

**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 com.

  
  
  

**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.....