

Sr. No.	Client Question ID	Question Body and Alternatives	Marks	Negative Marks
Objective Question				
1	1	<p>The digestive bag in the cell is called</p> <p>A1 : Lysosome</p> <p>A2 : Mitochondria</p> <p>A3 : Golgi complex</p> <p>A4 : Centro some</p>	4.0	1.00
Objective Question				
2	2	<p>The jelly like structure that fills up the cell is</p> <p>A1 : Lysosome</p> <p>A2 : Cytoplasm</p> <p>A3 : Centro some</p> <p>A4 : Microtubules</p>	4.0	1.00
Objective Question				
3	3	<p>The muscle found only in the walls of the heart and is involuntary in nature is called</p> <p>A1 : Skeletal muscle</p> <p>A2 : Smooth muscle</p> <p>A3 : Cardiac muscle</p> <p>A4 : Nerves tissue</p>	4.0	1.00
Objective Question				
4	4	<p>The system made up of the heart, blood, blood vessels and lymphatic is called</p> <p>A1 : Muscular system</p>	4.0	1.00

		<p>A2 Circulatory system :</p> <p>A3 Respiratory system :</p> <p>A4 Digestive system :</p>		
Objective Question				
5	5	<p>The human skeletal system is made up of</p> <p>A1 206 bones :</p> <p>A2 300 bones :</p> <p>A3 256 bones :</p> <p>A4 213 bones :</p>	4.0	1.00
Objective Question				
6	6	<p>The sternum and the ribs are found in the</p> <p>A1 Arm :</p> <p>A2 Chest :</p> <p>A3 Skull :</p> <p>A4 Spine :</p>	4.0	1.00
Objective Question				
7	7	<p>The elbow joint is a</p> <p>A1 Pivot joint :</p> <p>A2 Ball and socket joint :</p> <p>A3 Hinge joint :</p> <p>A4 Saddle joint :</p>	4.0	1.00
Objective Question				
8	8	<p>The entire muscle is surrounded by another fibrous connective tissue is called</p> <p>A1 Tendons</p>	4.0	1.00

		: A2 Epimysium : A3 Fascia : A4 Endomysium :		
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Objective Question

9	9	The body has about _____ liters of blood continuously traveling through it by the way of circulatory system is A1 5 : A2 8 : A3 3 : A4 2 :	4.0	1.00
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Objective Question

10	10	The flow of blood between the heart and the cell of the body is A1 Coronary circulation : A2 Pulmonary circulation : A3 Systemic circulation : A4 Respiratory System :	4.0	1.00
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Objective Question

11	11	Kraus Weber minimum muscular test consists of A1 5 test items : A2 7 test items : A3 6 test items : A4 8 test items :	4.0	1.00
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Objective Question

12	12	Which element of physical fitness does the bridge-up test measure	4.0	1.00
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		<p>A1 : Coordination</p> <p>A2 : Speed-endurance</p> <p>A3 : Flexibility</p> <p>A4 : Muscle power</p>		
Objective Question				
13	13	<p>In Johnson Basketball accuracy test, the distance between the floor and target area is</p> <p>A1 : 14 cm</p> <p>A2 : 14 inches</p> <p>A3 : 14 feet</p> <p>A4 : 14 mts</p>	4.0	1.00
Objective Question				
14	14	<p>The instrument with which range of the motion of a joint is measured</p> <p>A1 : Thermometer</p> <p>A2 : Spirometer</p> <p>A3 : Barometer</p> <p>A4 : Goniometer</p>	4.0	1.00
Objective Question				
15	15	<p>Pedagraph is used for measuring</p> <p>A1 : Kyphosis</p> <p>A2 : Scoliosis</p> <p>A3 : Flat Foot</p> <p>A4 : Lordosis</p>	4.0	1.00

