



SAFALTA CLASSTM

An Initiative by **अमरउजाला**

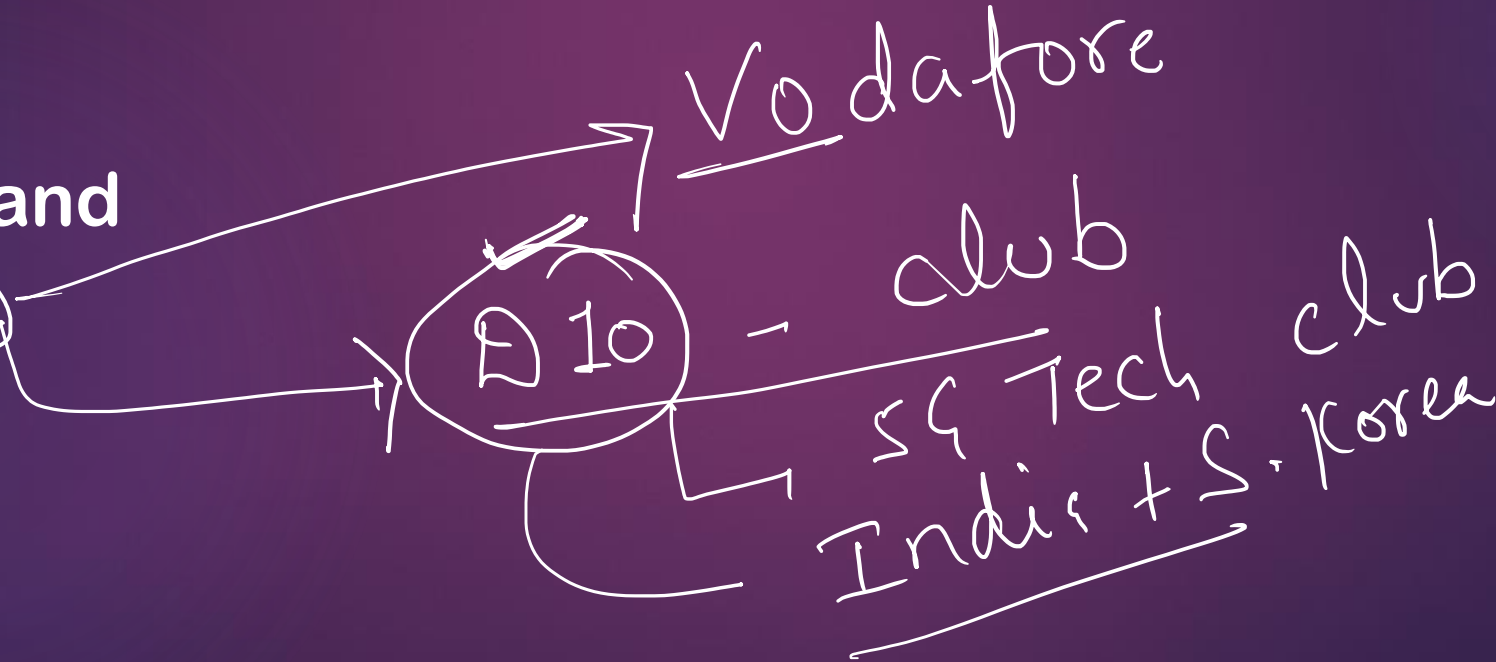
Successful people ask better questions, and as a result, they get better answers.

Question No: 1

AMNESTY International halted it's operations in India. In which country it's HQ is located?

एमनेस्टी इंटरनेशनल ने भारत में इसका संचालन रोक दिया । इसका मुख्यालय किस देश में स्थित है?

