

Red Crescent Volunteers Quiz Contest 2026 Questions

Department Wise

SECTION 1 YOUTH AND VOLUNTEERS DEPARTMENT

1. Which Fundamental Principle ensures neutrality in armed conflicts?
 - A. Humanity
 - B. Impartiality
 - C. Neutrality**
 - D. Independence
2. The principle of Voluntary Service emphasizes:
 - A. Paid humanitarian work
 - B. Government-controlled services
 - C. Unpaid, self-motivated service**
 - D. Mandatory participation
3. Which component of the Movement acts as a neutral intermediary in conflict zones?
 - A. IFRC
 - B. National Societies
 - C. ICRC**
 - D. UNHCR
4. The principle of Universality implies:
 - A. One country dominates decisions
 - B. Equal status and shared responsibilities**
 - C. Limited membership
 - D. Regional authority



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5. Independence ensures that National Societies:

- A. Follow only government policies
- B. Maintain autonomy while supporting authorities**
- C. Avoid all partnerships
- D. Work only internationally

6. A key role of youth volunteers is:

- A. Policy enforcement
- B. Community engagement**
- C. Military coordination
- D. Financial auditing

7. Youth & Volunteer department aligns most closely with which principle?

- A. Unity
- B. Humanity
- C. Voluntary Service**
- D. Universality

8. Peer-to-peer education is most effective because:

- A. It is cheaper
- B. It builds trust and relatability**
- C. It replaces trainers
- D. It is mandatory

9. Youth leadership focuses on:

- A. Authority
- B. Influence and service**
- C. Control
- D. Discipline only

10. A sustainable youth initiative must include:

- A. Short-term planning



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B. Community ownership

C. External funding only

D. Centralized control

11. YABC primarily promotes:

A. Technical skills

B. Behavioral transformation

C. Financial literacy

D. Policy advocacy

12. The YABC toolkit is based on:

A. Lectures

B. Experiential learning

C. Exams

D. Online modules only

13. Active listening is important because it:

A. Saves time

B. Builds empathy and trust

C. Avoids discussion

D. Controls behavior

14. Non-judgmental communication means:

A. Ignoring issues

B. Avoiding opinions

C. Respecting perspectives

D. Agreeing with everyone

15. Empathy differs from sympathy because it:

A. Is emotional only

B. Understands others' feelings deeply

- C. Is superficial
- D. Avoids engagement

16. Y-ADAPT focuses on:

- A. Disaster recovery
- B. Climate action by youth**
- C. Financial planning
- D. Health services

17. Climate resilience refers to:

- A. Avoiding disasters
- B. Adapting to climate impacts**
- C. Eliminating risks
- D. Government policies

18. Community-based adaptation means:

- A. External decision-making
- B. Local participation in solutions**
- C. Ignoring local knowledge
- D. Centralized planning

19. A key environmental challenge in Pakistan is:

- A. Snowstorms only
- B. Flooding and heatwaves**
- C. Volcanoes
- D. Tsunamis

20. Youth climate action includes:

- A. Policy writing only
- B. Awareness and behavior change**
- C. Ignoring local issues
- D. Industrial work



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21. Zebra crossing is for:

- A. Vehicles
- B. Pedestrians**
- C. Cyclists
- D. Parking

22. Major cause of accidents in Pakistan:

- A. Weather
- B. Human error**
- C. Animals
- D. Roads

23. Helmet use reduces risk of:

- A. Fractures only
- B. Head injuries**
- C. Burns
- D. Cuts

24. Road safety education aims to:

- A. Punish drivers
- B. Change behavior**
- C. Enforce law
- D. Increase traffic

25. Effective volunteer deployment requires:

- A. Random assignment
- B. Proper training and coordination**
- C. No supervision
- D. External control

26. Code of conduct ensures:

- A. Discipline and ethics**



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- B. Control
- C. Punishment
- D. Authority

27. Motivation of volunteers is enhanced by:

- A. Salary
- B. Recognition and purpose**
- C. Force
- D. Rules

28. Burnout in volunteers can be reduced by:

- A. Overwork
- B. Rest and support**
- C. Pressure
- D. Isolation

29. Leadership in volunteerism is:

- A. Commanding
- B. Inspiring and guiding**
- C. Controlling
- D. Enforcing

30. A volunteer refuses to help a group due to bias. Which principle is violated?

- A. Neutrality
- B. Impartiality**
- C. Unity
- D. Independence

31. During flood response, local youth lead evacuation. This shows:

- A. Dependency
- B. Community resilience**



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- C. Weakness
- D. External control

32. A volunteer shares misinformation online. This impacts:

- A. Reputation**
- B. Finance
- C. Logistics
- D. Training

33. Youth organizing awareness campaigns reflects:

- A. Passive role
- B. Active citizenship**
- C. Dependency
- D. Authority

34. Ignoring safety protocols in First Aid leads to:

- A. Efficiency
- B. Risk increase**
- C. Speed
- D. Better outcomes

35. The most effective way to scale youth programs is:

- A. Centralization
- B. Peer networks**
- C. Isolation
- D. Limitation

36. Measuring impact of Youth & Volunteer programs requires:

- A. Assumptions
- B. Data and evaluation**
- C. Guessing
- D. Opinions



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37. Inclusion in volunteer programs means:

- A. Selective participation
- B. Equal opportunities**
- C. Limiting access
- D. Bias

38. Digital tools in Youth & Volunteer help in:

- A. Delays
- B. Communication and coordination**
- C. Confusion
- D. Isolation

39. The future of youth volunteerism depends on:

- A. Funding only
- B. Innovation and engagement**
- C. Tradition only
- D. Policies only

40. Within the International Red Cross and Red Crescent Movement, which element ensures coordination between National Societies during large-scale emergencies?

