

1. What is the theme of World Mental Health Day 2024?

- A. Mental Health at Work
- B. Mental Health in an Unequal World
- C. Make Mental Health & Well-being for All a Global Priority
- D. Mental Health for All



- ✓ **World Mental Health Day is observed on October 10 and was first initiated in 1992 by the World Federation for Mental Health. The day aims to raise awareness about mental health issues and support mental health care globally. It has become a significant platform for collaboration among governments, organizations, and individuals to promote lasting change in mental health care. The 2024 theme is "Mental Health at Work". It stresses the need for safe and inclusive work environments to promote mental well-being and support those in need.**

2. Which space organization has launched the Europa Clipper Mission to explore Jupiter's moon?

- A. ISRO
- B. NASA
- C. ESA
- D. CNSA



- ✓ **NASA launched the Europa Clipper spacecraft to explore Jupiter's moon, Europa, and its potential to sustain life. The spacecraft will travel 3 billion kilometers in a nearly 10-year mission. Europa is believed to have a deep ocean, possibly 120 km beneath its icy surface. In 2013, Hubble detected geysers on Europa, suggesting thermal vents that could support life. Europa Clipper is NASA's largest spacecraft, powered by solar panels, with a budget of \$5.2 billion.**

3. Agasthyamalai Bambootail belongs to which species?

- A. Damselfly
- B. Fish
- C. Spider
- D. Beetle



- ✓ **Researchers have discovered a new damselfly species named Agasthyamalai Bambootail in Manjadinnavila, Thiruvananthapuram, Kerala. This rare species belongs to the bambootail group, known for their long cylindrical abdomens resembling bamboo stalks. It was found in the Agasthyamalai landscape of the Western Ghats. The only other species in this genus is the Malabar Bambootail, located in Coorg-Wayanad.**

4. Which state is the host of 38th Summer National Games?

- A. Uttarakhand
- B. Andhra Pradesh
- C. Kerala
- D. Karnataka



- ✓ Uttarakhand will host the 38th Summer National Games from January 28 to February 14, 2025, and the next Winter Games. The 37th National Games were held in Goa from September 25 to November 9, 2023. This will be the first time Winter Games are held outside Jammu & Kashmir and Ladakh. The National Games, organized by the Indian Olympic Association (IOA), aim to identify talent for the Summer Olympics. The first National Games were held in 1924 in Lahore, originally called the All-India Olympic Games.

5. Lunar Polar Exploration (LUPEX) is a joint mission of which two space organizations?

- A. NASA and ISRO
- B. ISRO and JAXA
- C. ESA and NASA
- D. CNSA and ISRO



- ✓ India's National Space Commission approved the Lunar Polar Exploration Mission (Lupex), India's fifth lunar mission. Lupex follows the success of Chandrayaan-3's Moon landing in August 2023, making India the fourth nation to land on the Moon. It is a joint mission between India's ISRO and Japan's JAXA, focusing on lunar resource exploration. The main objective is to study the presence and distribution of water on the Moon's surface and beneath its regolith.

6. Who have been awarded the 2024 Nobel Prize in Chemistry?

- A. Donald G. Truhlar and Tobin J. Marks
- B. Kulamani Parida and Parag R. Gogate
- C. David Baker, Demis Hassabis and John M
- D. Michael Gratzel and George M



- ✓ The 2024 Nobel Prize in Chemistry was awarded to David Baker, Demis Hassabis, and John M. Jumper for contributions to protein science. David Baker received the prize for computational protein design, creating entirely new proteins since 2003. Demis Hassabis and John Jumper were recognized for developing AlphaFold2, an AI model that predicts 3D protein structures. AlphaFold2 can predict the structure of nearly all 200 million identified proteins. These innovations are used in fields like pharmaceuticals, vaccines, and solving challenges like antibiotic resistance and plastic degradation.

7. IBSAMAR Exercise is recently conducted between which countries?

- A. Iran, Belarus and Serbia
- B. Ireland, Brunei and Sweden
- C. India, Brazil and South Africa
- D. Israel, Bangladesh and Senegal



- ✓ **INS Talwar arrived in South Africa for the eighth edition of exercise IBSAMAR. IBSAMAR is a joint maritime exercise involving India, Brazil, and South Africa. The exercise focuses on Blue Water Naval Warfare, covering Surface and Anti-Air Warfare.**
- ✓ **Activities include professional exchanges, firefighting drills, search-and-seizure operations, diving, aviation safety, and ocean governance seminars. The exercise strengthens naval interoperability, builds mutual trust, and fosters cooperation among like-minded nations for peaceful maritime environments.**

8. Which day is observed as National Postal Day every year?

- A. October 09
- B. October 10
- C. October 11
- D. October 12



- ✓ **India celebrates National Postal Day on October 10th each year. The day honors the Indian Postal Service and its role in connecting the nation. It commemorates the service's founding by the East India Company on October 10, 1854. The Indian Postal Service has grown into one of the world's largest networks. It has evolved from simple mail delivery to providing a wide range of services to millions across the country.**

9. Which state became the first in India to launch a state-of-the-art e-registry system named Sampada 2.0?

- A. Rajasthan
- B. Uttarakhand
- C. Madhya Pradesh
- D. Uttar Pradesh



- ✓ **Madhya Pradesh has become the first state in India to fully digitalize document registration with its new e-registry system, Sampada 2.0. This advanced version of the software and mobile app allows document registration to be completed online, eliminating the need for physical visits to Sub-Registrar offices. The process is now completely digital, secure, and paperless, making it more convenient and hassle-free for users.**

10. Which organization recently released the Living Planet Report?

- A. World Wide Fund
- B. World Bank
- C. United Nations Development Programme
- D. United Nations Environment Programme



- ✓ **The World Wildlife Fund (WWF) released its latest biennial 'Living Planet' report. Wildlife populations have dropped by 73% over the last 50 years (1970–2020). Freshwater species faced the largest declines, followed by terrestrial and marine populations. Main reasons for this decline include habitat loss, climate change, and invasive species. Andhra Pradesh's Community-Managed Natural Farming (APCNF) shows positive socio-economic impacts. India's millet mission received praise for promoting nature-positive food production.**

11. India won which medal at Asian Table Tennis Championship 2024?

- A. Gold
- B. Silver
- C. Bronze
- D. None of the above



- ✓ **India's men's team won the bronze medal at the 2024 Asian Table Tennis Championships after losing 3-0 to Chinese Taipei in the semi-finals. This is India's third consecutive bronze in the men's team event, following 2021 and 2023. India has won a total of seven bronze medals at the Asian Table Tennis Championships.**

12. What is the theme of World Habitat Day 2024?

- A. Engaging youth to create a better urban future
- B. Resilient urban economies
- C. Mind the Gap: Leave No one and Place Behind
- D. Accelerating Urban Action for a carbon-free world



- ✓ **World Habitat Day was first observed in 1985, celebrated on the first Monday in October. The Global Observance of World Habitat Day is observed on 7 October this year. It highlights the right to decent and safe housing for everyone. The 2024 theme is "Engaging youth to create a better urban future," focusing on the opportunities and challenges of rapid urban growth.**

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