' to begin from August 01, 2022 in Rajasthan
- ✓ The 4th Edition of India-Oman Joint Military Exercise 'AL NAJAH-IV' is scheduled to be held in Rajasthan at the Foreign Training Node of Mahajan Field Firing Ranges.
- ✓ The exercise will take place between contingents of Indian Army and the Royal Army of Oman from August 01 to 13, 2022.
- ✓ The 3rd edition of Ex AL NAJAH IV was held at Muscat from 12 to 25 March 2019.
- ✓ The Indian Army will be represented by troops from the 18 Mechanised Infantry Battalion at the AL NAJAH-IV.
- ✓ The Royal Army of Oman contingent will be represented by the Sultan of Oman Parachute Regiment
- ✓ India and Oman conduct regular biennial bilateral exercises between all three services.
- ✓ Army exercise: Al Najah
- ✓ Air Force exercise: Eastern Bridge
- ✓ Naval Exercise: Naseem Al Bahr
- ✓ Oman – Capital: Muscat; Currency: Omani rial

MOST IMPORTANT MILITARY EXERCISE IN NEWS 2022

- The biennial Pacific Dragon ballistic missile defense exercise between the military of South Korea, the United States and Japan is being held from August 01 to August 14, 2022 off the coast of Hawaii.
- 4th Edition of India-Oman Joint Military Exercise 'AL NAJAH-IV' is scheduled to be held in Rajasthan at the Foreign Training Node of Mahajan Field Firing Ranges.
- 3rd India-Vietnam Bilateral Army Exercise "Ex VINBAX 2022" to begin at Chandimandir in Haryana.
- India-Japan conducted a Maritime Partnership exercise (MPX) in the Andaman Sea.
- 38th India-Indonesia Coordinated Patrol (IND-INDO CORPAT) Conducted in Andaman Sea.



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- Indian Army participates in a multinational exercise “Ex Khaan Quest 2022” where 16 other countries also took part in Mongolia.
- India-Bangladesh bilateral defence cooperation, a joint military training exercise Ex SAMPRITI-X is being conducted at Jashore Military Station in Bangladesh from 05 June to 16 June 2022.
- Third edition of Indian Navy – Bangladesh Navy Bilateral Exercise ‘Bongosagar’ commenced at Port Mongla, Bangladesh.
- 4th edition of India-Bangladesh Navy Coordinated Patrol (CORPAT) commenced in the northern Bay of Bengal .
- Trishakti Corps conducts EX KRIPAN SHAKTI in Siliguri, West Bengal
- 9th India – Kyrgyzstan Joint Special Forces Exercise Concludes at Bakloh, Himachal Pradesh.
- 20th India-France Bilateral Naval Exercise ‘VARUNA -2022’ kicks-off in Arabian Sea.
- first edition of Indian Ocean Naval Symposium (IONS) Maritime Exercise 2022 (IMEX-22) concludes in Goa and Arabian Sea.
- US and Philippines military begins their largest combat drills ‘Balikatan 2022’ will take place across Luzon in Philippines.
- Indian Navy’s Western Naval Command conducts offshore security exercise, ‘Prasthan’ off Mumbai.
- Malaysia to host 4 nations namely, Australia, New Zealand, Singapore and the United Kingdom for Bersama Shield 2022 military exercise.
- 3rd edition of the joint training exercise named EX-DUSTLIK between the Indian army and Uzbekistan armies to be held at Yangiariq, Uzbekistan.
- 9th India-Seychelles Joint Military Exercise ‘LAMITIYE-2022’ to begin from March 22 at Seychelles Defence Academy (SDA), Seychelles.
- NATO Begins military exercise ‘Cold Response 2022’ in Norway.
- 9th India-Sri Lanka Bilateral Maritime Exercise SLINEX to be held at Visakhapatnam.
- Indian Air Force (IAF) will conduct the Exercise Vayu Shakti that will take place at Pokharan range in Jaisalmer.
- Indian Navy’s multilateral exercise Milan-2022 begins in Visakhapatnam, Andhra Pradesh
- 3rd edition of the joint military exercise “EX DHARMA GUARDIAN-2022” between India and Japan will be conducted at Belagavi (Belgaum), Karnataka.