Objective Question				
16	16	<p>Which of the element is not included in a test of health-related test of physical fitness</p> <p>A1 : Muscular Strength</p> <p>A2 : Body composition</p> <p>A3 : Agility</p> <p>A4 : Flexibility</p>	4.0	1.00
Objective Question				
17	17	<p>The duration of the Russel-Lunge Volleying test is</p> <p>A1 : 60 seconds</p> <p>A2 : 30 seconds</p> <p>A3 : 15 seconds</p> <p>A4 : No time limit</p>	4.0	1.00
Objective Question				
18	18	<p>Metheny- Johnson motor educability test battery consists of</p> <p>A1 : 4 test items</p> <p>A2 : 6 test items</p> <p>A3 : 8 test items</p> <p>A4 : 10 test items</p>	4.0	1.00
Objective Question				
19	19	<p>The distance between the net and the rope in the French short serve test is</p> <p>A1 : 16 inches</p> <p>A2 : 14 inches</p> <p>A3 : 20 inches</p> <p>A4 : 18 inches</p>	4.0	1.00

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Objective Question				
20	20	<p>The total number of squares in the outer lanes of the Johnson motor educability test</p> <p>A1 10 :</p> <p>A2 20 :</p> <p>A3 18 :</p> <p>A4 14 :</p>	4.0	1.00
Objective Question				
21	21	<p>The father of Kinesiology</p> <p>A1 Galan :</p> <p>A2 Archimedes :</p> <p>A3 Aristotle :</p> <p>A4 William Harvey :</p>	4.0	1.00
Objective Question				
22	22	<p>The line vertical and passes from left to right, diving the body into posterior and anterior halves is called</p> <p>A1 Sagittal plane :</p> <p>A2 Frontal plane :</p> <p>A3 Transverse plane :</p> <p>A4 Vertical plane :</p>	4.0	1.00
Objective Question				
23	23	<p>Triceps is chiefly associated with</p> <p>A1 Flexion of shoulder girdle :</p> <p>A2 Elbow extension :</p> <p>A3 Trunk flexion :</p>	4.0	1.00

		A4 Wrist flexion :		
Objective Question				
24	24	Top spin on the ball causes A1 Higher rebound : A2 Lower rebound : A3 Left rebound : A4 Right rebound :	4.0	1.00
Objective Question				
25	25	Knee joint is A1 Ball and socket joint : A2 Hinge joint : A3 Pivot joint : A4 Saddle joint :	4.0	1.00
Objective Question				
26	26	The longest muscle in the body is A1 Biceps : A2 Rectus Abdominus : A3 Sartorius : A4 Gastrocnemius :	4.0	1.00
Objective Question				
27	27	Newton of 'First law of motion' is A1 Law of inertia : A2 Law of acceleration :	4.0	1.00

		<p>A3 Law of rebound :</p> <p>A4 Law of exercise :</p>		
Objective Question				
28	28	<p>How many numbers of ribs pair in the thoracic cage?</p> <p>A1 9 :</p> <p>A2 10 :</p> <p>A3 11 :</p> <p>A4 12 :</p>	4.0	1.00
Objective Question				
29	29	<p>The muscles which are attached to the bones are</p> <p>A1 Cardiac muscles :</p> <p>A2 Skeletal muscles :</p> <p>A3 Connective tissue :</p> <p>A4 Ligaments :</p>	4.0	1.00
Objective Question				
30	30	<p>Large fan shaped muscle of the chest is</p> <p>A1 Pectoralis major :</p> <p>A2 Biceps brachii :</p> <p>A3 Deltoid :</p> <p>A4 Triceps brachii :</p>	4.0	1.00
Objective Question				
31	31	<p>Meaning of the term ‘Yuj’ is</p> <p>A1 System :</p> <p>A2 Prayer</p>	4.0	1.00

		<p>:</p> <p>A3 God :</p> <p>A4 Joining :</p>		
Objective Question				
32	32	<p>Yoga originated in</p> <p>A1 Sri lanka :</p> <p>A2 Tibet :</p> <p>A3 Nepal :</p> <p>A4 India :</p>	4.0	1.00
Objective Question				
33	33	<p>Mayur asana is</p> <p>A1 Asana resembling Pigeon :</p> <p>A2 Asana resembling Crow :</p> <p>A3 Asana resembling Peacock :</p> <p>A4 Asana resembling Eagle :</p>	4.0	1.00
Objective Question				
34	34	<p>Kapotasana is</p> <p>A1 Pigeon :</p> <p>A2 Crow :</p> <p>A3 Peacock :</p> <p>A4 Eagle :</p>	4.0	1.00
Objective Question				
35	35	<p>The process of purifying the nasal passage with catheter is</p> <p>A1 Pranayama :</p>	4.0	1.00