- A. ICRC
- B. IFRC**
- C. UNDP
- D. WHO

41. A youth volunteer designing a campaign without consulting the community risks violating which key approach?

- A. Top-down leadership
- B. Community engagement principles**

C. Neutrality

D. Independence

42. Ethical storytelling in humanitarian work requires:

A. Highlighting suffering for impact

B. Protecting dignity and consent

C. Exaggerating facts

D. Using anonymous data only

43. In youth-led initiatives, “co-creation” means:

A. Leaders decide everything

B. Youth and community design solutions together

C. External experts lead fully

D. Donors define outcomes

44. A conflict between volunteers is best resolved through:

A. Authority enforcement

B. Dialogue and mediation

C. Ignoring the issue

D. Removing both volunteers

45. Which leadership style is most effective in volunteer-based organizations like Pakistan Red Crescent Society?

A. Authoritarian

B. Transactional

C. Servant leadership

D. Laissez-faire

46. . Digital engagement for youth volunteers is most impactful when it:

A. Focuses only on posting content

B. Encourages interaction and dialogue

C. Avoids feedback

D. Is controlled centrally

47. Accountability in volunteer programs primarily means:

A. Reporting only to donors

B. Being responsible to communities served

C. Following internal hierarchy only

D. Avoiding mistakes

48. A youth volunteer challenges misinformation respectfully during a session. This demonstrates:

A. Conflict creation

B. Critical thinking and ethical communication

C. Disobedience

D. Leadership failure

59. Sustainability of a youth program is best ensured by:

A. External funding continuity

B. Building local capacity and ownership

C. Short-term visibility



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D. Centralized management

50. How many Sustainable Development Goals (SDGs) are there?

A. 15

B. 17

C. 20

D. 10

51. Which SDG focuses on Climate Action?

A. SDG 11

B. SDG 12

C. SDG 13

D. SDG 14

52. Which SDG is known as "Zero Hunger"?

A. SDG 1

B. SDG 2

C. SDG 3

D. SDG 4

53. Which SDG focuses on Quality Education?

A. SDG 3

B. SDG 4

C. SDG 5

D. SDG 6

54. Which SDG is about Gender Equality?

A. SDG 5

B. SDG 6

C. SDG 7

D. SDG 8



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55. The United Nations observes International Youth Day every year on which date?

- A. 1 January
- B. 12 August**
- C. 5 June
- D. 10 December

56. In which year were the SDGs officially adopted by the United Nations?

- A. 2010
- B. 2012
- C. 2015**
- D. 2020

57. Which SDG focuses on Clean Water and Sanitation?

- A. SDG 5
- B. SDG 6**
- C. SDG 7
- D. SDG 8

58. What is the main global focus of youth-related initiatives in recent years?

- A. Entertainment only
- B. Youth empowerment and participation**
- C. Fashion industry
- D. Space tourism

69. What is the overall purpose of the SDGs?

- A. To support only developed countries
- B. To promote global peace, prosperity, and sustainability**
- C. To increase business profits
- D. To focus only on education

70. Which organization launched the Sustainable Development Goals (SDGs)?

- A. World Bank



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B. International Monetary Fund (IMF)

C. United Nations

D. World Trade Organization (WTO)

SECTION 2: RED CROSS HISTORY

1. Who founded the Red Cross Movement?

- A) Florence Nightingale
- B) Henry Dunant
- C) Jean Pictet
- D) Gustave Moynier

2. In which year was the Red Cross founded?

- A) 1859
- B) 1863
- C) 1876
- D) 1919

3. The idea of the Red Cross was inspired by which battle?

- A) Waterloo
- B) Solferino
- C) Verdun
- D) Hastings

4. Henry Dunant belonged to which country?

- A) France
- B) Switzerland
- C) Italy
- D) Germany

5. Which book did Henry Dunant write?

- A) War and Peace
- B) A Memory of Solferino
- C) Humanitarian Law
- D) Red Cross Guide

6. The Red Cross emblem is based on which country's flag?

- A) France
- B) Switzerland
- C) Italy
- D) Germany

7. The first Geneva Convention was held in which year?

- A) 1859
- B) 1863
- C) 1864
- D) 1870

8. Where is the headquarters of the ICRC located?

- A) Paris
- B) Geneva
- C) London
- D) New York

9. What does ICRC stand for?

- A) International Council of Red Cross
- B) International Committee of Red Cross
- C) International Center of Red Cross
- D) International Civil Red Cross

10. The Red Crescent symbol is mainly used in:

- A) European countries
- B) Muslim countries
- C) African countries
- D) Asian countries

