

Ramandeep Singh's

RRB GK Digest – Last Day Prep

Based on 28 March 2016 Exam

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Contents

| | |
|---|----|
| Countries and their Currencies - Shortcut to Learn..... | 3 |
| List of Important Vaccines and their Inventors | 11 |
| List of Important Days for Bank Exams PDF..... | 12 |
| Father of Various Fields / Sciences | 18 |
| List of Important Dams in India PDF | 19 |
| List of important river projects in India :- | 21 |
| List of Geographical Discoveries of the World..... | 22 |
| Important Minerals and their Functions (PDF Version)..... | 22 |
| Types of Minerals:..... | 23 |
| National Sport of Various Countries: | 24 |
| List of Presidents till date:..... | 25 |
| List of Books and Authors in news from Nov 2015 to Feb 2016 | 26 |
| Recent International and National Fairs (PDF Version) | 28 |
| Facts & Information on Blood Group Types (PDF Version) | 28 |
| Antigen | 28 |
| Antibody..... | 28 |
| Donating Blood by Compatible Type: | 29 |
| Universal Blood Donor and Receiver | 30 |
| Blood Type and Your Personality | 30 |
| List of Edible Parts of Plants (PDF Version)..... | 30 |
| Recent International and National Fairs (PDF Version) | 31 |
| Recent Typhoons & Cyclones (PDF Version)..... | 31 |
| Popular Sites and Monuments of India | 32 |
| Important Electromagnetic Rays (PDF Version) | 34 |
| Electromagnetic Theory | 34 |
| Important Medical Discoveries in the History | 35 |
| Asia | 36 |
| Africa | 37 |
| America | 37 |
| Australia | 37 |
| Europe | 37 |

| | |
|---|----|
| Different Types of Vitamins and their Functions | 37 |
| Types and Examples of Foods | 37 |
| Nicknames of Indian Cities (PDF Version) | 39 |
| List of Hill Stations in India (PDF Version) | 43 |
| Popular Sports Tournaments in the World | 49 |

Countries and their Currencies - Shortcut to Learn

The Euro is the currency used by the Institution of the European Union and is the official currency of the Euro zone, which consist of 19 of the 28 member states of the European union:

1. Austria
2. Belgium
3. Cyprus
4. Estonia
5. Finland
6. France
7. Germany
8. Greece
9. Ireland
10. Italy
11. Latvia
12. Lithuania
13. Luxembourg
14. Malta
15. The Netherlands
16. Portugal
17. Slovakia
18. Slovenia
19. Spain

The 9 countries which are member of the EU but don't use EURO as a currency are-

1. United Kingdom
2. Bulgaria
3. Croatia
4. Czech Republic
5. Denmark
6. Hungary
7. Poland
8. Romania
9. Sweden

4 countries which are not member of EU but they use EURO currency and made formal agreements with the EU and changed their currency to EURO

1. Andora
2. Monaco
3. San Marino
4. Vatican City

Country which have Dollar as currency-

1. Australia
2. Canada
3. Hong Kong
4. Singapore
5. USA
6. Zimbabwe

Countries which has 'Rupee' as currency-

1. India

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2. Nepal
3. Pakistan
4. Sri Lanka

Countries which has 'Peso' as currency-

1. Argentina
2. Mexico
3. Chile
4. Philippines
5. Cuba

Countries which has 'Pound' as currency-

1. Egypt
2. Syria
3. United Kingdom (UK)

- Cambodia (Riel)
- Brazil (Real)
- Iran (Rial)
- South Africa (Rand)
- Indonesia (Rupiah)
- Maldives (Rufiyaa)
- Saudi Arabia (Riyal)

- Qatar (Riyal)
- Russia (Ruble)
- Ukraine - Hryvnia
- Israel - Israeli new shekel

'Krone' - Denmark, Norway

'Won' - South Korea, North Korea

- Afghanistan - Afghan Afghani
- Bangladesh - Taka
- Bhutan - Nguttrum
- China - Yuan
- Indonesia - rupiah
- IMF - Special Drawing Rights
- Iraq - Dinar
- Japan - Yen
- Malaysia - Ringgit
- Myanmar - Kyat
- Kuwait - Dinar
- Switzerland - Franc
- Thailand - Baht
- Turkey - Turkish Lira
- UAE – Dirham

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Countries their Capitals and Currencies

| European Countries | Capital | Currency |
|-----------------------|---------|----------------|
| United Kingdom | London | Pound Sterling |
| France | Paris | Euro |
| Spain | Madrid | Euro |
| Portugal | Lisbon | Euro |
| Germany | Berlin | Euro |
| Italy | Rome | Euro |

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| | | |
|-----------------------|------------|-------------------|
| Vatican City | Vatican | Euro |
| Malta | Valletta | Euro |
| Switzerland | Bern | Swiss Franc |
| Belgium | Brussels | Euro |
| Netherlands | Amsterdam | Euro |
| Denmark | Copenhagen | Krone |
| Norway | Oslo | Norwegian krone |
| Sweden | Stockholm | Krona |
| Finland | Helsinki | Euro |
| Estonia | Tallinn | Euro |
| Latvia | Riga | Euro |
| Lithuania | Vilnius | Euro |
| Belarus | Minsk | Belarusian ruble |
| Ukraine | Kiev | Ukrainian hryvnia |
| Poland | Warsaw | Zloty |
| Czech Republic | Prague | Koruna |
| Austria | Vienna | Euro |
| Albania | Tirana | Lek |
| Bosnia | Sarajevo | Convertible mark |
| Bulgaria | Sofia | Lev |
| Croatia | Zagreb | Kuna |
| Macedonia | Skopje | Macedonian denar |
| Moldova | Chi in u | Moldovan leu |
| Romania | Bucharest | Romanian leu |
| Slovakia | Bratislava | Euro |
| Slovenia | Ljubljana | Euro |
| Hungary | Budapest | Forint |
| Greece | Athens | Euro |
| Cyprus | Nicosia | Euro |

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| | | |
|-------------------|------------|-----------------------|
| Ireland | Dublin | Euro / Pound Sterling |
| Iceland | Reykjavík | Icelandic króna |
| Luxembourg | Luxembourg | Euro |

| North American Nations | Capital | Currency | Language |
|------------------------|----------------|-----------------------|--------------------------|
| Antigua and Barbuda | St. John's | East Caribbean dollar | English |
| The Bahamas | Nassau | Bahamian dollar | English |
| Barbados | Bridgetown | Barbadian dollar | English |
| Belize | Belmopan | Belize dollar | English |
| Canada | Ottawa | Canadian dollar | English, French |
| Costa Rica | San José | Costa Rican colón | Spanish |
| Cuba | Havana | Peso | Spanish |
| Dominica | Roseau | East Caribbean dollar | English, French |
| Dominican Republic | Santo Domingo | Dominican Peso | Spanish |
| El Salvador | San Salvador | United States dollar | Spanish |
| Grenada | St. George's | East Caribbean dollar | English |
| Guatemala | Guatemala City | Guatemalan quetzal | Spanish |
| Haiti | Port-au-Prince | Haitian gourde | French Haitian Creole |
| Honduras | Tegucigalpa | Honduran lempira | Spanish |
| Jamaica | Kingston | Jamaican dollar | English |
| Mexico | Mexico City | Peso | Spanish |