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- Indian Air Force will be taking part in a multi nation air exercise named 'Exercise Cobra Warrior 22' at Waddington, in United Kingdom.
- Sixth edition India and Oman begins Eastern Bridge-VI Air Exercise in Jodhpur, Rajasthan.
- US-Bangladesh to conduct joint air exercise 'Cope South 22'.
- Russia-China-Iran conducts joint naval exercise CHIRU-2Q22 in Gulf of Oman.
- India and Japan conducts Maritime Partnership Exercise in the Bay of Bengal.
- India participates in US-led six nations Exercise Sea Dragon 22 at Andersen Air Force Base in Guam in the Western Pacific

Q.12. PM Modi has launched the Revamped Distribution Sector Scheme, the flagship scheme of the Ministry of Power. What is the total outlay of the scheme?

- A) Rs 4 lakh crore
- B) Rs 3 lakh crore
- C) Rs 6 lakh crore
- D) Rs 5 lakh crore

Answer : B

- ✓ PM Modi dedicates and lays foundation stone of various green energy projects of NTPC and launches Revamped Distribution Sector Scheme of Power Ministry
- ✓ Prime Minister Narendra Modi launched the Revamped Distribution Sector Scheme, the flagship scheme of the Ministry of Power, via videoconferencing on July 30, 2022.
- ✓ The launch of the scheme was a part of the six-day programme 'Ujjwal Bharat Ujjwal Bhavishya – Power @2047' of the Ministry of Power, organised to showcase the transformation in the power sector achieved in the last eight years, and to commemorate 'Azadi Ka Amrit Mahotsav' .
- ✓ **Objective of Revamped Distribution Sector Scheme** : improve operational efficiencies and financial sustainability of the Distribution Companies (DISCOMs) and power departments.
- ✓ Total outlay to implement the scheme: Over Rs 3 lakh crore rupees.
- ✓ Time duration : 5 years from Financial Year 2021-22 to 2025-26.
- ✓ Key feature : DISCOMs will get financial assistance for modernization and strengthening of distribution infrastructure, with focus on the improvement of the reliability and quality of supply to end consumers.
- ✓ Among other things, PM Modi dedicated and laid the foundation stone of various green energy projects of National Thermal Power Corporation (NTPC) Limited worth over Rs 5,200 crore.



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- ✓ In the early stage, gold 1 kg with 995 purity and gold 100 grams with 999 purity will be traded with a settlement period of T+0. Further, the exchange is expected to extend the settlement period to T+2 days.
- ✓ Ashok Gautam will head IIBX as MD and CEO.
- ✓ Gujarat International Finance Tec-City (GIFT City) is an under-construction central business district in Ahmedabad in Gujarat, India. It is India's first operational greenfield smart city.
- ✓ The city is located on the banks of the Sabarmati River, Sardar Vallabhbhai Patel International Airport.
- ✓ What is a bullion? Bullion refers to physical gold and silver of high purity that is often kept in the form of bars, ingots, or coins. Bullion can sometimes be considered legal tender and is often held as reserves by central banks or held by institutional investors.