- A. USA
- B. Netherland
- C. Britain
- D. China

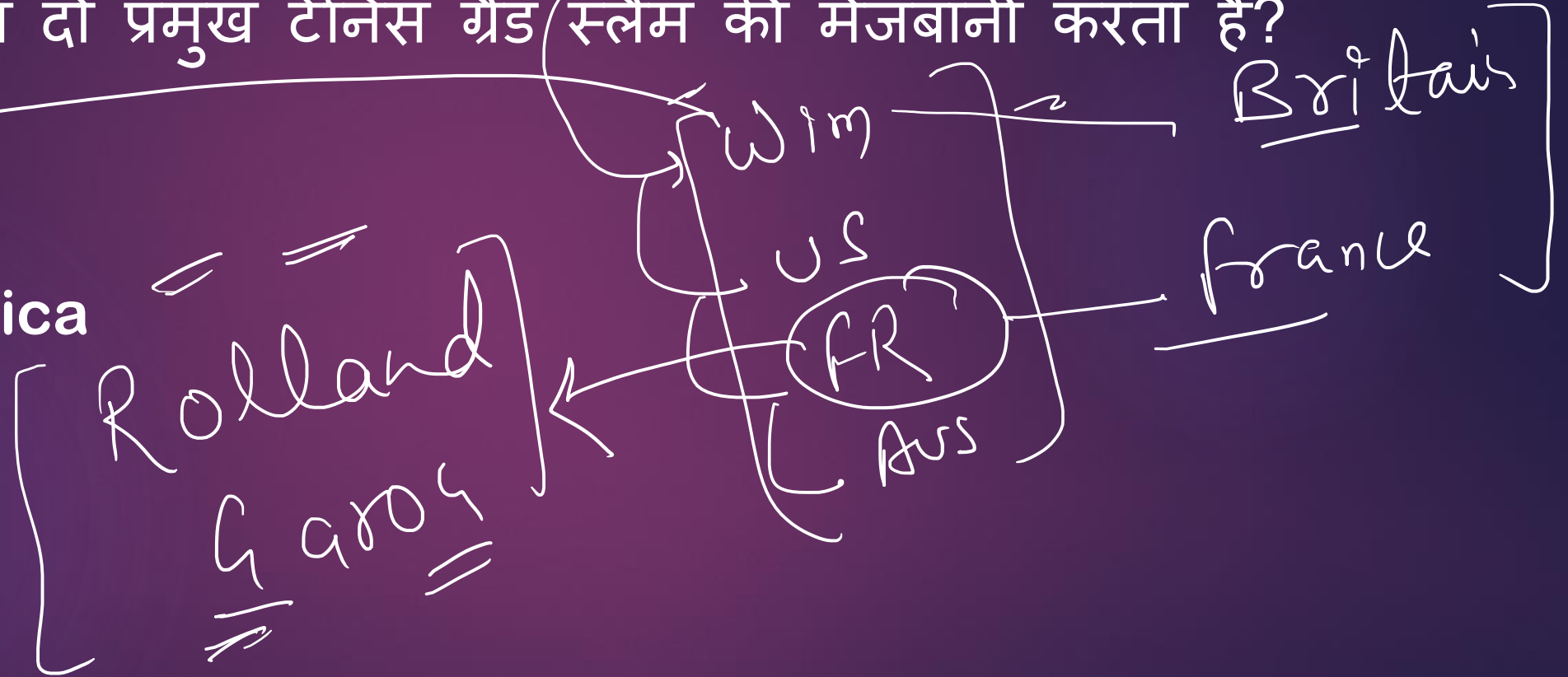


Question No: 2

Which continent hosts two major tennis grand slams?

कौन सा महाद्वीप दो प्रमुख टेनिस ग्रैंड स्लैम की मेजबानी करता है?

- A. Australia
- B. Europe
- C. North America
- D. None



Question No: 3

In recent who is appointed as chief of Film and Television Institute of India ?

हाल ही में भारतीय फिल्म और टेलीविजन संस्थान के प्रमुख के रूप में किसे नियुक्त किया जाता है?

- A. B. P. Singh
- B. Anupam Kher
- ☒ C. Shekhar Kapoor
- D. Gajendra Chauhan

C I D

पटेल

Bandit Over

Question No: 4

HQ of Film and Television Institute of India is located at which place?