11. The Red Crystal symbol was adopted in:

- A) 1995



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- B) 2000
- C) 2005
- D) 2010

12. How many founding members formed the original committee?

- A) 3
- B) 5
- C) 7
- D) 10

13. World Red Cross Day is observed on:

- A) April 7
- B) May 8
- C) June 5
- D) August 12

14. The Red Cross Movement has how many components?

- A) 2
- B) 3
- C) 4
- D) 5

15. IFRC stands for:

- A) International Federation of Red Cross
- B) International Force Red Cross
- C) International Forum Red Cross
- D) International Foundation Red Cross

16. IFRC was established in:

- A) 1901
- B) 1919



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C) 1945

D) 1963

17. The first National Society was established in:

A) France

B) Germany

C) Switzerland

D) Italy

18. The principle of Humanity focuses on:

A) Profit

B) Saving lives

C) Politics

D) Trade

19. Neutrality means:

A) Taking sides

B) Not taking sides

C) Supporting war

D) Ignoring conflict

20. Independence means:

A) Controlled by government

B) Free from influence

C) Military control

D) Political role

21. Voluntary service means:

A) Paid work

B) Not for profit

C) Government job

D) Business activity



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22. Unity means:

- A) Many societies per country
- B) One society per country
- C) No society
- D) Two societies per country

23. Universality means:

- A) Unequal status
- B) Equal status worldwide
- C) Limited work
- D) Regional focus

24. Pakistan Red Crescent was established in:

- A) 1947
- B) 1950
- C) 1965
- D) 1971

25. Henry Dunant received Nobel Prize in:

- A) 1895
- B) 1900
- C) 1901
- D) 1910

26. Geneva Conventions were revised in:

- A) 1939
- B) 1949
- C) 1955
- D) 1960

27. Red Cross mainly works in:

- A) Trade



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- B) War and disasters
- C) Sports
- D) Education

28. The motto of Red Cross is:

- A) Peace and War
- B) Inter arma caritas
- C) Unity and Strength
- D) Serve All

29. Henry Dunant's profession was:

- A) Doctor
- B) Soldier
- C) Businessman
- D) Teacher

30. The Red Cross Movement originated in:

- A) France
- B) Switzerland
- C) Italy
- D) Germany

31. Red Cross protects:

- A) Soldiers only
- B) Civilians only
- C) Victims of conflict
- D) Government

32. ICRC mainly works in:

- A) Peace time
- B) Conflict zones



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C) Schools

D) Offices

33. IFRC focuses on:

A) War

B) Disaster response

C) Politics

D) Trade

34. National Societies work at:

A) International level

B) Local level

C) Military level

D) UN level

35. Misuse of Red Cross emblem is:

A) Allowed

B) Encouraged

C) Illegal

D) Optional

36. First Geneva Convention focused on:

A) Prisoners

B) Wounded soldiers

C) Civilians

D) Refugees

37. Neutrality helps in:

A) Conflict

B) Trust building

C) Trade

D) Politics



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38. Humanitarian law deals with:

- A) Trade
- B) War rules
- C) Education
- D) Economy

39. Red Cross expanded globally in:

- A) 18th century
- B) 19th–20th century
- C) 21st century
- D) 17th century

40. Henry Dunant was:

- A) Italian
- B) Swiss
- C) French
- D) German

41. First aid training is promoted by:

- A) UN
- B) Red Cross
- C) WHO
- D) NATO

42. Volunteers are:

- A) Paid staff
- B) Essential part
- C) Government workers
- D) Military

43. Red Crescent was adopted in:

- A) 1864



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B) 1876

C) 1901

D) 1949

44. Red Crystal is used for:

A) Decoration

B) Neutral symbol

C) Trade

D) Military

45. Total principles of Red Cross are:

A) 5

B) 6

C) 7

D) 8

46. Headquarters country is:

A) France

B) Switzerland

C) USA

D) UK

47. Henry Dunant died in:

A) 1910

B) 1920

C) 1930

D) 1940

48. Red Cross helps in:

A) Business

B) War relief



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C) Politics

D) Trade

49. Red Cross supports:

A) Refugees

B) Only soldiers

C) Only leaders

D) Only children

50. Main aim is:

A) Profit

B) Humanity

C) Trade

D) Politics



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SECTION 3: DISASTER MANAGEMENT

51. A disaster is:

- A) Planned event
- B) Sudden harmful event
- C) Daily activity
- D) Routine work

52. Natural disaster example is:

- A) War
- B) Earthquake
- C) Strike
- D) Conflict

53. Man-made disaster example is:

- A) Flood
- B) Earthquake
- C) Industrial accident
- D) Cyclone

54. Disaster management cycle has:

- A) 2 stages
- B) 3 stages
- C) 4 stages
- D) 5 stages

55. First phase is:

- A) Response
- B) Mitigation
- C) Recovery
- D) Relief



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56. Preparedness means:

- A) Ignoring risk
- B) Planning ahead
- C) Reacting later
- D) Avoiding action

57. Response phase includes:

- A) Planning
- B) Rescue
- C) Research
- D) Teaching

58. Recovery phase includes:

- A) Rescue
- B) Rebuilding
- C) Warning
- D) Planning

59. Flood is a:

- A) Man-made disaster
- B) Natural disaster
- C) Political issue
- D) Economic issue