		<p>A2 Sutra neti :</p> <p>A3 Jala Neti :</p> <p>A4 Gaja Kriya :</p>		
Objective Question				
36	36	<p>The process of sectional breathing is</p> <p>A1 Bhastrika :</p> <p>A2 Breathing with awareness on upper, mid and lower lobes of lungs :</p> <p>A3 Bhramari :</p> <p>A4 Moorcha :</p>	4.0	1.00
Objective Question				
37	37	<p>The process of exhaling and inhaling like a bellow</p> <p>A1 Bhastrika :</p> <p>A2 Kapalabhati :</p> <p>A3 Bhramari :</p> <p>A4 Moorcha :</p>	4.0	1.00
Objective Question				
38	38	<p>Inhalation and exhalation through left nostril</p> <p>A1 Kapalabhati :</p> <p>A2 Suryabedi pranayama :</p> <p>A3 Chandrabedi pranayama :</p> <p>A4 Hatha Yoga :</p>	4.0	1.00
Objective Question				
39	39	<p>Active exhalation followed by passive inhalation is</p>	4.0	1.00

		<p>A1 Kapalabhati :</p> <p>A2 Suryabedi pranayama :</p> <p>A3 Chandrabedi pranayama :</p> <p>A4 Plavini :</p>		
Objective Question				
40	40	<p>Inhalation and exhalation through right nostril</p> <p>A1 Kapalabhati :</p> <p>A2 Suryabedi pranayama :</p> <p>A3 Chandrabedi pranayama :</p> <p>A4 Hatha Yoga :</p>	4.0	1.00
Objective Question				
41	41	<p>"The Body types described as Atlas of Man" was coined by</p> <p>A1 Sheldon :</p> <p>A2 Peter :</p> <p>A3 Carter :</p> <p>A4 Skinner :</p>	4.0	1.00
Objective Question				
42	42	<p>Which of the following refers to the conduct of Bhartiyam</p> <p>A1 Mass Indian games :</p> <p>A2 Mass rhythmic activities :</p> <p>A3 Mass Minor drills :</p> <p>A4 Mass Group dance :</p>	4.0	1.00
Objective Question				

43	43	<p>In which place for the first time women were allowed to participate in Olympics?</p> <p>A1 : Paris</p> <p>A2 : Athens</p> <p>A3 : Tokyo</p> <p>A4 : Los Angeles</p>	4.0	1.00
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Objective Question

44	44	<p>Cognitive process is related to</p> <p>A1 : Knowing something new</p> <p>A2 : Practice of something well</p> <p>A3 : Fresh thinking</p> <p>A4 : Skill achievement</p>	4.0	1.00
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Objective Question

45	45	<p>Which system of our body is primarily related with movements</p> <p>A1 : Circulatory System</p> <p>A2 : Nervous System</p> <p>A3 : Muscular System</p> <p>A4 : Digestive System</p>	4.0	1.00
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Objective Question

46	46	<p>The true nature of Modern Physical Education is revealed by which of the following concepts</p> <p>A1 : Science of Movement</p> <p>A2 : Skill development</p> <p>A3 : Physical Training</p> <p>A4 : Exclusive games</p>	4.0	1.00
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Objective Question				
47	47	<p>Newton's Law of Acceleration is also known as</p> <p>A1 Law of Action Reaction :</p> <p>A2 Law of Inertia :</p> <p>A3 Law of Momentum :</p> <p>A4 Law of Marginal Return :</p>	4.0	1.00
Objective Question				
48	48	<p>Basically Physical Activity is referred to the fulfilment of</p> <p>A1 Our biological necessity :</p> <p>A2 Social status :</p> <p>A3 Re-creative needs :</p> <p>A4 Academic excellence :</p>	4.0	1.00
Objective Question				
49	49	<p>The mother of all Games and Sports as per the German way of thinking is</p> <p>A1 Athletics :</p> <p>A2 Gymnastics :</p> <p>A3 Wrestling :</p> <p>A4 Swimming :</p>	4.0	1.00
Objective Question				
50	50	<p>Human behavior during childhood is most influenced by which of the following</p> <p>A1 Neighbors :</p> <p>A2 Family :</p> <p>A3 Teachers :</p>	4.0	1.00

