

Who is the founder of Nepal and referred to as the most famous King of Nepal?

- A) Birendra of Nepal
- B) Gyanendra Bir Bikram Shah Dev
- C) Prithvi Narayan Shah
- D) Mahendra Bir Bikram Shah Dev

Answer:- C) Prithvi Narayan Shah. He was the king of the Gorkha Kingdom from 1743 to 1775 and the founder of Nepal. He unified several small kingdoms into a single nation and established the Shah dynasty that ruled Nepal until 2008.

Who is the Sur Samrat or the King of Vocals of Nepal?

- A) Narayan Gopal
- B) Aruna Lama
- C) Bhakta Raj Acharya
- D) Rajesh Hamal

Answer:- A) Narayan Gopal. He was a prominent singer and composer of Nepali music. He is widely regarded as one of the greatest singers in Nepali history and has been given the title of Sur Samrat or the King of Vocals. He sang over 300 songs in his career, spanning various genres and languages.

Who is the first National Ambassador for UNICEF Nepal?

- A) Anuradha Koirala
- B) Ani Choying Drolma
- C) Mala Sinha
- D) Manisha Koirala

Answer:- B) Ani Choying Drolma. She is a Buddhist nun, singer and humanitarian activist who rose to fame through her unique voice and musical talent. She has created numerous humanitarian projects to help underprivileged people in Nepal, including care for the elderly, education of young girls, provision of clean drinking water and promotion of renewable energy. In 2014, she was chosen to be the first National Ambassador for UNICEF Nepal.

Who is the first mountaineer to stand atop Everest alongside Sir Edmund Hillary?

- A) Tenzing Norgay
- B) Apa Sherpa
- C) Reinhold Messner
- D) Babu Chiri Sherpa

Answer:- A) Tenzing Norgay. He was a Nepali-Indian Sherpa mountaineer who was one of the first two individuals known to reach the summit of Mount Everest, the other being Sir Edmund Hillary. He was named one of the 100 most influential people of the 20th century by Time magazine. In his later years, he became the first Director of Field Training of the Himalayan Mountaineering Institute.

Who is the co-founder of the Himalayan Cataract Project and has given eyesight back to thousands of people in Nepal and across the Himalayas?

- A) Dr. Sanduk Ruit
- B) Dr. Govinda KC
- C) Dr. Bhagwan Koirala
- D) Dr. Arjun Karki

Answer:- A) Dr. Sanduk Ruit. He is an ophthalmologist and a pioneer of low-cost cataract surgery. He is the co-founder of the Himalayan Cataract Project, which aims to eradicate preventable and curable blindness in developing countries. He has performed over 130,000 cataract surgeries in his career, often working without charge or in remote areas.

Who is the first Nepali woman to win the BBC 100 Women award?

- A) Mira Rai
- B) Anuradha Koirala
- C) Sharmila Thapa
- D) Indira Joshi

Answer:- B) Anuradha Koirala. She is a social activist and the founder of Maiti Nepal, a non-profit organization that rescues and rehabilitates victims of human trafficking and sexual exploitation. She has helped thousands of women and children in Nepal and India. In 2010, she was named one of the CNN Heroes of the Year and in 2016, she was awarded the BBC 100 Women award.

Who is the first Nepali actor to be nominated for an Oscar?

- A) Rajesh Hamal
- B) Dayahang Rai
- C) Saugat Malla
- D) Anupam Kher

Answer:- D) Anupam Kher. He is an Indian actor who was born in Shimla to a Kashmiri Pandit family. He has appeared in over 500 films and has won several awards, including the Padma Shri and the Padma Bhushan. He played the role of Bhanu Athaiya, India's first Oscar winner, in the film Gandhi (1982), which was nominated for 11 Academy Awards and won eight, including Best Picture.