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| | | | |
|-------------------------------------|------------------|--|---------------------|
| Nicaragua | Managua | Nicaraguan córdoba | Spanish, English |
| Panama | Panama City | Panamanian balboa, United States dollar | Spanish |
| Saint Kitts and Nevis | Basseterre | East Caribbean dollar | English |
| Saint Lucia | Castries | East Caribbean dollar | English |
| Saint Vincent and the Grenadines | Kingstown | East Caribbean dollar | English |
| Trinidad and Tobago | Port of Spain | Trinidad and Tobago dollar | English |
| United States | Washington, D.C. | United States dollar | No Federal Language |
| South American Nations | Capital | Currency | Language |
| Argentina | Buenos Aires | Peso | Spanish |
| Bolivia | La Paz | Boliviano | Spanish |
| Brazil | Brasília | Real | Portuguese |
| Chile | Santiago | Peso | Spanish |
| Colombia | Bogotá | Peso | Spanish |
| Ecuador | Quito | United States dollar | Spanish |
| Guyana | Georgetown | Guyanese dollar | English |
| Paraguay | Asunción | Guaraní | Spanish |
| Peru | Lima | Nuevo sol | Spanish |
| Suriname | Paramaribo | Surinamese dollar | Dutch |
| Uruguay | Montevideo | Uruguayan peso | Spanish |
| Venezuela | Caracas | Bolívar fuerte | Spanish |

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| African Nations | Capital | Currency | Official language(s) |
|--------------------------|-------------|---------------------------|-----------------------------|
| Algeria | Algiers | Algerian dinar | Arabic |
| Angola | Luanda | Kwanza | Portuguese |
| Benin | Porto Novo | West African CFA franc | French |
| Botswana | Gaborone | Pula | English |
| Burkina Faso | Ouagadougou | West African CFA franc | French |
| Burundi | Bujumbura | Burundi franc | French |
| Cameroon | Yaoundé | Central African CFA franc | French, English |
| Cape Verde | Praia | Cape Verdean escudo | Portuguese |
| Central African Republic | Bangui | Central African CFA franc | French |
| Chad | N'Djamena | Central African CFA franc | French, Arabic |
| Comoros | Moroni | Comorian franc | Arabic, French, |
| <i>Congo</i> | Kinshasa | Congolese franc | French |
| Djibouti | Djibouti | Djiboutian Franc | Arabic, French |
| Egypt | Cairo | Egyptian Pound | Arabic |
| Equatorial Guinea | Malabo | Central African CFA franc | Spanish, French, Portuguese |
| Eritrea | Asmara | Nakfa | Arabic, English |
| Ethiopia | Addis Ababa | Ethiopian birr | Amharic |
| Gabon | Libreville | Central African CFA franc | French |
| Gambia | Banjul | Dalasi | English |
| Ghana | Accra | Ghanaian cedi | English |

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| | | | |
|------------------------|----------------|---------------------------|-----------------------------|
| Guinea-Bissau | Bissau | West African CFA franc | Portuguese |
| Guinea | Conakry | Guinean franc | French |
| Ivory Coast | Yamoussoukro | West African CFA franc | French |
| Kenya | Nairobi | Kenyan shilling | English |
| Lesotho | Maseru | Loti | English |
| Liberia | Monrovia | Liberian dollar | English |
| Libya | Tripoli | Libyan dinar | Arabic |
| Madagascar | Antananarivo | Malagasy Ariary | French |
| African Nations | Capital | Currency | Official language(s) |
| Malawi | Lilongwe | Malawian kwacha | English |
| Mali | Bamako | West African CFA franc | French |
| Mauritania | Nouakchott | Mauritanian Ouguiya | Arabic |
| Mauritius | Port Louis | Mauritian rupee | English |
| Morocco | Rabat | Moroccan dirham | Arabic |
| Mozambique | Maputo | Mozambican metical | Portuguese |
| Namibia | Windhoek | Namibian dollar | English |
| Niger | Niamey | West African CFA franc | French |
| Nigeria | Abuja | Nigerian naira | English |
| Republic of Congo | Brazzaville | Central African CFA franc | French |
| Rwanda | Kigali | Rwandan franc | French, English |
| Senegal | Dakar | West African CFA franc | French |
| Seychelles | Victoria | Seychellois rupee | English, French |
| Sierra Leone | Freetown | Leone | English |

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| Somalia | Mogadishu | Somali shilling | Somali, Arabic |
|-----------------------|----------------------------|---|-----------------|
| South Africa | Cape Town, and Pretoria | South African rand | English |
| South Sudan | Juba | South Sudanese pound | English |
| Sudan | Khartoum | Sudanese pound | Arabic, English |
| Swaziland | Lobamba | Lilangeni | English |
| São Tomé and Príncipe | São Tomé | São Tomé and Príncipe Dobra | Portuguese |
| Tanzania | Dodoma | Tanzanian shilling | English |
| Togo | Lomé | West African CFA franc | French |
| Tunisia | Tunis | Tunisian dinar | Arabic |
| Uganda | Kampala | Ugandan shilling | English |
| Zambia | Lusaka | Zambian kwacha | English |
| Zimbabwe | Harare | United States dollar and South African rand | English |
| Oceania Nations | Capital | Currency | Language |
| Australia | Canberra | Australian dollar | English |
| Fiji | Suva | Fijian dollar | English |
| Kiribati | Tarawa | Kiribati dollar Australian dollar | English |
| Marshall Islands | Majuro | United States dollar | English |
| Micronesia | Palikir | United States dollar | English |
| Nauru | No official Capital | Australian dollar | English |
| New Zealand | Wellington | New Zealand dollar | English |

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| | | | |
|------------------|-------------------------|--------------------------------------|-----------------|
| Palau | Ngerulmud , Melekeok | United States dollar | English |
| Papua New Guinea | Port Moresby | Kina | English |
| Samoa | Apia | Tala | English |
| Solomon Islands | Honiara | Solomon Islands dollar | English |
| Tonga | Nuku'alofa | Pa anga | English |
| Tuvalu | Funafuti | Tuvaluan dollar Australian dollar | English |
| Vanuatu | Port Vila | Vanuatu vatu | French, English |