भारतीय फिल्म एवं टेलीविजन संस्थान का मुख्यालय किस स्थान पर स्थित है?

A. New Delhi

☒ B. Pune

C. Dehradun

D. None

Question No: 5

Ind ⊕ USA

In which year Malabar naval exercise started?

किस साल मालाबार नेवल एक्सरसाइज शुरू हुई?

A. 1988

B. 1982

C. 1991

~~D. 1992~~

NABARO

SEBI

अपेक्षित वारियर एग्
Ind ⊕ Britain

⊕ 2015-

फरवरी

Question No: 6

Blue Mountain national park is located in which state?

ब्लू माउंटेन राष्ट्रीय उद्यान किस राज्य में स्थित है?

- A. Manipur
- B. Meghalaya
- ☒ C. Mizoram
- D. Assam

Rebul Lamjao
Floating NP

गान्धी + कादि रंग

Question No: 7 ✓

Which of the following is located in north of Galwan valley?

निम्नलिखित में से कौन सा गलवान घाटी के उत्तर में स्थित है?

- A. Kargil
- B. Leh
- C. Pangong tso
- D. Siachin

उत्तर में

North to South

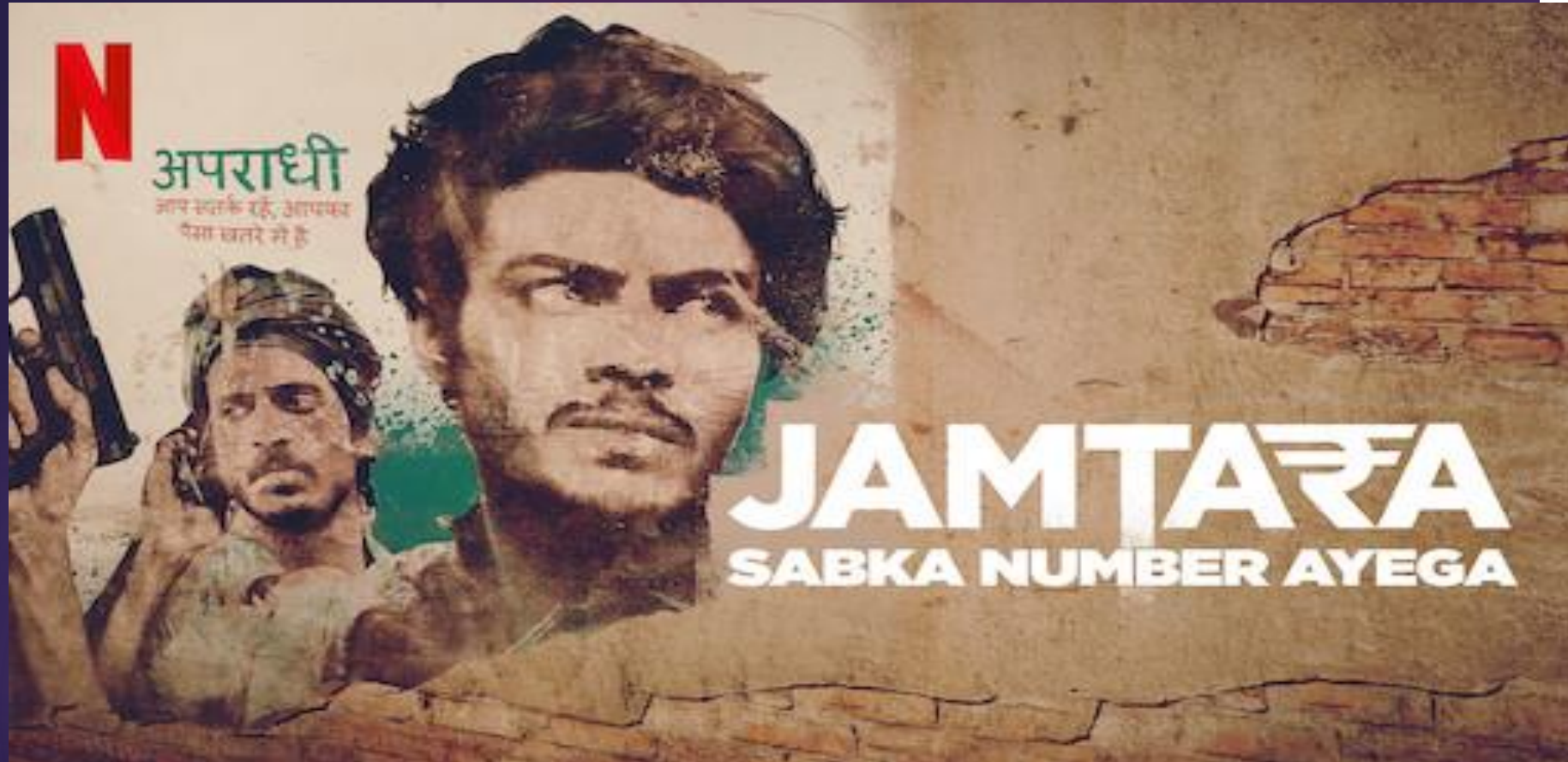
Siachin

Gal
kar.
Leh

Pangong Tso

दक्षिण में

खार



Minor held in Jamtara for cheating Delhi man

Victim duped on pretext of KYC updation

STAFF REPORTER
NEW DELHI

A 17-year-old Class X student was apprehended from Jamtara in Jharkhand for allegedly duping a Delhi-based person on the pretext of updating Know Your Customer (KYC) details of his bank account, the police said on Wednesday.

Victim lost ₹10,000

Deputy Commissioner of Police (South) Atul Thakur said that Ishtikar Ahmad, who works at a saloon in Defence Colony, reported that he was cheated of ₹10,000 on the pretext of KYC updation of his bank account.

A case was registered at Defence Colony police station and an investigation was taken up, the police said.

During investigation, the bank account details of the beneficiary and details of the alleged phone numbers

were obtained and technical analysis revealed that the fraudsters were from Jamtara in Jharkhand, the police said.