Who is the first Nepali woman to run across Nepal?A) Mira Rai

- B) Pushpa Basnet
- C) Nirmala Purja
- D) Sanu Maya Tamang

Answer:- A) Mira Rai. She is a trail runner and a former Maoist rebel who grew up in a remote village in eastern Nepal. She ran across Nepal in 2017, covering 1,700 km in 42 days. She has also won several international races and has been named the National Geographic Adventurer of the Year in 2017 and the Asia Game Changer of the Year in 2018.

Who is the first Nepali woman to become a judge of the Supreme Court of Nepal?

- A) Sushila Karki
- B) Sapana Pradhan Malla
- C) Anup Raj Sharma
- D) Ram Kumar Prasad Shah

Answer:- A) Sushila Karki. She is a jurist and a former Chief Justice of Nepal. She was appointed as a judge of the Supreme Court of Nepal in 2009 and became the first woman to head the judiciary in 2016. She is known for her integrity, independence and activism on issues such as corruption, human rights and gender equality.

Who is the first Nepali woman to win a medal at the Asian Games?

- A) Sangina Baidya
- B) Sabita Rajbhandari
- C) Saraswati Bhattarai
- D) Gaurika Singh

Answer:- A) Sangina Baidya. She is a taekwondo practitioner and a former national champion. She won a bronze medal at the 1998 Asian Games in Bangkok, becoming the first Nepali woman to win a medal at any major international sporting event. She also represented Nepal at the 2000 Summer Olympics in Sydney.

Who is the first Nepali woman to become a pilot?

- A) Shreejana Rana
- B) Shristi Shrestha
- C) Shushila Singh
- D) Shanti Devi Shakya

Answer:- D) Shanti Devi Shakya. She is a pioneer of aviation in Nepal and the first woman to obtain a commercial pilot license in the country. She started her career as a flight attendant and later trained as a pilot in India. She flew for Royal Nepal Airlines and Nepal Airways for over 20 years.

Who is the first Nepali writer to win the prestigious Madan Puraskar award twice?A) Laxmi Prasad Devkota

- B) Parijat
- C) Bishweshwar Prasad Koirala
- D) Narayan Wagle

Answer:- D) Narayan Wagle. He is a journalist and a novelist who has won the Madan Puraskar, the highest literary honor in Nepal, twice for his novels Palpasa Cafe (2005) and Mayur Times (2010). He is also the editor-in-chief of Kantipur Daily, the largest selling newspaper in Nepal.

Who is the first Nepali cricketer to play in the Indian Premier League (IPL)?

- A) Paras Khadka
- B) Sandeep Lamichhane
- C) Gyanendra Malla
- D) Sharad Vesawkar

Answer:- B) Sandeep Lamichhane. He is a leg-spinner and a rising star of Nepali cricket. He made his debut in the IPL in 2018, playing for Delhi Daredevils (now Delhi Capitals). He became the first Nepali cricketer to take a hat-trick in T20 internationals in 2019. He has also played in other T20 leagues around the world, such as the Big Bash League, the Caribbean Premier League and the Pakistan Super League.

Who is the first Nepali woman to win the Miss Nepal title?

- A) Ruby Rana
- B) Malvika Subba
- C) Ishani Shrestha
- D) Asmi Shrestha

Answer:- A) Ruby Rana. She is a beauty queen and a social worker who was crowned Miss Nepal in 1994, becoming the first woman to hold the title. She later represented Nepal at the Miss World 1994 pageant in South Africa. She has also worked as a model, an actress and a radio jockey.

Who is the first Nepali musician to be nominated for a Grammy Award?

- A) Manose Singh
- B) Amrit Gurung
- C) Bipul Chettri
- D) Phiroj Shyangden

Answer:- A) Manose Singh. He is a flutist and a composer who plays the bansuri, a bamboo flute. He is best known for his collaboration with Deva Premal and Miten, a duo of spiritual singers. He was nominated for a Grammy Award in 2013 for his contribution to their album A Deeper Light.

Who is the first Nepali woman to become a minister?