GANDHINAGAR IN NEWS 2022

- Prime Minister Narendra Modi launched 'India International Bullion Exchange (IIBX)' on July 29, 2022, at the Gujarat International Finance Tec-City (GIFT City) near Gandhinagar.
- PM Narendra Modi has inaugurated World's first Nano Urea Liquid Plant constructed by Indian Farmers Fertilizer Cooperative Ltd (IFFCO) at Kalol, Gandhinagar, Gujarat.
- Prime Minister Narendra Modi has inaugurated Digital India Week 2022 at Mahatma Mandir in Gandhinagar, Gujarat. The theme of this Digital India Week is 'Catalyzing New India's Techade.
- Government of India & Ministry of AYUSH organised its first Global Ayush Investment and Innovation Summit (GAIIS) 2022 held at Mahatma Mandir in Gandhinagar, Gujarat.
- PM Narendra Modi dedicates Rashtriya Raksha University in Gandhinagar, Gujarat.
- Nation's first portable solar rooftop system unveiled in Gandhinagar.
- India's first maritime arbitration centre to be set up in Gandhinagar.
- PM Modi will open the Global Ayush Investment & Innovation Summit 2022 at Mahatma Mandir in Gandhinagar, Gujarat

Q.14. RACE goal is launched by which of the following bank?

- A) State Bank of India
- B) Punjab National Bank
- C) Indian Overseas Bank
- D) Union Bank of India

Answer : D



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Q.16. The first week of August from 01 to 07, is dedicated to which of these observation every year?

- A) World Anti-Corruption Week
- B) World Allergy Week
- C) World Breastfeeding Week
- D) World Tourism Week

Answer : C

- ✓ World Breastfeeding Week (WBW) is marked every year in the first week of August, between 1 to 7 August.
- ✓ The main objective of WBW is to raise awareness on the importance of breastfeeding for mothers and infants.
- ✓ The theme of the World Breastfeeding Week 2022 is “Step Up for Breastfeeding: Educate and Support”.
- ✓ The week is organized by WABA, WHO and UNICEF since 1991.

Q.17. What is the theme of the World Breastfeeding Week 2022?

- A) Protect Breastfeeding:A Shared Responsibility
- B) Support breastfeeding for a healthier planet
- C) Empower Parents, Enable Breastfeeding
- D) Step Up for Breastfeeding: Educate and Support

Answer : D

Q.18. When is the Muslim Women’s Rights Day observed in India?

- A) 02 August
- B) 01 August
- C) 31 July
- D) 30 July

Answer : B

- ✓ In India, the “Muslim Women’s Rights Day” is celebrated across the nation on August 01 to celebrate the enactment of the law against Triple Talaq.
- ✓ The first Muslim Women’s Rights Day was observed in 2020.
- ✓ The Government of India enacted the law against Triple Talaq on August 01, 2019 to make the social malpractice of Triple Talaq a criminal offense.



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Q.3. Which of the following awards were received by Virat Kohli and Mirabai Chanu in September 2018?

- A) Dhyan Chand Award
B) Rajiv Gandhi Khel Ratna Award
C) Arjuna Award
D) Dronacharya Award

Answer : B

Q.4. 'Revamped Distribution Sector Scheme' which was recently launched, is implemented by which Union Ministry?

- A) Ministry of Power
B) Ministry of Consumer Affairs and Food Distribution
C) Ministry of New and Renewable Energy
D) Ministry of Agriculture and Farmers Welfare

Answer : A

Q.5. International Financial Services Centres Authority (IFSCA) (Banking) Regulations 2020 have been recently approved. Where are the headquarters of IFSCA?

- A) Mumbai
B) New Delhi
C) Bangalore
D) Gandhinagar

Answer : D

Q.6. Anahat Singh is associated with which sports?

- A) Swimming
B) Fencing
C) Archery
D) Squash

Answer : D

Q.7. Bidyarani Devi is associated with which sports?

- A) Wrestling
B) Boxing
C) Fencing
D) Weightlifting

Answer : D



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Q.8. Jeremy Lalrinnunga is associated with which sports?

- A) Hockey
- B) Badminton
- C) Weightlifting
- D) Tennis

Answer : C

Q.9. Sanket Sargar is associated with which sports?

- A) Shooting
- B) Gymnastics
- C) Wrestling
- D) Weightlifting

Answer : D

Q.10. What is the net worth of Savitri Jindal?

- A) 1430 crores
- B) 1689 crores
- C) 1578 crores
- D) 1670 crores

Answer : A



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