Thereafter, a police team went to Jamtara where they disguised themselves as surveyors of telecom companies and started roaming in the area to collect information about their targets.

On Tuesday, the accused minor was apprehended, Mr. Thakur said.

The mobile phone used for calling, online banking transactions and the ATM card of the account, to which cheated amount was transferred, have been recovered from the juvenile, the police said, adding that he has cheated five to six people of different States.

During interrogation, the accused told the police that he was lured by two others who were doing the same thing to make quick money.

चिन्ता

सिद्ध

ELSEWHERE



16 months after polls, Belgium gets new PM

BRUSSELS

Flemish liberal leader Alexander De Croo will be Belgium's new Prime Minister at the head of a seven-party coalition government — 16 months after the parliamentary polls. AFP

Alex - De - Croo

Bel. → [Land Locked]
 Coun
 देश की 4 सीमाएँ



▶ Name of country : **Belgium**

▶ Capital : **Brussels**

EU ST HO



▶ Currency: **Euro**

▶ Prime minister: Alexander De Croo

▶ Name of Legislature: **Belgian Federal
Parliament**

Sheikh Nawaf takes oath as Kuwait Emir

Late Emir Sheikh Sabah laid to rest

ASSOCIATED PRESS
KUWAIT CITY

Kuwait's Sheikh Nawaf al-Ahmad al-Sabah was sworn in before Parliament on Wednesday as the ruling Emir of the tiny oil-rich country, propelled to power by the death of his half-brother after a long career in the security services.

Sheikh Nawaf, 83, is not expected to deviate from the diplomatic path charted by his predecessor, the late Sheikh Sabah al-Ahmad al-Sabah. But his accession touched off speculation about who will become the next Crown Prince in the country known for its lively elected Parliament and relative independence in the neighbourhood of Gulf Arab monarchies.