		A4 Peer group :		
Objective Question				
51	51	Deliberate arrangements of people to accomplish some specific purpose. A1 Organization : A2 Administration : A3 Staffing : A4 Planning :	4.0	1.00
Objective Question				
52	52	Decision making process that focuses on future of an organization. A1 Administration : A2 Planning : A3 controlling : A4 Staffing :	4.0	1.00
Objective Question				
53	53	Profession involving the design, implementation, evaluation, and maintenance of the process of work within an office. A1 Organization : A2 Administration : A3 Office Management : A4 Sports Management :	4.0	1.00
Objective Question				
54	54	Logical consequences of planning is known as A1 Organizing : A2 Budgeting : A3 Staffing	4.0	1.00

		: A4 Planning :		
Objective Question				
55	55	The process of recording all the equipment ,books, tools, furniture etc is Known as A1 Stock Register : A2 Cash Register : A3 Attendance Register : A4 Staffing :	4.0	1.00
Objective Question				
56	56	Funds used by a business, organization, or corporation to attain new assets A1 Organization : A2 Administration : A3 Expenditure : A4 Income :	4.0	1.00
Objective Question				
57	57	The tools, machines that you need to do a particular job or activity A1 Infrastructure : A2 Administration : A3 Equipment : A4 Income :	4.0	1.00
Objective Question				
58	58	Team eliminated in the first round is known as A1 Round robin : A2 Knock out :	4.0	1.00

		<p>A3 League tournament :</p> <p>A4 combination tournament :</p>		
Objective Question				
59	59	<p>Process in which the managers instruct, guide and oversee the performance of the workers to achieve predetermined goals</p> <p>A1 Staffing :</p> <p>A2 Directing :</p> <p>A3 Controlling :</p> <p>A4 Interview :</p>	4.0	1.00
Objective Question				
60	60	<p>An organization through the recruitment, selection, development, of individuals as capable employees.</p> <p>A1 Staffing :</p> <p>A2 Directing :</p> <p>A3 Controlling :</p> <p>A4 Interview :</p>	4.0	1.00
Objective Question				
61	61	<p>Standard width of the lane shall be</p> <p>A1 1.20mts :</p> <p>A2 1.22mts :</p> <p>A3 1.22 to 1.25mts :</p> <p>A4 none of these :</p>	4.0	1.00
Objective Question				
62	62	<p>All the International competition shall be held under the rules of the</p> <p>A1 IOC :</p>	4.0	1.00

		A2 AIFF : A3 IAAF : A4 WA :		
Objective Question				
63	63	Direction of running shall be A1 Right hand side : A2 left hand side : A3 Curve Running : A4 none of these :	4.0	1.00
Objective Question				
64	64	World Athletics was formed in A1 2011 : A2 2019 : A3 1912 : A4 2020 :	4.0	1.00
Objective Question				
65	65	Who was the first athlete to be awarded Padmashree Award? A1 P. T. Usha : A2 Milkha Singh : A3 G. S. Randhawa : A4 V. S. Chauhan. :	4.0	1.00
Objective Question				
66	66	Dick Fosbury who invented the 'Fosbury Flop' style in high jump event belongs to A1 USA	4.0	1.00

		: A2 England : A3 Russia : A4 Ukraine. :		
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Objective Question

67	67	The standard distance of Marathon race is A1 26 kms : A2 42 kms : A3 42.195kms : A4 43.25 kms :	4.0	1.00
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Objective Question