60. Earthquake is measured on:

- A) Celsius
- B) Richter scale
- C) Kilometer
- D) Watt

61. Tsunami is caused by:

- A) Wind



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- B) Rain
- C) Earthquake
- D) Fire

62. Drought means:

- A) Heavy rain
- B) No rain
- C) Storm
- D) Flood

63. Hazard means:

- A) Safety
- B) Danger
- C) Help
- D) Rescue

64. Vulnerability means:

- A) Strength
- B) Exposure to risk
- C) Protection
- D) Safety

65. Capacity means:

- A) Weakness
- B) Ability to cope
- C) Danger
- D) Risk

66. NDMA stands for:

- A) National Disaster Management Authority
- B) National Development Authority



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- C) Natural Disaster Agency
- D) National Defense Agency

67. PDMA works at:

- A) National level
- B) Provincial level
- C) International level
- D) Local level

68. Early warning helps in:

- A) Increasing risk
- B) Reducing damage
- C) Creating panic
- D) Ignoring danger

69. Evacuation means:

- A) Staying
- B) Moving people to safety
- C) Ignoring danger
- D) Watching disaster

70. Relief includes:

- A) Trade
- B) Food and shelter
- C) Politics
- D) Business

71. First aid is part of:

- A) Recovery
- B) Response
- C) Planning
- D) Mitigation



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72. Climate change causes:

- A) Stability
- B) More disasters
- C) Peace
- D) Growth

73. Cyclones occur in:

- A) Mountains
- B) Coastal areas
- C) Deserts
- D) Cities

74. Landslides occur in:

- A) Plains
- B) Mountains
- C) Rivers
- D) Oceans

75. Fire disaster is:

- A) Natural
- B) Man-made
- C) Biological
- D) Geological

76. Risk is combination of:

- A) Safety and help
- B) Hazard and vulnerability
- C) Strength and power
- D) Planning and action

77. Community role is:

- A) Ignored



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- B) Important
- C) Optional
- D) Unnecessary

78. Disaster plan should be:

- A) After disaster
- B) Before disaster
- C) During disaster
- D) Ignored

79. Search and rescue is part of:

- A) Planning
- B) Response
- C) Recovery
- D) Mitigation

80. Shelter management is part of:

- A) Relief
- B) Planning
- C) Trade
- D) Economy

81. Epidemic is:

- A) Natural disaster
- B) Biological disaster
- C) Economic issue
- D) Political issue

82. Pandemic example is:

- A) Flood
- B) COVID-19



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- C) Fire
- D) Earthquake

83. Safe buildings reduce:

- A) Risk
- B) Damage
- C) Loss
- D) All of these

84. Mitigation includes:

- A) Ignoring risk
- B) Building dams
- C) Waiting
- D) Reacting

85. Emergency kit includes:

- A) Books
- B) Food and water
- C) Clothes only
- D) Toys

86. Awareness reduces:

- A) Loss
- B) Damage
- C) Risk
- D) All of these

87. Priority in rescue is:

- A) Property
- B) Money
- C) Lives
- D) Animals



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88. Relief camps provide:

- A) Trade
- B) Shelter
- C) Politics
- D) Education

89. Volunteers help in:

- A) Business
- B) Disaster response
- C) Trade
- D) Politics

90. Communication during disaster is:

- A) Optional
- B) Critical
- C) Useless
- D) Slow

91. Urban flooding is caused by:

- A) Strong drainage
- B) Poor drainage
- C) No rain
- D) Cold weather

92. Heatwave affects:

- A) Economy
- B) Health
- C) Trade
- D) Politics

93. Disaster drills improve:

- A) Risk



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- B) Preparedness
- C) Damage
- D) Loss

94. Hazard mapping helps in:

- A) Planning
- B) Ignoring
- C) Confusion
- D) Delay

95. Disaster resilience means:

- A) Weakness
- B) Recovery ability
- C) Risk
- D) Danger

96. Safe water prevents:

- A) Fire
- B) Disease
- C) Flood
- D) Earthquake

97. Logistics includes:

- A) Transport
- B) Cooking
- C) Teaching
- D) Playing

98. NGOs support:

- A) Trade
- B) Disaster response



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- C) Politics
- D) Economy

99. International aid is given:

- A) Before disaster
- B) After disaster
- C) Never
- D) Always

100. Main goal of disaster management is:

- A) Profit
- B) Trade
- C) Saving lives
- D) Politics



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Key

1. B	40. B	80. A
2. B	41. B	81. B
3. B	42. B	82. B
4. B	43. B	83. D
5. B	44. B	84. B
6. B	45. C	85. B
7. C	46. B	86. D
8. B	47. A	87. C
9. B	48. B	88. B
10. B	49. A	89. B
11. C	50. B	90. B
12. B	51. B	91. B
13. B	52. B	92. B
14. B	53. C	93. B
15. A	54. C	94. A
16. B	55. B	95. B
17. A	56. B	96. B
18. B	57. B	97. A
19. B	58. B	98. B
20. B	59. B	99. B
21. B	60. B	100. C
22. B	61. C	
23. B	62. B	
24. A	63. B	
25. C	64. B	
26. B	65. B	
27. B	66. A	