The late Sheikh Sabah, 91, made his final journey to Kuwait later on Wednesday, his remains flying back to Kuwait City from Rochester, Minnesota, where he had been receiving medical treatment after surgery.

Although his funeral would ordinarily draw tens of thousands of Kuwaiti mourners and scores of foreign leaders and dignitaries, because of the coronavirus pandemic the burial was restricted to relatives, Kuwait's state-run news agency KUNA reported. Yet Qatar's Emir, Sheikh Tamim bin Hamad al-Thani, came to pay his respects, alongside an Emirati official, underscoring the late ruler's deft navigation of the region's stark political divides.

The breadth and depth of emotion over the loss of Sheikh Sabah, known for his diplomacy and peacemak-



Sheikh Nawaf

ing, was reflected in condolence messages that streamed in from countries on opposite ends of regional feuds, from Saudi Arabia to Iran and Qatar.

Calls for unity

Sheikh Nawaf took office as the new ruler of Kuwait in the Parliament building before rows of applauding lawmakers.

"Kuwait throughout its history has seen serious and tough challenges, which we have succeeded in overcoming through cooperating together," said Sheikh Nawaf, reading from prepared remarks. "Today, our dear country also faces risky circumstances and difficulties that there is no way to bypass except through unity."

The challenges are manifold. Gridlock in Parliament has blocked the passage of a public debt law needed to raise \$65 billion and mitigate the country's looming liquidity crisis. A major credit agency last week downgraded Kuwait for the first time in its history, citing the government's swelling budget deficit. Plunging oil prices amid the pandemic have robbed the wealthy country of cash.

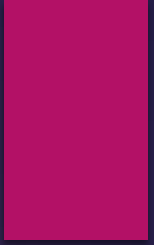


Name of country :**Kuwait**



[Capital:**Kuwait City**]



- 
- ▶ Currency: **Kuwaiti dinar**
 - ▶ Prime minister: Sheikh Nawaf] //
 - ▶ Name of Legislature: **National Assembly**
(Kuwait) []

SAI's new logo unveiled

Rijiju confident of India being in the top-10 at 2028 Olympics

GENERAL

KAMESH SRINIVASAN
NEW DELHI

The Sports Authority of India (SAI) will have a new identity to keep in sync with its ambitious flight towards helping India emerge as a top-10 country in the medals table at the 2028 Olympics.

Unveiling the simple but dynamic logo at the Major Dhyan Chand National Stadium here, Union Sports Minister Kiren Rijiju commended SAI for being the driving force behind Indian sports over the years.

He said a new logo was required, even though there was nothing wrong with the original.

"It is three simple letters along with the flight symbol," said the Minister. "Aim and objective are important to achieve anything. Our target is challenging and we have eight years."

"We are taking many steps and I am confident that the results will come. I have no doubt that we will



Catalyst: Kiren Rijiju has commended SAI for being the driving force behind Indian sports over the years. ■ SPECIAL ARRANGEMENT

Our target is challenging and we have eight years

— RIJIJU

achieve our target," said Rijiju.

Sports secretary Ravi Mittal congratulated SAI on the new look and expressed the confidence that "SAI will be the driving force behind Indian sports."

Great improvement

The president of the Indian Olympic Association (IOA), Narinder Batra, appreciated the "great improvement" in

Indian sports in the last couple of years.

He also thanked the government for its support, revealing that the women's hockey team had reached 90% of its fitness level on resumption of training from the lockdown.

SAI secretary-general of SAI Sandip Pradhan welcomed the gathering and hundreds who were connected on the web from across the country.

He stated that the first time change of logo was owing to the vision of the sports minister.