- A) Kamala Thapa
- B) Sahana Pradhan
- C) Bidhya Devi Bhandari
- D) Shailaja Acharya

Answer:- B) Sahana Pradhan. She was a communist leader and a freedom fighter who became the first woman to hold a ministerial position in Nepal in 1978. She served as the Minister of Industry, Commerce and Supplies under the government of Kirti Nidhi Bista. She later became

the Minister of Foreign Affairs in 2007 and the Minister of Information and Communications in 2008.

Who is the first Nepali filmmaker to win an Oscar?

- A) Tsering Rhitar Sherpa
- B) Deepak Rauniyar
- C) Bimal Roy
- D) Bikas Mishra

Answer:- C) Bimal Roy. He was a film director, producer and editor who was born in Dhaka, Bangladesh, when it was part of British India. He moved to Mumbai, India, in 1935 and became one of the most influential filmmakers of Indian cinema. He won an Academy Award for Documentary Feature in 1961 for his film The Sky Above, The Mud Below, which was co-directed by French filmmaker Pierre-Dominique Gaisseau. He also won several Filmfare Awards and National Film Awards for his films such as Do Bigha Zamin, Madhumati and Bandini.

Who is the first Nepali woman to climb all 14 eight-thousanders?

- A) Chhurim Sherpa
- B) Nima Jangmu Sherpa
- C) Maya Sherpa
- D) Pasang Lhamu Sherpa Akita

Answer:- D) Pasang Lhamu Sherpa Akita. She is a mountaineer and an adventurer who became the first Nepali woman to climb all 14 peaks above 8,000 meters in 2019. She completed her feat by summiting Shishapangma in Tibet. She has also climbed Mount Everest twice and K2 once. She was named the National Geographic People's Choice Adventurer of the Year in 2016.

Who is the first Nepali writer to win the Man Booker International Prize?

- A) Samrat Upadhyay
- B) Manjushree Thapa
- C) Prajwal Parajuly
- D) Narayan Dhakal

Answer:- C) Prajwal Parajuly. He is a novelist and a short story writer who was born in Gangtok, Sikkim, India, to a Nepali father and an Indian mother. He writes in English and his works explore the themes of Nepali culture, identity and diaspora. He was shortlisted for the Man Booker International Prize in 2013 for his debut book The Gurkha's Daughter, a collection of eight stories set in Nepal and abroad. He is also the author of the novel Land Where I Flee.

Who is the first Nepali woman to win a gold medal at the South Asian Games?

- A) Jyoti Thapa Magar

[B\) Sabita Rajbhandari](#)

[C\) Sangita Magar](#)

[D\) Saraswati Bhattarai](#)

[Answer:- B\) Sabita Rajbhandari. She is a sprinter and a long jumper who won a gold medal in the women's 100 meters event at the 1999 South Asian Games in Kathmandu, becoming the first Nepali woman to win a gold medal at any regional or international sporting event. She also won a silver medal in the women's long jump event at the same games.](#)

[Who is the first Nepali woman to become a billionaire?](#)

[A\) Binod Chaudhary](#)

[B\) Shreejana Rana](#)

[C\) Arniko Rajbhandari](#)

[D\) Jamuna Gurung](#)

[Answer:- D\) Jamuna Gurung. She is a businesswoman and a philanthropist who was born in Lamjung, Nepal. She moved to Australia in 1996 and started her career as a dishwasher. She later co-founded the Melbourne Institute of Technology \(MIT\) with her husband Shesh Ghale, which offers courses in business, accounting, information technology and engineering. She also owns several other businesses in Australia and Nepal, including hotels, restaurants, education and health care. She has a net worth of over \\$1 billion and is ranked among the richest people in Australia by Forbes magazine.](#)

[Who is the first Nepali artist to win a Grammy Award?](#)

[A\) Prashant Tamang](#)

[B\) Phiroj Shyangden](#)

[C\) OP Nayyar](#)

[D\) Ricky Kej](#)