68	68	First World Cup Athletics Championship was held at A1 Pusan : A2 Helsinki : A3 Kathmandu : A4 Stuttgart. :	4.0	1.00
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Objective Question

69	69	Ten events which is held on two consecutive days is known as A1 Pentathlon : A2 Decathlon : A3 Triathlon : A4 Heptathlo :	4.0	1.00
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Objective Question

70	70	List-I (Famous Athletes)	4.0	1.00
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		i. Florence Griffith Joyner ii. Michal Johnson iii. K. Bekele iv. S. Bubka List-II (Event) I. 10,000 M race II. 200 M race III. Pole Vault IV. 100 M race A1 : i- IV , ii-I , iii-II , iv- III A2 : i- II , ii-IV , iii-III, iv- I A3 : i- I , ii-III , iii-IV , iv- II A4 : i- IV , ii-II , iii-I , iv- III		
Objective Question				
71	71	How much a Basketball weight in grams for women A1 : 570 A2 : 560 A3 : 600 A4 : 565	4.0	1.00
Objective Question				
72	72	The Length of Basketball court measurement in meters. A1 : 29.0 A2 : 28.7 A3 : 27.0 A4 : 30.0	4.0	1.00
Objective Question				
73	73	Game Kho-Kho is? A1 : Indigenous game A2 : Recreational game	4.0	1.00

		<p>A3 Traditional game :</p> <p>A4 Rural game :</p>		
Objective Question				
74	74	<p>The game Kho-kho was otherwise called</p> <p>A1 “Atiya patiya” :</p> <p>A2 “Kilithatu” :</p> <p>A3 “Feinting dodging” :</p> <p>A4 “run chase” :</p>	4.0	1.00
Objective Question				
75	75	<p>The penalty line in Handball shall be _____ meters, from the middle line of the goal</p> <p>A1 7.0 :</p> <p>A2 8.0 :</p> <p>A3 4.0 :</p> <p>A4 6.0 :</p>	4.0	1.00
Objective Question				
76	76	<p>How many steps are you allowed in Handball?</p> <p>A1 2 :</p> <p>A2 3 :</p> <p>A3 4 :</p> <p>A4 Unlimited :</p>	4.0	1.00
Objective Question				
77	77	<p>Upright advertisement distance shall be at least :</p> <p>A1 2mts field of play :</p>	4.0	1.00

		<p>A2 The same distance from the goal line as the depth of the goal net :</p> <p>A3 2M from Goal net :</p> <p>A4 3 mts from touch line :</p>		
Objective Question				
78	78	<p>Select the correct answer, the modification which are permissible in Football?</p> <p>A1 Size of the football field :</p> <p>A2 Size weight and material of the ball :</p> <p>A3 Parallel referring system :</p> <p>A4 Shape of the ball :</p>	4.0	1.00
Objective Question				
79	79	<p>William G. Morgan invented the game namely</p> <p>A1 Basketball :</p> <p>A2 Volleyball :</p> <p>A3 Tennis :</p> <p>A4 Table Tennis :</p>	4.0	1.00
Objective Question				
80	80	<p>The height of the net in Volleyball for women is</p> <p>A1 2.43 :</p> <p>A2 2.41 :</p> <p>A3 2.24 :</p> <p>A4 2.26 :</p>	4.0	1.00
Objective Question				
81	81	<p>Total no. of players playing on the pitch in a hockey match is?</p> <p>A1 22</p>	4.0	1.00

		: A2 16 : A3 20 : A4 18 :		
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Objective Question

82	82	The dimensions of a Hockey field are? A1 91.4m X 55m : A2 92m X 55m : A3 92.5m X 56m : A4 91.4m X 56m :	4.0	1.00
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Objective Question

83	83	The body which control Tennis game in India is A1 ITA : A2 TINTA : A3 AITA : A4 ITF :	4.0	1.00
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Objective Question

84	84	In which olympic games, Leander Paes won Bronze medal in Tennis singles A1 1992 : A2 1996 : A3 2000 : A4 2004 :	4.0	1.00
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Objective Question