LOGO

Sports Authority of India



✓
Sp. Auth. of
India

- ▶ **The Sports Authority of India (SAI)** (Hindi: भारतीय खेल प्राधिकरण) is the apex national sports body of India, established in 1984 by the Ministry of Youth Affairs and Sports of Government of India for the development of sport in India.
- ▶ **Headquarters:** Jawaharlal Nehru Stadium (Delhi), Lodhi Road, Delhi

भारतीय खेल प्राधिकरण (साई):

भारत की शीर्ष राष्ट्रीय खेल संस्था है, जिसकी स्थापना भारत में खेलों के विकास के लिए भारत सरकार के युवा मामलों और खेल मंत्रालय द्वारा १९८४ में की गई थी।

मुख्यालय: जवाहरलाल नेहरू स्टेडियम (दिल्ली), लोधी रोड, दिल्ली

Indian Olympic Association(IOA)





- ▶ India first participated in the Olympics in 1900 in Paris.
- ▶ In 1923-24, a provisional All India Olympic Committee was set-up, which organised the All India Olympic Games (that later became the National Games of India) in February 1924.

भारत ने सबसे पहले पेरिस में 1900 में ओलंपिक में भाग लिया था।

1923-24 में एक अनंतिम अखिल भारतीय ओलंपिक समिति का गठन किया गया था, जिसने फरवरी १९२४ में अखिल भारतीय ओलंपिक खेलों (जो बाद में भारत का राष्ट्रीय खेल बन गया) का आयोजन किया।

This gave impetus to the development and institutionalization of sports in India, and, in 1927, the Indian Olympic Association (IOA) was formed, with Sir Dorabji Tata as its founding President and Dr. A.G. Noehren as Secretary.

इससे भारत में खेलों के विकास और संस्थानीकरण को बल मिला और 1927 में भारतीय ओलंपिक संघ (आईओए) का गठन किया गया, जिसमें सर दोराबजी टाटा इसके संस्थापक अध्यक्ष और सचिव के रूप में डॉ एजी नोहरेन थे।

Ideal weight of Indian men, women redefined

Decade-old
standard of 60 kg
and 50 kg revised

SPECIAL CORRESPONDENT
HYDERABAD

The ICMR-National Institute of Nutrition (NIN) has redefined the ideal or reference Indian adult man and woman with regard to age to 19-39 years instead of 20-39 years. The body weight has been put at 65 kg for men and 55 kg for women while earlier, it was 60 kg and 50 kg respectively, which are a decade-old.

This is based on the latest nationally representative data sourced from the National Family Health Survey-4 (NFHS-4, 2015-16), National Nutrition Monitoring Bureau (NNMB, 2015-16), the World Health Organisation (WHO,



2006-07) and the Indian Academy of Paediatrics (IAP 2015) to “derive acceptable reference body weight values through the lifespan”.

In the ‘Recommended Dietary Allowances’ and ‘Nutrient Requirements’ report prepared by NIN, the city-based nodal agency for recommending dietary allowances and nutrient requirements for Indians, includes Estimated Average Requirements (EARs) and

Tolerable Upper Limits of nutrients for the first time.

Dietary intake

Recommended Dietary Allowances (RDA) are daily dietary nutrient intake levels which would be sufficient to meet the nutrient requirements of nearly all healthy individuals while EARs are the average daily nutrient intake levels of the population.

The cereal-legume-milk composition of the diet for a moderately active man has been improved to 3:1:2.5 as compared to the earlier 11:1:3 within a given low cost window to meet daily protein requirements.

Visible fat intake for sedentary, moderate and heavy activity has been set at 25 gm, 30 gm and 40 gm a day for adult man and 20 gm, 25 gm and 30 gm a day for adult

women as against the single level recommended earlier.

For the first time, fiber based on energy intake was recommended and the level of about 40 gm/2000 kcal has been considered as safe intake. For carbohydrates, the EAR has been set at 100 gm/day for ages 1 and above with a RDA of 130 gm/day.

With regard to sodium due to emerging concerns on prevalence of hypertension a safe intake of 2000 mg/day which amounts to 5 gm/day of salt is recommended; while an intake of 3,510 mg/day is recommended for potassium.