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28.	B	67.	B	
29.	C	68.	B	
30.	B	69.	B	
31.	C	70.	B	
32.	B	71.	B	
33.	B	72.	B	
34.	B	73.	B	
35.	C	74.	B	
36.	B	75.	B	
37.	B	76.	B	
38.	B	77.	B	
39.	B	78.	B	
		79.	B	



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SECTION 4: THALASSEMIA MCQs

1. Thalassemia is a disorder of:

- A) White blood cells
- B) Hemoglobin
- C) Platelets
- D) Plasma

2. Thalassemia mainly affects the production of:

- A) Insulin
- B) Hemoglobin
- C) Antibodies
- D) Hormones

3. Thalassemia is classified as a:

- A) Infectious disease
- B) Genetic disorder
- C) Viral disease
- D) Bacterial disease

4. Thalassemia is inherited from:

- A) Only mother
- B) Only father
- C) Both parents
- D) Environment

5. Which gene is affected in Thalassemia?

- A) Insulin gene
- B) Hemoglobin gene
- C) Enzyme gene
- D) DNA repair gene

6. Thalassemia results in:

- A) High blood pressure
- B) Low hemoglobin
- C) High sugar
- D) Infection



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7. The main symptom of Thalassemia is:

- A) Fever
- B) Anemia
- C) Cough
- D) Rash

8. Thalassemia is most common in:

- A) Africa
- B) Mediterranean region
- C) America
- D) Australia

9. Another high-risk region for Thalassemia is:

- A) South Asia
- B) Europe
- C) Antarctica
- D) Japan only

10. Thalassemia major requires:

- A) No treatment
- B) Regular blood transfusion
- C) Only diet control
- D) Exercise

11. Thalassemia minor is also called:

- A) Carrier state
- B) Fatal state
- C) Infection state
- D) Acute state

12. Thalassemia affects:

- A) Bones
- B) Blood
- C) Skin
- D) Muscles

13. Severe Thalassemia leads to:

- A) Obesity
- B) Growth delay



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- C) Strong immunity
- D) Hair growth

14. Iron overload in Thalassemia is due to:

- A) Diet
- B) Frequent transfusions
- C) Exercise
- D) Infection

15. Iron overload affects mainly:

- A) Heart and liver
- B) Skin only
- C) Eyes only
- D) Teeth

16. Treatment includes:

- A) Antibiotics
- B) Blood transfusion
- C) Surgery only
- D) No treatment

17. Thalassemia is diagnosed by:

- A) X-ray
- B) Blood test
- C) Urine test
- D) MRI

18. Genetic counseling helps in:

- A) Cure
- B) Prevention
- C) Surgery
- D) Infection

19. Thalassemia is more common in areas with:

- A) Malaria history
- B) Cold weather
- C) High mountains
- D) Desert only

20. Thalassemia is linked to protection against:

- A) Cancer



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- B) Malaria
- C) Flu
- D) Diabetes

21. Normal hemoglobin is produced in:

- A) Brain
- B) Bone marrow
- C) Liver
- D) Heart

22. In Thalassemia, red blood cells are:

- A) Normal
- B) Smaller and fewer
- C) Larger and stronger
- D) Not affected

23. Thalassemia is:

- A) Contagious
- B) Non-contagious
- C) Airborne
- D) Waterborne

24. Main complication of Thalassemia is:

- A) Blindness
- B) Heart failure
- C) Skin infection
- D) Hair loss

25. Bone deformity in Thalassemia is due to:

- A) Exercise
- B) Bone marrow expansion
- C) Diet
- D) Infection

26. Spleen enlargement is called:

- A) Hepatomegaly
- B) Splenomegaly
- C) Cardiomegaly
- D) Osteomegaly



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27. Thalassemia major appears in:

- A) Old age
- B) Early childhood
- C) Teen years only
- D) Middle age

28. Carrier testing is done before:

- A) Driving
- B) Marriage
- C) School admission
- D) Job

29. Cure for Thalassemia major is:

- A) Antibiotics
- B) Bone marrow transplant
- C) Exercise
- D) Diet

30. Thalassemia is caused by mutation in:

- A) RNA
- B) DNA
- C) Protein
- D) Fat

31. Thalassemia mainly reduces:

- A) Oxygen transport
- B) Digestion
- C) Vision
- D) Hearing

32. Fatigue in Thalassemia is due to:

- A) High sugar
- B) Low oxygen supply
- C) Infection
- D) Fever

33. Pale skin in Thalassemia is due to:

- A) Infection
- B) Low hemoglobin



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- C) Sun exposure
- D) Allergy

34. Iron chelation therapy removes:

- A) Sugar
- B) Excess iron
- C) Water
- D) Protein

35. Chelation drugs are used to treat:

- A) Fever
- B) Iron overload
- C) Pain
- D) Infection

36. Thalassemia is diagnosed at:

- A) Birth or early age
- B) Only adulthood
- C) Old age
- D) Never

37. Thalassemia is a problem of:

- A) Oxygen transport system
- B) Digestive system
- C) Nervous system
- D) Skin system

