

Multiple choice questions.

Q1) Which is the highest peak of the world?

- a) Mount Everest. ☐
- b) K2. ☐
- c) Nanda Devi. ☐
- d) Andes. ☐

Q2) Who was the first woman to conquer the Everest?

- a) Bachendripal Pal. ☐
- b) Suinta Williams. ☐
- c) Kalpana Chawala. ☐
- d) Marry corn. ☐

Q3) Who was the director of Adventure course of mountaineering?

- a) Brigadier Gyan Singh. ☐
- b) Dhyan Chand. ☐
- c) Milkha Singh. ☐
- d) None. ☐

Q4) Who was the first person to climb on top of Mt. Everest?

- a) Sherpa Tenzing & Sherpa Tenzing Norgay ☐
- b) Sir Edmond Hillary. ☐
- c) Sushil Kumar ☐
- d) none of these ☐

Q5) For the strength and to keep themselves warm in the cold, mountaineers should take:-

- a) Vitamin C. ☐
- b) Iron and tablets. ☐
- c) Hot chocolates. ☐
- d) All. ☐

Write true or false

a) Rapling is a special way of coming down using the rope.....

(True / False )

b) Sangeeta was made leader of group no 5.....

(True / False )

c) A group leader has many responsibilities.....

(True / False )

d) While climbing the steep mountains, mountaineers should keep their body at an angle of 45 degrees.....

(True / False )

e) Falling of snowflakes gently is called snowfall.....

(True / False )

Identify the following sports and name them.



name.....



Name.....



name.....