[Answer:- D\) Ricky Kej. He is a music composer and an environmentalist who was born in North Carolina, USA, to a Nepali father and an Indian mother. He moved to Bangalore, India, when he was eight years old and started his musical career there. He won a Grammy Award for Best New Age Album in 2015 for his album Winds of Samsara, which was a collaboration with South African flutist Wouter Kellerman. He has also composed music for films, television and video games.](#)

[Who is the first Nepali woman to become a professor at Harvard University?](#)

[A\) Manjushree Thapa](#)

[B\) Sharmila Sen](#)

[C\) Aruna Roy](#)

[D\) Nira Wickramasinghe](#)

[Answer:- B\) Sharmila Sen. She is a scholar, a writer and an editor who was born in Kolkata, India, to a Bengali family with Nepali roots. She moved to the USA when she was 12 years old](#)

and studied at Harvard University, where she earned her BA, MA and PhD degrees in English literature. She became the first Nepali woman to be appointed as a professor at Harvard University in 2001. She later left academia and became the executive editor-at-large of Harvard University Press. She is also the author of the memoir Not Quite Not White: Losing and Finding Race in America.

Who is the first Nepali athlete to qualify for the Olympics?

- A) Deepak Bista
- B) Baikuntha Manandhar
- C) Gaurika Singh
- D) Tilak Ram Tharu

Answer:- B) Baikuntha Manandhar. He is a long-distance runner and a national hero who represented Nepal at four consecutive Olympic Games from 1976 to 1988. He was the first Nepali athlete to qualify for the Olympics based on his performance rather than receiving a wild card entry. He won three gold medals and one silver medal at the South Asian Games and set a national record in the marathon that still stands today.

Who is the first Nepali woman to become a doctor?

- A) Dr. Bhagwan Koirala
- B) Dr. Aruna Uprety
- C) Dr. Rita Thapa
- D) Dr. Sumitra Manandhar Gurung

Answer:- D) Dr. Sumitra Manandhar Gurung. She is a pioneer of women's health and empowerment in Nepal and the first Nepali woman to obtain a medical degree in 1963. She worked as a gynecologist and an obstetrician for over 40 years and also founded several organizations to promote women's rights, education and health care. She received the Prabal Gorkha Dakshin Bahu from King Birendra in 1993 for her contributions to the nation.

Who is the first Nepali woman to become a chief secretary of Nepal?

- A) Leela Mani Paudyal
- B) Lilamani Poudel
- C) Sushil Ghimire
- D) Radhika Hamal

Answer:- D) Radhika Hamal. She is a civil servant and a former chief secretary of Nepal. She was appointed as the chief secretary in 2015 by Prime Minister Sushil Koirala, becoming the first woman to hold the highest bureaucratic position in the country. She had previously served as the secretary of various ministries, including finance, education and health.

Who is the first Nepali musician to perform at the United Nations?

- A) Ani Choying Drolma

- [B\) Manose Singh](#)
- [C\) Nhyoo Bajracharya](#)
- [D\) Sabin Rai](#)

[Answer:- A\) Ani Choying Drolma. She is a Buddhist nun, singer and humanitarian activist who rose to fame through her unique voice and musical talent. She has performed at various international venues and events, including the United Nations in 2003, where she sang for world leaders and dignitaries. She has also created numerous humanitarian projects to help underprivileged people in Nepal, including care for the elderly, education of young girls, provision of clean drinking water and promotion of renewable energy.](#)

[Who is the first Nepali woman to become a chess grandmaster?](#)

- [A\) Bhupendra Niraula](#)
- [B\) Keshav Shrestha](#)
- [C\) Monalisa Khamboo](#)
- [D\) Bhagwati Prasad Sharma](#)

[Answer:- C\) Monalisa Khamboo. She is a chess player and a coach who became the first Nepali woman to achieve the title of Woman Grandmaster \(WGM\) in 2014. She has also won several national and international chess tournaments, including the Asian Chess Championship, the Commonwealth Chess Championship and the South Asian Chess Championship.](#)

[Who is the first Nepali filmmaker to win a Golden Globe Award?](#)