List of Important Vaccines and their Inventors

| Vaccine | Developed by | Country | Year |
|------------------------|---|---------------|------|
| Small Pox | Edward Jenner | England | 1796 |
| Cholera | Louis Pasteur | France | 1880 |
| Diphtheria and Tetanus | Emil Adolf Von Behring and Shibasaburo Kitasato | Germany/Japan | 1891 |
| Rubella virus | rubella and CRS | Germany | 1740 |
| TB Vaccine | Albert Calmette and Camille Guerin | France | 1922 |
| Polio Vaccine | Jones E. Salk | US | 1952 |
| Rotavirus | Rotarix by GlaxoSmithKline | - | 2009 |
| Oral Polio Vaccine | Albert Bruce Sabin | US | 1955 |
| Measles Vaccine | John F. Enders, Thomas Peeble | US | 1953 |

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| | | | |
|----------------|-----------------|--------|------|
| Rabies Vaccine | Louis Pasteur | France | 1885 |
| Typhus Vaccine | Charles Nicolle | France | 1909 |

List of Important Days for Bank Exams PDF

| Day | Observed As |
|------------------------|---|
| January 1 | Global Family Day |
| January 9 | NRI Day |
| January 10 | World Laughter Day |
| January 12 | National Youth Day |
| January 15 | Army Day |
| January 25 | National Voters Day , National Tourism Day |
| January 26 | India's Republic Day, International Customs Day |
| January 28 | Data Protection Day |
| January 30 | Martyrs Day; World Leprosy Eradication Day |
| February second Sunday | World Marriage Day |
| February 4 | World Cancer Day |
| February 6 | International Day against Female Genital Mutilation |
| February 12 | Darwin Day ,World Day of the Sick |
| February 13 | World Radio day |
| February 20 | World Day of Social Justice |
| February 21 | International Mother Language Day |
| February 22 | World Scout Day |
| February 24 | Central Excise Day |
| February 28 | National Science Day |
| March second Monday | Commonwealth Day |

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| | |
|-----------------------|--|
| March second Thursday | World Kidney Day |
| March 4 | World Day of the Fight Against Sexual Exploitation |
| March 8 | International Women’s Day |
| March 15 | World Consumer Rights Day |
| March 16 | National Vaccination Day |
| March 18 | Ordnance Factories Day |
| March 20 | World Sparrow Day |
| March 21 | World Forestry Day |
| March 22 | World Water Day |
| March 23 | World Earth Day |
| March 24 | World TB Day |
| March 27 | World Drama Day |
| April 2 | World Autism Awareness Day |
| April 5 | International Day for Mine Awareness, |
| April 5 | National Maritime Day |
| April 7 | World Health Day |
| April 17 | World Haemophilia Day |
| April 18 | World Amateur Radio Day |
| April 18 | World Heritage Day |
| April 21 | Secretaries Day |
| April 21 | National Civil Services Day |
| April 22 | Earth Day |
| April 23 | World Book and Copyright Day |
| April 25 | World Malaria Day |
| April 26 | World Intellectual Property Day |

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| | |
|------------------|--|
| April 29 | International Dance Day |
| May 1 | International Labour Day |
| May 1st Tuesday | World Asthma Day |
| May 3 | Press Freedom Day |
| May-2nd Sunday | Mother's Day |
| May 4 | Coal Miners' Day |
| May 8 | World Red Cross Day |
| May 9 | World Thalassaemia Day |
| May 11 | National Technology Day |
| May 12 | World Hypertension Day |
| May 12 | International Nurses Day |
| May 14 | World Migratory day |
| May 15 | International Day of the Family |
| May 17 | World Tele communication Day |
| May 18 | International Museum Day |
| May 21 | Anti-Terrorism day (Rajiv Gandhi dead) |
| May 22 | International Day for Biological Diversity |
| May 24 | Common wealth Day |
| May 28 | World Hunger Day |
| May 31 | Anti-tobacco Day |
| June 4 | International Day of Innocent Children |
| June 4 | Victims of Aggression |
| June 5 | World Environment Day |
| June, 3rd Sunday | Father's Day |
| June 8 | World Ocean Day |

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| | |
|---------------------|--|
| June 12 | World Day against Child Labour |
| June 14 | World Blood Donor Day |
| June 15 | World Elder Abuse Awareness Day |
| June 17 | World Day to Combat Desertification and Drought |
| June 20 | World Refugee Day |
| June 21 | World Music Day |
| June 23 | International Olympic Day |
| June 23 | UN Public Service Day |
| June 26 | International Day against Drug Abuse and Illicit Trafficking |
| June 27 | International Diabetes Day |
| July 1 | Doctor's Day |
| July 6 | World Zoonoses Day |
| July 11 | World Population Day |
| July 12 | Malala Day |
| July 18 | Nelson Mandela International Day |
| July 30 | International Day of Friendship |
| August first Sunday | International Friendship Day |
| August 6 | Hiroshima Day, Organ Donation Day |
| August 7 | Forgiveness Day |
| August 8 | World Senior Citizen Day |
| August 9 | Nagasaki Day |
| August 12 | International Youth Day |
| August 15 | Indian Independence Day |
| August 18 | International Day of the World Indigenous Peoples |
| August 19 | Photography Day, World Humanitarian Day |

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| | |
|-----------------------|--|
| August 20 | Rajiv Gandhi Sadbhavana Divas |
| August 29 | National Sports Day |
| September 2 | Coconut Day |
| September 5 | Teachers Day ,International day of charity |
| September 8 | International Literacy Day (UNESCO) |
| September 14 | Hindi Diwas, World First Aid Day |
| September 15 | Engineer Day |
| September 16 | World Ozone Day |
| September 21 | Alzheimer Day |
| September 21 | Day for Peace and Non- violence (UN) |
| September 22 | Welfare of cancer patients (Rose Day) |
| September 25 | Social Justice Day |
| September 26 | Day of the Deaf |
| September 27 | World Tourism Day |
| September 28 | World Rabies Day |
| September 29 | World Heart Day |
| October 1 | International Day for the Elderly |
| October 2 | Gandhi Jayanthi |
| October 3 | World Habitat Day |
| October 4 | World Animal Welfare Day |
| October 8 | Indian Air Force Day |
| October 9 | World Post Office Day |
| October 10 | National Post Day |
| October, 2nd Thursday | World Sight Day |
| October 11 | International Day of the Girl Child |

