



- The word malla means a wrestler or an athlete in Sanskrit and can also indicate a verb, such as strong or good.
- Khamb or kham, in spoken Marathi, means a pole.
- Therefore, Mallakhamb has come to be known as wrestling against a pole.
- It functions on a synergy of mind and body, employing every muscle in a way that enables a person to develop speed, stamina and better health.
- In recent times Mallakhamb has developed an identity that is separate from wrestling or kushti.
- There are two other Mallakhamb styles such as 'rope mallakhamb' and 'hanging mallakhamb'.

05-11-2020

1) Which of the following is not an objective of PRASHAD Scheme?

- Rejuvenation and spiritual augmentation of important national/ global pilgrimage destinations
- Preserve the character of the soul of heritage city and facilitate inclusive heritage linked urban development
- Creating awareness among the local communities about the importance of tourism for them in terms of increase in sources of income, improved living standards and overall development of the area
- Promote heritage in the form heritage structures especially under integrated tourism development of heritage city, local arts, culture, handicrafts, cuisine, etc., to generate livelihood in the identified places

2) Luhri Stage-I Hydro Electric Project is located on which of the following rivers?

- R. Lohit
- R. Satluj
- R. Subansiri
- R. Sabarmati

3) Shashi S Vempati Committee, sometimes seen in the news recently, was constituted for which of the following purposes?

- To restrict pornographic content in Social Media
- To review guidelines on Television Rating Agencies in India
- To suggest censorship guidelines for TV Serials and Web Series
- To recommend repeal of redundant and obsolete laws in India

4) Consider the following statements with respect to PINAKA Rocket System

- It is a Multi barrel Rocket Launch System (MLRS) with range from 60 to 90 kilometres.
- It was developed by Defence Research and Development Organisation (DRDO) in collaboration with Russia's Rosoboronexport.

Which of the statement(s) given above is/are correct?

- 1 only
- 2 only
- Both 1 and 2
- Neither 1 nor 2

5) Consider the following statements with respect to Char-chaporis

- They are shifting riverine islands of the River Brahmaputra.
- They are primarily inhabited by the Muslims of Bengali-origin migrated to Assam.

Which of the statement(s) given above is/are correct?

- 1 only
- 2 only
- Both 1 and 2
- Neither 1 nor 2