85	85	Field of play measurements for Kabaddi women is ____	4.0	1.00
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		<p>A1 : 13 x 10 mts.</p> <p>A2 : 12 x 8 mts.</p> <p>A3 : 11 x 8 mts.</p> <p>A4 : 10 x 8 mts.</p>		
Objective Question				
86	86	<p>Which is heights governing body of Kabaddi ____</p> <p>A1 : AKFI</p> <p>A2 : KFIA</p> <p>A3 : IKFI</p> <p>A4 : IAKF</p>	4.0	1.00
Objective Question				
87	87	<p>Which of the following statement is not correct about ICC</p> <p>A1 : The ICC is the global governing body for cricket</p> <p>A2 : ICC has 53 members</p> <p>A3 : ICC is also responsible for the staging of all ICC Events</p> <p>A4 : The ICC also appoints all match officials who officiate at all sanctioned international matches</p>	4.0	1.00
Objective Question				
88	88	<p>Bodyline bowling is associated with which pair of cricketers</p> <p>A1 : Allen Border and David Boon</p> <p>A2 : Sunil Gavaskar and K. Srikanth</p> <p>A3 : Douglas Jardine and H. Larwood</p> <p>A4 : Malcom Marshal and M. Holding</p>	4.0	1.00

Objective Question				
89	89	<p>Ladder and Pyramid tournaments come under ____ tournament.</p> <p>A1 : Knock out</p> <p>A2 : Challenge</p> <p>A3 : Combination</p> <p>A4 : League</p>	4.0	1.00
Objective Question				
90	90	<p>Formal activities are taught by ____ method.</p> <p>A1 : Command method</p> <p>A2 : Demonstration method</p> <p>A3 : Imitation method</p> <p>A4 : Part method</p>	4.0	1.00
Objective Question				
91	91	<p>Due to the two World Wars, in which of these years olympic games were not held?</p> <p>A1 : 1914, 1940, 1944</p> <p>A2 : 1916, 1940, 1944</p> <p>A3 : 1920, 1936, 1940</p> <p>A4 : 1936, 1840, 1944</p>	4.0	1.00
Objective Question				
92	92	<p>Which of the following vitamin is water soluble</p> <p>A1 : Vitamin E</p> <p>A2 : Vitamin K</p> <p>A3 : Vitamin A</p> <p>A4 : Vitamin B</p>	4.0	1.00

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Objective Question				
93	93	<p>Which of the following is known as the building blocks of the body?</p> <p>A1 : Carbohydrates</p> <p>A2 : Proteins</p> <p>A3 : Vitamins</p> <p>A4 : Minerals</p>	4.0	1.00
Objective Question				
94	94	<p>Professional preparation of physical education teachers is governed by</p> <p>A1 : U.G.C.</p> <p>A2 : A.I.C.T.E.</p> <p>A3 : N.C.T.E.</p> <p>A4 : N.A.A.C</p>	4.0	1.00
Objective Question				
95	95	<p>Which one of the following diseases is a communicable?</p> <p>A1 : Rickets</p> <p>A2 : Diabetes</p> <p>A3 : Amoebiasis</p> <p>A4 : Cancer</p>	4.0	1.00
Objective Question				
96	96	<p>First step of budget preparation is</p> <p>A1 : To search income</p> <p>A2 : Estimate Expenditure</p> <p>A3 : Planning</p>	4.0	1.00

		A4 Facility and personnel :		
Objective Question				
97	97	Which of the following diseases is associated with Vitamin C deficiency? A1 Psoriasis : A2 Scurvy : A3 Pellagra : A4 Vitiligo :	4.0	1.00
Objective Question				
98	98	Activities which are performed outside the campus of an institution are called A1 Inter house : A2 Intramural : A3 Extramural : A4 Inter Collegiate :	4.0	1.00
Objective Question				
99	99	A science of average is A1 Quantitative data : A2 Statistics : A3 Single score : A4 Central measure of tendency :	4.0	1.00
Objective Question				
100	100	The father of Statistics A1 Fisher : A2 Gauss :	4.0	1.00

		A3 Pearson :		
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		A4 Spearman :		
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