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| | |
|-------------|--|
| October 12 | World Arthritis Day |
| October 13 | UN International Day for Natural Disaster Reduction |
| October 14 | World Standards Day |
| October 15 | World White Cane Day |
| October 15 | International Day of Rural women |
| October 16 | World Food Day |
| October 17 | The International Day for the Eradication of Poverty |
| October 20 | World Statistics Day |
| October 20 | World Osteoporosis Day |
| October 21 | Global Iodine Deficiency Disorders Prevention Day |
| October 24 | World Development Information Day |
| October 24 | World Polio Day, UN Day |
| October 28 | International Animation Day |
| October 30 | World Thrift Day |
| November 5 | World Radiography Day |
| November 9 | Legal Services Day |
| November 12 | World Pneumonia Day |
| November 12 | Public Service Broadcasting Day |
| November 14 | Children Day |
| November 14 | World Diabetes Day |
| November 16 | International Day for Tolerance |
| November 17 | National Epilepsy Day |
| November 17 | National Journalism Day |
| November 19 | Citizens Day |
| November 19 | World Toilet Day |

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| | |
|-------------|---|
| November 19 | National Integration Day |
| November 20 | Africa Industrialisation Day |
| November 21 | World Television Day |
| November 21 | World Fisheries day |
| November 25 | International Day for Elimination of Violence against Women |
| November 26 | Constitution Day |
| November 29 | International Day of Solidarity with Palestinian People |
| December 1 | World AIDS Day |
| December 2 | World Computer Literacy Day |
| December 3 | World Day of the Handicapped |
| December 4 | Indian Navy Day |
| December 5 | International Volunteer Day |
| December 7 | Armed Forces Flag Day |
| December 7 | International Civil Aviation Day |
| December 10 | Human Rights Day |
| December 10 | International Children Day of Broadcasting |
| December 14 | World Energy Day |
| December 18 | Minorities Rights Day |
| December 22 | National Mathematics Day |
| December 23 | Farmer's Day |
| December 25 | Good Governance Day |

Father of Various Fields / Sciences

| Father / Mother and Field | Name |
|---------------------------|-------------------|
| Agriculture | Dr.Norman Borlaug |
| Air Conditioning | Willis Carrier |

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| | |
|------------------|----------------------------|
| Algebra | Brahmagupta, Al-Khawarizmi |
| Architecture | Imhotep |
| Ayurveda | Charaka |
| Basket Ball | James Naismith |
| Biology | Aristotle |
| Botany | Theophrastus |
| Compact Disk | Kees Immink |
| Computer Science | George Boole, Alan Turing |
| Computing | Charles Babbage |
| Economics | Adam Smith |
| Electricity | Benjamin Franklin |
| Electronics | Ray Tomlinson |
| Geometry | Euclid |
| Geography | Eratosthenes |
| Geology | James Hutton |
| Helicopter | Igor Sikorsky |
| History | Herodotus |
| Ice Hockey | James Creighton |
| Internet | Vinton Cerf |
| Jet Engine | Frank Whittle |
| Law | Cicero |
| Mechanics | Isaac Newton |
| Mobile Phone | Martin Cooper |
| Number Theory | Pythagoras |
| Philosophy | Thales |
| Physics | Albert Einstein |
| Physiology | Claude Bernard |
| Telephone | Alexander Graham Bell |
| Wi-Fi | Vic Hayes |

List of Important Dams in India PDF

| S. NO. | DAMS | POWER | HEIGHT | STATE |
|--------|------|-------|--------|-------|
|--------|------|-------|--------|-------|

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| | | GENERATION CAPACITY (in MW) | | |
|-----|-----------------------|-----------------------------|---------|---------------------------|
| 1. | Bhakra Dam | 1,325 MW | 740 Ft. | Himachal Pradesh |
| 2. | Baglihar Dam | 900 MW | 472 Ft. | Jammu & Kashmir |
| 3. | Tehri Dam | 2,400 MW | 855 Ft. | Uttarakhand |
| 4. | Nagarjuna Sagar Dam | 816 MW | 407 Ft. | Telangana, Andhra Pradesh |
| 5. | Bansagar Dam | 425 MW | 220 Ft. | Madhya Pradesh |
| 6. | Hirakud Dam | 347.5 MW | 200 Ft. | Orissa |
| 7. | Sardar Sarovar Dam | 1,450 MW | 535 Ft. | Gujarat |
| 8. | Indirasagar Dam | 1,000 MW | 302 Ft. | Madhya Pradesh |
| 9. | Bhavanisagar Dam | 1,920 MW | 105 Ft. | Tamil Nadu |
| 10. | Idukki Dam | 780 MW | 554 Ft. | Kerala |
| 11. | Mettur Dam | 840 MW | 120 Ft. | Tamil Nadu |
| 12. | Srisaillam Dam | 1,670 MW | 476 Ft. | Telangana, Andhra Pradesh |
| 13. | Koyna Dam | 1,960 MW | 339 Ft. | Maharashtra |
| 14. | Tungabhadra Dam | 72 MW | 162 Ft. | Karnataka |
| 15. | Mullaperiyar Dam | 175 MW | 176 Ft. | Tamil Nadu |
| 16. | Pong Dam | 396 MW | 436 Ft. | Himachal Pradesh |
| 17. | Nathpa Dam | 1,500 MW | 205 Ft. | Shimla, Himachal Pradesh |
| 18. | Rana Pratap Sagar Dam | 172 MW | 177 Ft. | Rajasthan |
| 19. | Chamera Dam | 1071 MW | 741 Ft. | Himachal Pradesh |
| | First Phase | 540 MW | | |
| | Second Phase | 300 MW | | |
| | Third Phase | 231 MW | | |
| 20. | Rangit Dam | 60 MW | 148 Ft. | Sikkim |

List of important river projects in India :-

| River Project | River, State, Height and Length |
|----------------------------------|---|
| Baglihar Dam | Jammu and Kashmir, on Chenab River, Height 143 meters, Length 364.362 meters |
| Bhakra Nangal Dam | Punjab and Himachal Pradesh, on Sutlej River, Height 226 meters, Length 520 meters |
| Bhavanisagar Dam | Tamil Nadu, on Bhavani River, Height 105 feet, Length 1700 meters |
| Bisalpur Dam | Rajasthan, on Banas River, Height 130 feet, Length 1883 feet |
| Cheruthoni Dam | Kerela, on Cheruthoni River, Height 450 feet, length 2300 feet |
| Hirakud Dam | Odisha, on Mahanadi River, Height 60.96 meters, Length 25.8 km |
| Indira Sagar Dam | Madhya Pradesh, on Narmada River, Height 92m, Length 653m |
| Jamrani Dam | Uttarakhand, on Gola River, Height 130.6 meters, Length 465 meters |
| Koyna Dam | Maharashtra, Koyna River, Height 339 feet, Length 2648 feet |
| Krishnarajasagar Dam | Karnataka, on Kaveri River, Height 125 feet, Length 3.5 km |
| Maithon Dam | Jharkhand, on Barakar River, Height 165 feet, Length 15712 feet |
| Mettur Dam | Tamil Nadu, on Kaveri River, Height 120 feet, Length 1700 meters |
| Nagarjuna Sagar Dam | Andhra Pradesh and Telangana, on Krishna River, Height 124 meters, Length 1450 meters |
| Nagi Dam | Bihar, on Nagi River, Height 113.5 meters, Length 1884 meters |
| Pakal Dul Dam | Jammu and Kashmir, on Marusudar River, Height 167 meters, Length 305 meters |
| Pong Dam | Himachal Pradesh, on Beas River, Height 132.59 meters, Length 1950.7 meters |
| Ranjit Sagar Dam | Punjab, on Ravi River, Height 145 meters, Length 617 meters |
| Rihand Dam | Uttar Pradesh, on Rihand River, Height 299 feet, Length 3064 feet |
| Salal Dam | Jammu and Kashmir, on Chenab River, Height 113 meters, Length 487 meters |
| Sardar Sarovar Dam (Narmada Dam) | Gujarat, on Narmada River, Height 163 meters, Length 1210 meters |
| Subansiri Lower HE Dam | Arunachal Pradesh, on Subansiri River, Height 130 |