38. Parents of a Thalassemia child are usually:

- A) Both carriers
- B) Both normal
- C) Both infected
- D) Both immune

39. Carrier means:

- A) Fully healthy
- B) Disease causing
- C) One defective gene
- D) Virus infected

40. Prevention of Thalassemia includes:

- A) Surgery



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- B) Screening before marriage
- C) Exercise
- D) Antibiotics

41. Thalassemia affects which blood component?

- A) Plasma
- B) Hemoglobin
- C) WBC
- D) Platelets

42. Children with Thalassemia often need:

- A) No care
- B) Lifelong treatment
- C) One-time treatment
- D) Vaccination only

43. Bone marrow produces:

- A) Blood cells
- B) Hormones
- C) Enzymes
- D) Skin cells

44. Thalassemia is common in countries with:

- A) High malaria rates
- B) No malaria
- C) Cold weather
- D) Mountains

45. RBC life span in Thalassemia is:

- A) Normal
- B) Shortened
- C) Extended
- D) Unlimited

46. Thalassemia is:

- A) Preventable but not fully curable
- B) Fully curable
- C) Infectious
- D) Temporary



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47. Main body system affected is:

- A) Circulatory system
- B) Respiratory system
- C) Nervous system
- D) Digestive system

48. Severe anemia means:

- A) High blood
- B) Very low hemoglobin
- C) Normal blood
- D) Infection

49. Genetic disorder means:

- A) Infection
- B) Passed through genes
- C) Food-related
- D) Injury

50. Best prevention method is:

- A) Vaccination
- B) Genetic screening
- C) Exercise
- D) Antibiotics



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Key

1. B	26. B
2. B	27. B
3. B	28. B
4. C	29. B
5. B	30. B
6. B	31. A
7. B	32. B
8. B	33. B
9. A	34. B
10. B	35. B
11. A	36. A
12. B	37. A
13. B	38. A
14. B	39. C
15. A	40. B
16. B	41. B
17. B	42. B
18. B	43. A



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19. A	44. A
20. B	45. B
21. B	46. A
22. B	47. A
23. B	48. B
24. B	49. B
25. B	50. B

CLIMATE CHANGE MCQS (PAKISTAN + PRCS FOCUS)

SECTION 5: BASIC CLIMATE CONCEPTS (1–25)

1. Climate refers to:

- A. Daily weather
- B. Long-term weather patterns
- C. Temperature only
- D. Rainfall only

Answer: B

2. The main greenhouse gas is:

- A. Oxygen
- B. Nitrogen
- C. Carbon dioxide
- D. Hydrogen

Answer: C

3. Global warming means:

- A. Cooling of Earth
- B. Increase in Earth's temperature
- C. Rainfall increase
- D. Wind speed rise

Answer: B



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4. Which gas contributes most to global warming?

- A. Oxygen
- B. CO₂
- C. Nitrogen
- D. Helium

Answer: B

5. Climate change mainly results from:

- A. Natural cycles only
- B. Human activities
- C. Ocean waves
- D. Moon phases

Answer: B

6. Fossil fuels include:

- A. Solar energy
- B. Wind energy
- C. Coal, oil, gas
- D. Water

Answer: C

7. Deforestation leads to:

- A. Cooling
- B. Less CO₂
- C. More CO₂
- D. No effect

Answer: C



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8. Renewable energy source:

- A. Coal
- B. Oil
- C. Solar
- D. Gas

Answer: C

9. Ozone layer protects from:

- A. Rain
- B. UV radiation
- C. Wind
- D. Heat

Answer: B

10. Weather changes occur:

- A. Long-term
- B. Daily
- C. Yearly
- D. Decades

Answer: B

SECTION 6: CLIMATE CHANGE IN PAKISTAN (26–50)

26. Pakistan is vulnerable to climate change because:

- A. Strong economy
- B. Weak geography
- C. High exposure to disasters
- D. Low population

Answer: C

27. Major climate hazard in Pakistan:

- A. Volcano
- B. Floods
- C. Snowstorms
- D. Earth rotation

Answer: B

28. 2022 floods in Pakistan were caused by:

- A. Snowfall
- B. Heavy monsoon rains
- C. Winds
- D. Earthquakes

Answer: B

29. Glacier melting occurs in:

- A. Sindh
- B. Balochistan
- C. Northern Pakistan
- D. Punjab plains



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Answer: C

30. Heatwaves mostly affect:

- A. Coastal areas only
- B. Urban areas
- C. Mountains
- D. Rivers

Answer: B

31. Drought mainly affects:

- A. Punjab
- B. Sindh & Balochistan
- C. Kashmir
- D. Gilgit

Answer: B

32. Indus River is important for:

- A. Tourism
- B. Agriculture
- C. Mining
- D. Fishing only

Answer: B

33. Pakistan contributes to global emissions:

- A. Very high
- B. Moderate
- C. Very low



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D. None

Answer: C

34. Climate change affects:

A. Agriculture

B. Health

C. Water

D. All

Answer: D

35. Sea intrusion occurs in:

A. Lahore

B. Karachi

C. Peshawar

D. Quetta

Answer: B

SECTION 7: PRCS & CLIMATE WORK (51–75)