For children, the requirement is greater than 60 ml per kg body mass and for adolescent boys it ranges from 47-60 ml per kg body mass, while, for girls it is 39-49 ml per kg body mass.

ICMR
New =
men = 65 kg
women = 55

Indian Council of Medical Research (ICMR)



Abbreviation	ICMR
Formation	1911 (as IRFA), 1949 (renamed to ICMR)
Type	Government Organisation
Headquarters	New Delhi
Region served	India
Secretary & Director General	Dr. Balram Bhargava



Indian Council of Medical Research

- Indian Council of Medical Research (ICMR) is the **apex body in India for the formulation, coordination and promotion of biomedical research.**

कैट क्यू वायरस से जुड़ी 3 बड़ी बातें



यह चीन और वियतनाम में क्यूलेक्स मच्छरों और सुअरों में पाया जाता है

इसका संक्रमण होने पर मरीज में दिमागी बुखार के लक्षण दिख सकते हैं

कैट क्यू वायरस भी खतरनाक है या नहीं, अभी यह स्पष्ट नहीं हो पाया है

Offer free virus treatment to all, says NHRC

SPECIAL CORRESPONDENT

NEW DELHI

Nearly three months after forming a committee to assess the impact of COVID-19 on rights, the National Human Rights Commission (NHRC) this week issued an advisory that includes providing free treatment to all COVID-19 patients, including healthcare workers, and paying ASHA workers on time for their contribution in the combating the disease.

On Monday, NHRC secretary general Jaideep Goind wrote to the Health Ministry and all the States and Union Territories asking the authorities to implement the recommendations in the advisory.

Nation Human Rights Commission



National Human Rights Commission logo

Agency overview

Formed 12 October 1993

Jurisdictional structure

Federal agency India

Operations jurisdiction India

General nature

- Federal law enforcement

Operational structure

Headquarters New Delhi, India

Agency executives


- Justice H. L. Dattu, Chairman

NHRC के चैयरमैन
→ Term = 5 yrs (old)
↓
3 yrs (New)

7 chairman ⇒ CJI (OR)
Justice of SC.


चीन के

→ Vikram Misri =




NATIONAL DAY OF THE PEOPLE'S REPUBLIC OF CHINA

01.10.1949 - 01.10.2020



Ambassador's Message



H.E. Sun Weidong

On the occasion of the 71st anniversary of the People's Republic of China, I would like to extend my sincerest blessings to my motherland and wish her prosperity and our people happiness and well-being.

2020 is a special year for China, a year with a difficult start, and a year of inspiring spirit and forging ahead. In the past 8 months and more, the Communist Party of China (CPC) has led the Chinese people in fighting a fierce battle against COVID-19 and creating a remarkable feat in humankind's struggle against diseases. China has coordinated epidemic prevention and control with economic and social development, and restarted normal work and life in an orderly manner with remarkable achievements. This struggle against COVID-19 epitomizes China's character, strength and responsibility.

2020 is a year of milestone significance for China. We will finish building a moderately prosperous society in all respects and realize the first centenary goal in 2020. This year is also crucial in winning the anti-poverty battle. We are determined to secure a victory in the battle against poverty. All poor people and counties under the current standard will be lifted out of poverty as scheduled. This year also marks the 75th anniversary of the victory of the Chinese People's War of Resistance Against Japanese Aggression and the World Anti-Fascist War. The great spirit of resisting aggression bred during the war is an invaluable source of inspiration and will always motivate the Chinese people to overcome all difficulties and obstacles and strive to achieve national rejuvenation.

We owe what we have achieved in COVID-19 prevention and control and economic and social development to the strong leadership of the CPC Central Committee with Comrade Xi Jinping at its core, the sound guidance of Xi Jinping Thought on Socialism with Chinese Characteristics for a New Era, and the concerted efforts of the Party, the armed forces, and the people of all ethnic groups in China.