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| | |
|-----------------|--|
| | meters, Length 284 meters |
| Teesta-V Dam | Sikkim, on Teesta River, Height 86.8 meters, Length 176.5 meters |
| Tehri Dam | Uttarakhand, on Bhagirathi River, Height 260 meters, Length 575 meters |
| TungaBhadra Dam | Karnataka, on Tungabhadra River, Height 49.38 meters, Length 2441 meters |
| Ukai Dam | Gujarat, on Tapi River, Height 81 meters, Length 4927 meters |

List of Geographical Discoveries of the World

| Discovery | Discoverer (Nationality) | Year |
|--|-----------------------------------|------|
| America | Christopher Columbus (Italy) | 1492 |
| Australia | Captain James Cook (England) | 1770 |
| Brazil | Pedro Alvares Cabral (Portuguese) | 1500 |
| Cape of Good Hope | Bartholomeu Dias (Portugal) | 1488 |
| China | Marco Polo (Italy) | - |
| First person to set foot on Moon | Neil Armstrong (USA) | 1969 |
| Hudson Bay | Henry Hudson (England) | 1610 |
| Hawaiian Island | Captain James Cook (England) | 1770 |
| North Pole | Robert Peary (USA) | 1909 |
| New Foundland | John Cabot (Italy) | 1497 |
| Planets | Johannes Kepler (Germany) | 1609 |
| Solar System | Nicolaus Copernicus (Poland) | 1540 |
| Sea route to India via Cape of Good Hope | Vasco-da-Gama (Portugal) | 1498 |
| South Pole | Roald Amundsen (Norway) | 1911 |
| Tasmania Island | Abel Tasman (Dutch) | 1642 |

Important Minerals and their Functions (PDF Version)

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Types of Minerals:

The body needs many minerals, these are called essential minerals. Essential minerals are sometimes divided up into major minerals (macrominerals) and trace minerals (microminerals). These two groups of minerals are equally important, but trace minerals are needed in smaller amounts than major minerals. The amounts needed in the body are not an indication of their importance.

Here is the list of important minerals with function and sources:

| Mineral | Function | Sources |
|------------|--|--|
| Sodium | Needed for proper fluid balance, nerve transmission, and muscle contraction | Table salt, soy sauce; large amounts in processed foods; small amounts in milk, breads, vegetables, and unprocessed meats |
| Chloride | Needed for proper fluid balance, stomach acid | Table salt, soy sauce; large amounts in processed foods; small amounts in milk, meats, breads, and vegetables |
| Potassium | Needed for proper fluid balance, nerve transmission, and muscle contraction | Meats, milk, fresh fruits and vegetables, whole grains, legumes |
| Calcium | Important for healthy bones and teeth; helps muscles relax and contract; important in nerve functioning, blood clotting, blood pressure regulation, immune system health | Milk and milk products; canned fish with bones (salmon, sardines); fortified tofu and fortified soy milk; greens (broccoli, mustard greens); legumes |
| Phosphorus | Important for healthy bones and teeth; found in every cell; part of the system that maintains acid-base balance | Meat, fish, poultry, eggs, milk, processed foods (including soda pop) |
| Magnesium | Found in bones; needed for making protein, muscle contraction, nerve transmission, immune system health | Nuts and seeds; legumes; leafy, green vegetables; seafood; chocolate; artichokes; "hard" drinking water |
| Sulfur | Found in protein molecules | Occurs in foods as part of protein: meats, poultry, fish, eggs, milk, legumes, nuts |

| Mineral | Function | Sources |
|---------|--|--|
| Iron | Part of a molecule (hemoglobin) found in red blood cells that carries oxygen in the body; needed for energy metabolism | Organ meats; red meats; fish; poultry; shellfish (especially clams); egg yolks; legumes; dried fruits; dark, leafy greens; iron-enriched breads and cereals; and fortified cereals |

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| | | |
|------------|---|---|
| Zinc | Part of many enzymes; needed for making protein and genetic material; has a function in taste perception, wound healing, normal fetal development, production of sperm, normal growth and sexual maturation, immune system health | Meats, fish, poultry, leavened whole grains, vegetables |
| Iodine | Found in thyroid hormone, which helps regulate growth, development, and metabolism | Seafood, foods grown in iodine-rich soil, iodized salt, bread, dairy products |
| Selenium | Antioxidant | Meats, seafood, grains |
| Copper | Part of many enzymes; needed for iron metabolism | Legumes, nuts and seeds, whole grains, organ meats, drinking water |
| Manganese | Part of many enzymes | Widespread in foods, especially plant foods |
| Fluoride | Involved in formation of bones and teeth; helps prevent tooth decay | Drinking water (either fluoridated or naturally containing fluoride), fish, and most teas |
| Chromium | Works closely with insulin to regulate blood sugar (glucose) levels | Unrefined foods, especially liver, brewer's yeast, whole grains, nuts, cheeses |
| Molybdenum | Part of some enzymes | Legumes; breads and grains; leafy greens; leafy, green vegetables; milk; liver |

National Sport of Various Countries:

| Names | National game |
|-----------|---------------|
| Australia | Cricket |
| Brazil | Football |
| Canada | Ice Hockey |
| China | Table Tennis |
| England | Cricket |

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| | |
|--------------------------|------------------------|
| India | Hockey |
| Japan | Judo or ju jitsu |
| Malaysia | Badminton |
| Pakistan | Hockey |
| Russia | Chess, Football |
| Scotland | Rugby, Football |
| Spain | Bull Fighting |
| United states of America | Baseball |
| Bangladesh | Kabaddi |
| Chile | Chilean Rodeo |
| Iran | Wrestling and polo |
| Antigua and Barbuda | Cricket |
| Bhutan | Archery |
| Cuba | Baseball |
| Estonia | Basketball |
| Ghana | Football |
| Ireland | Gaelic games |
| Latvia | Basketball, Ice hockey |
| Turkey | Oil wrestling, Cirit |
| Wales | Rugby Union |