- [A\) Tenzing Norgay Trainor](#)
- [B\) Prashant Nair](#)
- [C\) Ramyata Limbu](#)
- [D\) Min Bahadur Bham](#)

[Answer:- A\) Tenzing Norgay Trainor. He is an actor and a filmmaker who was born in Florida, USA, to a Tibetan-Nepali father and an American mother. He is the grandson of Tenzing Norgay, one of the first two individuals known to reach the summit of Mount Everest. He is best known for his role as Parker Rooney in the Disney Channel sitcom Liv and Maddie. He also co-directed and co-produced the short film The Last Honey Hunter \(2016\), which won a Golden Globe Award for Best Short Film.](#)

[Who is the first Nepali woman to become a president of Nepal?](#)

- [A\) Bidhya Devi Bhandari](#)
- [B\) Onsari Gharti Magar](#)
- [C\) Sujata Koirala](#)
- [D\) Shailaja Acharya](#)

[Answer:- A\) Bidhya Devi Bhandari. She is a politician and the current president of Nepal. She was elected as the president in 2015 by the parliament, becoming the first woman to hold the ceremonial head of state position in Nepal. She was re-elected for a second term in 2018. She](#)



is also the vice-chairperson of the ruling Nepal Communist Party and a former minister of defence.

Who is the first Nepali woman to become a Miss World finalist?

- A) Ishani Shrestha
- B) Malvika Subba
- C) Shristi Shrestha
- D) Asmi Shrestha

Answer:- A) Ishani Shrestha. She is a model, a dentist and a social activist who represented Nepal at the Miss World 2013 pageant in Indonesia. She became the first Nepali woman to reach the top 10 finalists and also won the Beauty with a Purpose title for her project on oral health and hygiene. She has also worked as a goodwill ambassador for the United Nations Population Fund (UNFPA) and the World Wildlife Fund (WWF).

Who is the first Nepali musician to win a MTV Europe Music Award?

- A) Laure
- B) Yama Buddha
- C) The Edge Band
- D) Abhaya and the Steam Injuns

Answer:- B) Yama Buddha. He was a rapper, singer and songwriter who was born in Salakpur, Morang, Nepal. He rose to fame through his songs that addressed social issues such as poverty, corruption, violence and discrimination. He won the MTV Europe Music Award for Best Worldwide Act in 2012, becoming the first Nepali musician to win an international award. He died in 2017 at the age of 29.

Who is the first Nepali woman to become a fighter pilot?

- A) Priya Adhikari
- B) Anjana Luitel
- C) Pooja Thapa
- D) Nisha Karki

Answer:- A) Priya Adhikari. She is a pilot and an officer of the Nepalese Army Air Service. She became the first Nepali woman to fly a helicopter in 2009 and the first Nepali woman to fly a fighter jet in 2018. She has also participated in several rescue and relief missions during natural disasters and emergencies.

Who is the first Nepali filmmaker to win a Cannes Film Festival Award?

- A) Deepak Rauniyar
- B) Tsering Rhitar Sherpa
- C) Bikas Mishra
- D) Nabin Subba

Answer:- C) Bikas Mishra. He is a film director, producer and writer who was born in Darjeeling, India, to a Nepali family. He is best known for his film Chauranga (2014), which won the Grand Jury Prize at the Mumbai Film Festival and the Best Film Award at the Indian Film Festival of Los Angeles. He also won the Cannes Film Festival Award for Best Short Film in 2009 for his film Naach Ganesh (Dance of Ganesha).

Who is the first Nepali woman to become a Guinness World Record holder?

A) Chhurim Sherpa

B) Jyoti Amge

C) Khagendra Thapa Magar

D) Roshani Tiruwa

Answer:- A) Chhurim Sherpa. She is a mountaineer and an adventurer who became the first woman to climb Mount Everest twice in one season in 2012. She climbed the highest peak of the world on May 12 and May 19, setting a Guinness World Record for her feat. She has also climbed other mountains such as Lhotse, Manaslu and Cho Oyu.

MORE PDF- NEPALIVOLLEYBALL.COM