The year 2020 marks the 75th anniversary of the founding of the United Nations. The international community should seize this important opportunity, reject unilateralism, hegemonism and power politics, resolutely champion multilateralism, safeguard the purposes and principles of the UN Charter, and jointly defend the UN-centered international system and the international order based on international law. China will follow the guidance of Xi Jinping Thought on Diplomacy, pursue the grand vision of building a community with a shared future for mankind, unwaveringly follow the path of peaceful development, continue to promote international cooperation in fighting COVID-19, expand mutually beneficial cooperation with other countries in opening up, work together to address global challenges and jointly create a better future for mankind.

The year 2020 also marks the 70th anniversary of China-India diplomatic ties. The bilateral relations have withstood test and made hard-won progress. With wisdom and painstaking efforts of generations, we should cherish what we have achieved today. We have provided each other strong support and assistance in fighting COVID-19 since its outbreak. Now China-India relations are facing a complex situation, but the general trend of friendship and cooperation between the two countries should not be changed. As two major neighboring countries, China and India should put differences in a proper context vis-à-vis bilateral relations and take guidance from the strategic consensus reached by the leaders of the two countries that China and India are not competitive rivals or each other's threats, but cooperation partners and each other's developmental opportunities. We should meet each other halfway, expand positive dimension of cooperation, promote communication and understanding between the two peoples, and bring the bilateral relations back on the right track for a sound and steady development.

I believe, as long as we draw wisdom from our civilizations of thousands years, follow the direction of "enhancing mutual trust, focusing on cooperation, managing differences and seeking common development", and continue to make efforts to transmit the leaders' consensus to all levels, we will certainly be able to explore a way for neighboring and emerging major countries to get along with each other.

PRC
10 Oct
1949

रतुस



— mao Zedong
(mao Tse Tung)
(PRC & founder)
(CPC) — of Communist party
of China



Chiang Kai
= founder of Taiwan

Question No: 11

Who has virtually presented the National Service Scheme (NSS) Awards for the year 2018-19?

वर्ष 2018-19 के लिए राष्ट्रीय सेवा योजना (एनएसएस) पुरस्कार किसने प्रदान किए हैं?

☒ A. Ram Nath Kovind

B. Amit Shah

C. Narendra Modi

D. Nitin Gadkari

Answer - Ram Nath Kovind

Question No: 12

India partnered with which country to co-develop Hi-tech weapon system?

भारत ने हाईटेक हथियार प्रणाली को सह-विकसित करने के लिए किस देश के साथ भागीदारी की?

A. Israel

B. Turkey

C. Denmark

D. Albania

Answer - Israel

Jerusalem

Benjamin

Knesset

MOSAD

कोपेनहेगन

+

Thomas
Badminton

Cup +
Cup

Uble

Question No: 13

UN International Day for the Total Elimination of Nuclear Weapons is annually observed on September 26 since which year?

परमाणु हथियारों के पूर्ण उन्मूलन के लिए संयुक्त राष्ट्र अंतर्राष्ट्रीय दिवस
सालाना 26 सितंबर को किस वर्ष से मनाया रहा है?

A. 2010

B. 2000

C. 2017

D. 2014

Answer – 2014

Question No: 14

Rajiv Gandhi International Airport is located in which city?

राजीव गांधी अंतरराष्ट्रीय हवाई अड्डा किस शहर में स्थित है?

- A. Chennai
- B. Bengaluru
- C. Kolkata
- D. Hyderabad**

Answer – Hyderabad

Telegana

हूली

चार निगा

Question No: 15

What is the currency of Denmark?

डेनमार्क की मुद्रा क्या है?

A. Rupiah

B. Ringgit

C. Krone

D. Won

रुपैया

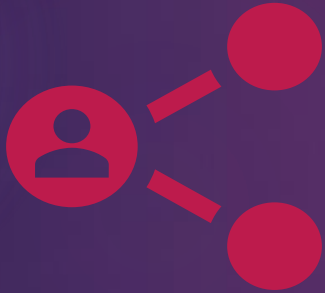
कोरिया

P maple in India

Answer – Krone



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Store



SAFALTA CLAS