List of Presidents till date:

| List of President | Joining date | Leaving date |
|--------------------------|--------------|--------------|
| Dr. Rajendra Prasad | 1/26/1950 | 5/13/1962 |
| Sarvepalli Radhakrishnan | 5/13/1962 | 5/13/1967 |

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| | | |
|--------------------------|-----------|-----------|
| Zakir Hussain | 5/13/1967 | 5/3/1969 |
| Varahagiri Venkata Giri | 5/3/1969 | 7/20/1969 |
| Muhammad Hidayatullah | 7/20/1969 | 8/24/1969 |
| Varahagiri Venkata Giri | 8/24/1969 | 8/24/1974 |
| Fakhruddin Ali Ahmed | 8/24/1974 | 2/11/1977 |
| Basappa Danappa Jatti | 2/11/1977 | 7/25/1977 |
| Neelam Sanjiva Reddy | 7/25/1977 | 7/25/1982 |
| Giani Zail Singh | 7/25/1982 | 7/25/1987 |
| Ramaswamy Venkataraman | 7/25/1887 | 7/25/1992 |
| Shankar Dayal Sharma | 7/25/1992 | 7/25/1997 |
| Kocheril Raman Narayanan | 7/25/1997 | 7/25/2002 |
| A.P.J Abdul Kalam | 7/25/2002 | 7/25/2007 |
| Smt. Pratibha Patil | 7/25/2007 | 7/25/2012 |
| Pranab Mukherjee | 7/25/2012 | Incumbent |

List of Books and Authors in news from Nov 2015 to Feb 2016

| BOOK | AUTHOR |
|---|--|
| "Midnight's Furies: The Deadly Legacy of India's Partition" | Nisid Hajari(won the 2016 William E. Colby Award for his book) |
| Nathuram Godse - The Story of an Assassin | Anup Ashok Sardesai |
| She Will Build Him A City"? | Raj kamal Jha |
| Sleeping on Jupiter | Anuradha Roy |
| When the Rivers sleep | Easterine kire |
| A God in Ruins | Kate Atkinson(2015 Costa Novel Prize) |

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| | |
|--|--|
| Go Set a Watchman (topped 2015 US Bestseller List) | Harper Lee |
| MARU BHARAT SARU BHARAT “ (My India Noble India) | Jain Acharya Ratnasundersurisarwarji Maharaj |
| Objective Railway Engineering-Track, Works & Others | MM Agarwal (Civil Engineer) |
| Jawaharlal Nehru and The Indian Polity in Perspective | Edited by Prof Alexander and released by Hamid Ansari. |
| The Z Factor: My Journey as the wrongman at the Right time | Subhash Chandra |
| The Bose Brothers and Indian Independence - An Insider's Account | Madhuri Bose |
| Autobiography: Life On My Terms: From the Grassroots to the Corridors of Power, an autobiography of Sharad Pawar | Released by:-Prime Minister Narendra Modi |
| Rebooting India | Nandan Nilekani |
| What Happened to Netaji? | Anuj Dhar |
| Sayyid Ahmad Barailvi : His Movement and Legacy from the Pukhtun Perspectiv | Altaf Qadir |
| Necropolis | Avtar Singh |
| Educational Crisis and Reform | Abbas Rashid and Irfan Muzaffar |
| The Bazar of Bad Dreams | Stephen King |
| Interlinking of Indian Rivers | Radha Kant Bharati |
| Smita Patil: A Brief Incandescence | Maithili Rao |
| Rebooting India: Realizing a Billion Aspirations | Nandan Nilekani and Viral Shah |
| The Courage to Act - A Memoir of a Crisis and Its Aftermath | Ben S. Bernanke |
| The Clintons’ War on Women | Roger Stone and Robert Morrow |
| Who was Shivaji? | Anirudh Deshpande, Prabhat Patnaik & Govind Pansare |

Recent International and National Fairs (PDF Version)

| Name of the Fair | Venue |
|---|---------------------------|
| 119 th China Import and Export Fair 2016 held in | Guangzhou, China |
| 31 st edition of the India International Leather Fair held in | Chennai, Tamilnadu |
| Four-day National Arogya Fair-2016 held in | Dehradun, Uttarakhand |
| 119 th Canton Fair 2016 will be held in | Guangzhou, China |
| 4 th edition of International Textile and Apparel fair ‘VASTRA’ held in | Jaipur, Rajasthan |
| 35 th edition of India International Trade Fair (IITF) held at | Pragati Maidan, New Delhi |
| Asia’s largest Book Fair 2015 held in | Hong Kong, China |
| 35 th edition of India International Trade Fair held in | New Delhi, India |
| 40 th edition of International Kolkata Book Fair held in | Kolkata, West Bengal |
| 43 rd edition of the New Delhi World Book Fair held in | New Delhi, India |
| Three-day Organic Fair and Food Festival held in | Shimla, Himachal Pradesh |
| 31 st edition of Aahar-The International Food & Hospitality Fair will be held in | New Delhi, India |

Facts & Information on Blood Group Types (PDF Version)

Antigen

In blood of human the glycoprotein which is found in Red Blood Corpuscles called Antigen.

Antigens are of two types – (i) **Antigen A** and (ii) **Antigen B**

Antibody

An opposite type of protein is found in blood plasma is called Antibody.

Antibodies are of two types – (i) **Antibody A** and (ii) **Antibody B**

The table below shows the possible permutations of antigens and antibodies with the corresponding ABO type ("yes" indicates the presence of a component and "no" indicates its absence in the blood of an individual).

| ABO Blood Type | In Red Blood Corpuscles | | In Plasma | |
|----------------|-------------------------|-----------|------------|------------|
| | Antigen A | Antigen B | Antibody A | Antibody B |
| A | Yes | No | No | Yes |
| B | No | Yes | Yes | No |
| O | No | No | Yes | Yes |
| AB | Yes | Yes | No | No |

In addition to the A and B antigens, there is a third antigen called the Rh factor, which can be either present (+) or absent (-). In general, Rh negative blood is given to Rh-negative patients, and Rh positive blood or Rh negative blood may be given to Rh positive patients.

Donating Blood by Compatible Type:

Blood types are very important when a blood transfusion is necessary. In a blood transfusion, a patient must receive a blood type compatible with his or her own blood type. If the blood types are not compatible, red blood cells will clump together, making clots that can block blood vessels and cause death.