51. PRCS stands for:

- A. Pakistan Relief Committee
- B. Pakistan Red Crescent Society
- C. Public Rescue System
- D. Pakistan Climate Society

Answer: B

52. PRCS is part of:

- A. UN
- B. Red Cross Red Crescent Movement
- C. WHO
- D. IMF

Answer: B

53. PRCS works on:

- A. War only
- B. Climate & disasters
- C. Business
- D. Banking

Answer: B

54. One PRCS principle:

- A. Profit
- B. Humanity
- C. Politics



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D. Trade

Answer: B

55. PRCS disaster response includes:

- A. Military action
- B. Relief distribution
- C. Tax collection
- D. Elections

Answer: B

56. Community-based disaster risk reduction means:

- A. Government only
- B. Community involvement
- C. Army action
- D. No planning

Answer: B

57. Early warning systems help to:

- A. Increase disasters
- B. Reduce impact
- C. Delay response
- D. Stop rain

Answer: B

58. PRCS volunteers help in:

- A. Elections
- B. Rescue & awareness
- C. Business



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D. Politics

Answer: B

59. Climate adaptation means:

- A. Ignoring climate
- B. Adjusting to impacts
- C. Stopping weather
- D. Controlling sun

Answer: B

60. PRCS focuses on:

- A. Profit
- B. Humanity
- C. Industry
- D. Trade

Answer: B

SECTION 8: ADAPTATION & MITIGATION (76–100)

76. Mitigation means:

- A. Increasing emissions
- B. Reducing emissions
- C. Ignoring climate
- D. Studying weather

Answer: B

77. Adaptation example:

- A. Planting drought-resistant crops
- B. Burning coal
- C. Cutting forests
- D. Building factories

Answer: A

78. Tree plantation helps by:

- A. Increasing CO₂
- B. Absorbing CO₂
- C. Producing heat
- D. None

Answer: B

79. Energy efficiency means:

- A. More energy use
- B. Less energy waste
- C. No energy
- D. Free energy



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Answer: B

80. Climate-smart agriculture:

- A. Traditional farming
- B. Ignoring weather
- C. Using adaptive techniques
- D. No crops

Answer: C

81. Flood preparedness includes:

- A. No planning
- B. Evacuation plans
- C. Ignoring warnings
- D. Sleeping

Answer: B

82. Heatwave protection:

- A. Stay hydrated
- B. Stay in sun
- C. No water
- D. Exercise midday

Answer: A

83. Disaster risk reduction aims to:

- A. Increase risk
- B. Reduce risk
- C. Ignore risk
- D. Create disasters

Answer: B



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84. Resilience means:

- A. Weakness
- B. Ability to recover
- C. Ignoring danger
- D. Fear

Answer: B

85. Sustainable development means:

- A. Using all resources
- B. Meeting present without harming future
- C. Ignoring environment
- D. Industrial growth only

Answer: B

SECTION 9: ADVANCED CLIMATE CONCEPTS (101–130)

101. Greenhouse effect is:

- A. Cooling of Earth
- B. Trapping of heat by gases
- C. Rain formation
- D. Wind movement

Answer: B

102. Methane is produced by:

- A. Vehicles
- B. Agriculture & livestock
- C. Solar panels
- D. Wind turbines

Answer: B

103. Nitrous oxide comes from:

- A. Fertilizers
- B. Water
- C. Air
- D. Sunlight

Answer: A

104. Carbon footprint means:

- A. Water use
- B. Total emissions by a person/activity
- C. Heat energy
- D. Oxygen use

Answer: B



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105. Paris Agreement relates to:

- A. Trade
- B. Climate change
- C. War
- D. Education

Answer: B

106. Global temperature rise limit target:

- A. 5°C
- B. 3°C
- C. 1.5°C
- D. 10°C

Answer: C

107. Adaptation reduces:

- A. Causes
- B. Impacts
- C. Emissions
- D. Population

Answer: B

108. Mitigation reduces:

- A. Impacts
- B. Causes
- C. Rainfall
- D. Wind

Answer: B

109. Climate variability refers to:



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- A. Long-term change
- B. Short-term fluctuations
- C. No change
- D. Constant climate

Answer: B

110. Aerosols affect climate by:

- A. Heating only
- B. Cooling & heating
- C. No effect
- D. Rain only

Answer: B

SECTION 10: CLIMATE POLICIES & FRAMEWORKS (131–150)

131. UNFCCC stands for:

- A. United Nations Framework Convention on Climate Change
- B. United Nations Climate Council
- C. Climate Fund
- D. None

Answer: A

132. Kyoto Protocol focused on:

- A. Adaptation
- B. Emission reduction
- C. Trade
- D. Health

Answer: B

133. COP meetings are related to:

- A. Trade
- B. Climate negotiations
- C. War
- D. Tourism

Answer: B

134. Pakistan's climate policy focuses on:

- A. Industry only
- B. Adaptation & mitigation
- C. War
- D. Trade

Answer: B



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135. NDC means:

- A. Nationally Determined Contributions
- B. National Disaster Council
- C. New Development Code
- D. None