If two different blood types are mixed together, the blood cells may begin to clump together in the blood vessels, causing a potentially fatal situation. Therefore, it is important that blood types be matched before blood transfusions take place. In an emergency, type O blood can be given because it is most likely to be accepted by all blood types. However, there is still a risk involved.

| Blood Type | Donate Blood To | Receive Blood From |
|------------|-----------------|--------------------|
| A+ | A+ AB+ | A+ A- O+ O- |
| O+ | O+ A+ B+ AB+ | O+ O- |
| B+ | B+ AB+ | B+ B- O+ O- |
| AB+ | AB+ | Everyone |
| A- | A+ A- AB+ AB- | A- O- |
| O- | Everyone | O- |
| B- | B+ B- AB+ AB- | B- O- |
| AB- | AB+ AB- | AB- A- B- O- |

Universal Blood Donor and Receiver

- i) The **Universal Blood Donor** is Type O- blood type.
- ii) The **Universal Blood Receiver** is Type AB+ blood type.

Blood Type and Your Personality

Legend has it that blood type tells about personality. In Japan, it's widely believed that blood groups predict personality traits - from temperament to compatibility, to what kind of lover you are to what type of foods you should be eating. For instance:

| Blood Type | Your Personality |
|------------|--------------------------|
| Type A | Calm and trustworthy |
| Type B | Creative and excitable |
| Type AB | Thoughtful and emotional |
| Type O | Confident leader |

List of Edible Parts of Plants (PDF Version)

| Flowers | Fruits | Leaves | Roots | Seeds | Stems |
|-------------|--------------|---------------|----------|--------------|-----------|
| Artichoke | Acorn Squash | Beet Greens | Beets | Almonds | Asparagus |
| Blossoms | Apples | Bok Choy | Carrots | Fava beans | Bamboo |
| Broccoli | Bell Pepper | Broccoli Rabe | Celeriac | French beans | Broccoli |
| Cauliflower | Berries | Cabbage | Daikon | Peanuts | Celery |
| Calendula | Cherries | Collard | Jicama | Peas | Ginger |
| Squash | Chili Pepper | Greens | Parsnips | Pecans | Hearts of |
| | Cucumber | Kale | Radishes | Pigeon Peas | Nopales |
| | Eggplant | Leek | Rutabaga | Runner beans | Palm |
| | Grapefruit | Lettuce | Turnip | Snap Peas | Potato |
| | Lemon | Napa Cabbage | | Snow Pea | Rhubarb |
| | Lime | Radicchio | | Sugar Peas | Shoots |
| | Melons | Spinach | | Sunflower | Stems |
| | Orange | Swiss Chard | | Seeds | Taro |
| | Peaches | Turnip Greens | | Walnuts | |
| | Pears | | | | |
| | Squash | | | | |
| | Sweet Corn | | | | |
| | Tangerine | | | | |
| | Tomatillo | | | | |
| | Tomato | | | | |
| | Zucchini | | | | |

Recent International and National Fairs (PDF Version)

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| Three-day Organic Fair and Food Festival held in | Shimla, Himachal Pradesh |
| 31 st edition of Aahar-The International Food & Hospitality Fair will be held in | New Delhi, India |

Recent Typhoons & Cyclones (PDF Version)

| Typhoon | | |
|-------------------------------|-----------------|-------------------------------|
| Date | Name of Typhoon | Hits the Country |
| 6 th December 2014 | Hagupit | Philippines |
| 10 th May 2015 | Noul | Philippines |
| 9 th July 2015 | Linfa | Southern China |
| 22 nd June 2015 | Kujira | South China's Hainan Province |
| 11 th July 2015 | Chan-hom | Eastern China |
| 18 th July 2015 | Nangka | Japan |
| 4 th August 2015 | Soudelor | Saipan |

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| 28 th September 2015 | Dujuan | Taiwan |
|---------------------------------|----------------------------|--------------------------------------|
| 4 th October 2015 | Mujigae | China |
| 16 th December 2015 | Melor (also known as Nona) | Philippines |
| 22 nd October 2015 | Koppu | Philippines |
| Cyclone | | |
| Date | Name of the Cyclone | Hits the Country |
| 14 th March 2015 | Pam | South Pacific archipelago of Vanuatu |
| 9 th June 2015 | Ashobaa | Oman |
| 31 st July 2015 | Komen | Bangladesh |
| 4 th November 2015 | Chapala | Yemen |
| 8 th November 2015 | Roanu | Tamil Nadu, India |
| 24 th February 2016 | Winston | Fiji |

Popular Sites and Monuments of India

| Name | Location | Famous for |
|-------------------|-------------------|--|
| Ajanta Caves | Aurangabad | Buddhist cave temples |
| Amaranth 's Caves | Kashmir | Naturally formed ice shivlinga |
| Anand Bhawan | Allahabad | Nehru family's ancestral home |
| Vaishno Devi | Jammu and Kashmir | One of Hinduism's holiest sites |
| Buland Darwaza | Fatehpur sikri | The highest and biggest gateway of India near Agra built by Akbar to commemorate his victorious campaign in Deccan |
| Char Minar | Hyderabad | Built in 1591 CE, it is a monument , a mosque and a global icon. |
| Dilwara Temples | Mount Abu | Jain temples, Vimal Vasahi , mahavir swami , built between 11 th and |

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| | | |
|------------------|------------|--|
| | | 13 th century AD. |
| Lotus Temple | Delhi | Temple with a flower like design |
| Taj mahal | Agra | Iconic domed mughal mausoleum |
| Gandhi Sadan | Delhi | Birla house - where Gandhiji was assassinated in 1948 |
| Gateway of India | Mumbai | Erected in 1911 on king George V's to India |
| Gol Gumbaz | Bijapur | Largest dome in India |
| Gomateshwara | Mysore | 2000 year –old statue of a jain sage carved out of a single stone |
| Golden Temple | Amritsar | Sikh pilgrimage |
| Hawa Mahal | Jaipur | A pink castle of air |
| Jallianwala Bagh | Amritsar | A public garden infamous for the massacre of hundreds of innocent Indians by the british on 13 April, 1919 |
| Jantar mantar | Delhi | Observatory built in 1724 during the days of Maharaja jai Singh II of Ajmer |
| Jama masjid | Delhi | Biggest mosque built by Shah Jahan |
| Kanya kumari | Tamil Nadu | Temple of the virgin goddess situated on the extreme southern tip of India |
| Kranti maidan | Mumbai | Historical avenue where Gandhiji gave the call 'Quit India ' in 1942 |
| Harmandir sahib | Amritsar | Gilded temple & sikh pilgrimage site |
| Meenakshi temple | Madurai | Hindu temple |
| Qutab Minar | Delhi | Largest minaret |
| Rajghat | Delhi | Samadhi of Mahatma Gandhi on the bank of the Yamuna |