Answer: A

136. SDGs include:

- A. Climate action
- B. War control
- C. Trade only
- D. Tourism

Answer: A

137. SDG 13 relates to:

- A. Poverty
- B. Climate action
- C. Health
- D. Education

Answer: B

138. Climate finance supports:

- A. Military
- B. Climate projects
- C. Trade
- D. Banking

Answer: B

139. Loss and damage refers to:



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- A. Economic profit
- B. Climate impacts
- C. Trade
- D. None

Answer: B

140. Adaptation Fund supports:

- A. War
- B. Climate adaptation
- C. Trade
- D. Banking

Answer: B

Section 11: Disaster Risk Management (151–175)

151. Disaster is:

- A. Planned event
- B. Sudden harmful event
- C. Business activity
- D. Daily routine

Answer: B

152. Hazard means:

- A. Safety
- B. Potential danger
- C. Wealth
- D. Growth

Answer: B

153. Vulnerability refers to:

- A. Strength
- B. Exposure to risk
- C. Safety
- D. Wealth

Answer: B

154. Capacity means:

- A. Weakness
- B. Ability to cope
- C. Danger
- D. Loss

Answer: B



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155. Risk =

- A. Hazard $\times$ Vulnerability
- B. Hazard + Capacity
- C. Risk – Hazard
- D. None

Answer: A

156. Preparedness includes:

- A. Ignoring risk
- B. Planning & training
- C. Sleeping
- D. Waiting

Answer: B

157. Response phase includes:

- A. Recovery
- B. Relief actions
- C. Planning
- D. Mitigation

Answer: B

158. Recovery phase includes:

- A. Immediate rescue
- B. Rehabilitation
- C. Warning
- D. Planning only

Answer: B

159. Early warning system includes:



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- A. Data collection
- B. Communication
- C. Action
- D. All

Answer: D

160. Community resilience depends on:

- A. Weakness
- B. Preparedness
- C. Ignorance
- D. Isolation

Answer: B



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SECTION 12: PRCS SPECIFIC WORK & PROJECTS (176–200)

176. PRCS youth role includes:

- A. Business
- B. Awareness & response
- C. Politics
- D. Trade

Answer: B

177. Volunteers are:

- A. Paid workers
- B. Unpaid helpers
- C. Government staff
- D. Military

Answer: B

178. First aid training helps in:

- A. Business
- B. Emergency response
- C. Trade
- D. Politics

Answer: B

179. PRCS disaster response includes:

- A. Relief items
- B. Shelter
- C. Health services
- D. All

Answer: D



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180. Climate awareness programs aim to:

- A. Increase risk
- B. Educate communities
- C. Ignore climate
- D. Stop weather

Answer: B

181. Tree plantation campaigns help:

- A. Reduce CO₂
- B. Increase heat
- C. Cause floods
- D. None

Answer: A

182. Water conservation helps:

- A. Waste water
- B. Save resources
- C. Increase drought
- D. None

Answer: B

183. Hygiene promotion reduces:

- A. Health risks
- B. Climate change
- C. Rainfall
- D. Heat

Answer: A

184. DRR stands for:



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- A. Disaster Risk Reduction
- B. Development Resource Rule
- C. Data Risk Report
- D. None

Answer: A

185. CBDRR means:

- A. Community-Based Disaster Risk Reduction
- B. Climate Data Report
- C. City Disaster Rule
- D. None

Answer: A

186. PRCS follows principles of: A. Profit

- B. Humanity
- C. Trade
- D. Politics

Answer: B

187. Neutrality means: A. Taking sides

- B. Not taking sides
- C. Fighting
- D. Ignoring

Answer: B

188. Impartiality means:

- A. Favoring people
- B. No discrimination
- C. Ignoring



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D. Selective help

Answer: B

189. Independence means:

A. Political control

B. Autonomous action

C. Government only

D. None

Answer: B

190. Universality means:

A. Local only

B. Global network

C. Isolation

D. None

Answer: B

191. Unity means:

A. Multiple societies

B. One society in country

C. Division

D. None

Answer: B

192. Voluntary service means:

A. Paid

B. Unpaid service

C. Business

D. Trade



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Answer: B

193. Humanity means:

- A. War
- B. Reduce suffering
- C. Profit
- D. Trade

Answer: B

194. Climate resilience improves by:

- A. Ignoring risk
- B. Planning & adaptation
- C. Increasing emissions
- D. None

Answer: B

195. Flood shelters are used for:

- A. Business
- B. Protection during floods
- C. Trade
- D. None

Answer: B

196. Heatwave awareness reduces:

- A. Deaths
- B. Rainfall
- C. Wind
- D. None

Answer: A



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197. Sustainable practices include:

- A. Waste
- B. Conservation
- C. Pollution
- D. Deforestation

Answer: B

198. Climate education helps:

- A. Ignorance
- B. Awareness
- C. Pollution
- D. None

Answer: B

199. Disaster drills help:

- A. Confusion
- B. Preparedness
- C. Risk
- D. None

Answer: B

200. PRCS mission focuses on:

- A. Profit
- B. Humanity & service
- C. Trade
- D. Politics

Answer: B