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| | | |
|-------------------|----------------|---|
| Red fort | Delhi | A red stone structure built by Shah jahan on the bank of the Yamuna |
| Sabarmati | Ahemdabad | Harijan ashram founded here by Gandhiji |
| Sarnath | Varanasi | Centre of Buddhist pilgrimage , the place |
| Shakitisthal | Delhi | Situated on the bank of the Yamuna where Mrs Indira Gandhi was cremated |
| Shantivan | Delhi | Samadhi of pt. Jawaharlal Nehru |
| Shantiniketan | Kolkata | Famous Visva –Bharati University founded by Rabindranath Tagore |
| Sanchi | Madhya pradesh | Ancient Buddhist monuments |
| Victoria Memorial | Kolkata | Famous museum |
| Vijay Ghat | Delhi | Samadhi of Lal Bahadur shastri |
| Vir bhumi | Delhi | Samadhi of Rajiv Gandhi |

Important Electromagnetic Rays (PDF Version)

Electromagnetic Theory

Electricity and magnetism were once thought to be separate forces. However, in 1873, Scottish physicist James Clerk Maxwell developed a unified theory of electromagnetism.

| Electromagnetic Rays | Discovered By | Wavelength Range (in Meter) | Frequency Range | Remarks |
|-----------------------------|-----------------|-----------------------------|------------------------|---|
| γ -Rays (Gamma Rays) | Henry Becqueral | 10^{-14} to 10^{-10} | 10^{20} to 10^{18} | Gamma radiation causes damage to living tissue, which makes it useful for killing cancer cells when applied in carefully measured doses to small regions. Uncontrolled exposure, though, is extremely |

| | | | | |
|---|-----------------------|--|------------------------|--|
| | | | | dangerous to humans. |
| X-Rays | Wilhelm Röntgen | 10^{-10} to 10^{-8} | 10^{18} to 10^{16} | X-rays occupy the same region of the EM spectrum as gamma rays. The only difference between them is their source: X-rays are produced by accelerating electrons, while gamma rays are produced by atomic nuclei. |
| Ultra-Violet Ray | Johann Wilhelm Ritter | 10^{-8} to 10^{-7} | 10^{16} to 10^{14} | UV light is a component of sunlight; however, it is invisible to the human eye. It has numerous medical and industrial applications, but it can damage living tissue. |
| Visible Radiation | Newton | 3.9×10^{-7} to 7.8×10^{-7} | 10^{14} to 10^{12} | More generally, visible light is defined as the wavelengths that are visible to most human eyes. |
| Infra-Red Rays | William Herschel | 7.8×10^{-7} to 7.8×10^{-3} | 10^{12} to 10^{10} | IR rays is invisible to human eyes, but we can feel it as heat if the intensity is sufficient. |
| Microwaves Ray | - | 10^{-3} to 10^{-2} | 10^{10} to 10^{09} | Microwaves are used for high-bandwidth communications, radar and as a heat source for microwave ovens and industrial applications. |
| Short Radio Waves or Hertz Hertzian Waves | Heinrich Hertz | 10^{-3} to 1 | 10^{10} to 10^8 | Radio waves are used primarily for communications including voice, data and entertainment media. |
| Long Radio Waves | Marcony | 1 to 10^4 | 10^8 to 10^6 | Radio waves are used primarily for communications including voice, data and entertainment media. |

Important Medical Discoveries in the History

| iscovery | Made by | Country | Year |
|-------------------------|-------------------|----------|------|
| Antibiotic (Penicillin) | Alexander Fleming | Scotland | 1928 |

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| | | | |
|--------------------------|-----------------------|-----------------|------|
| Antiseptic | Joseph Lister | Scotland | 1867 |
| Aspirin | Dr Felix Hoffmann | Germany | 1899 |
| Blood Circulation | William Harvey | Britain | 1628 |
| Blood Group | K. Landsteiner | Austria | 1902 |
| Blood Transfusion | Jean –Baptiste Denys | France | 1625 |
| Cholera and TB Germs | Robert Koch | Germany | 1883 |
| Diphtheria Germs | Klebs and Loffler | Germany | 1883 |
| Electro cardiogram (ECG) | William Einthoven | Dutch | 1903 |
| Heart –Lung machine | John Heynsham Gibbon | US | 1953 |
| Hypodermic Syringe | Alexander wood | Britain | 1853 |
| Heart Transplant | Chirstian Barnard | South Africa | 1967 |
| Kidney Machine | W .J Kolf | The Netherlands | 1944 |
| Malaria Germs | A . Laveran | France | 1880 |
| Organ Transplant | John P. Merril | USA | 1953 |
| Scan (CAT) | Godfrey Housfield | England | 1973 |
| Sphygomomanometer | Scipione Riva – Rocci | Italy | 1896 |
| Stethoscope | Rene Laennec | France | 1819 |
| Thermometer(Clinical) | Sir Thomas Allbutt | England | 1867 |
| Ultrasound | Lan Donald | Ireland | 1950 |
| X-ray | W. Roentgen | Germany | 1895 |

Asia

1. Bhutan – Land of the Thunder Dragon
2. China – The Red Dragon
3. Indonesia – The Emerald of the Equator
4. Japan – Land of the Rising Sun
5. Mongolia – Land of the Blue Sky
6. North Korea – The Hermit Kingdom
7. Philippines – The Pearl of the Orient Seas
8. South Korea – Land of the Morning Calm

9. Sri Lanka – India’s Teardrop
10. Thailand – Land of Smiles
11. Afghanistan – Graveyard of Empires
12. Israel – The Holy Land
13. Lebanon – Switzerland of the Middle East

Africa

1. Burkina Faso – Land of the Upright Men
2. Egypt – The Gift of the Nile
3. Lesotho – The Kingdom In The Sky
4. Madagascar – The Red Island
5. Rwanda – Land of a Thousand Hills
6. South Africa - Rainbow Nation

America

1. Brazil – Pindorama (Land of the Palms)
2. Canada – The Great White North
3. Chile – Land of Poets
4. Guyana – Land of Many Waters
5. Paraguay – The Island Surrounded by Land
6. Peru – Land of the Incas
7. USA - Uncle Sam
8. Venezuela – Land of Grace

Australia

1. Australia – Land Down Under (sometimes also used for New Zealand)
2. New Zealand – Land of the Long White Cloud

Europe

1. Albania – Land of the Eagles
2. Belarus – The White Rus
3. England – Land of Hope and Glory
4. Finland – Land of a Thousand Lakes
5. France – L’hexagone
6. Iceland – Land of Fire and Ice
7. Ireland – The Emerald Isle
8. Italy – The Boot
9. Slovenia – The Sunny Side of the Alps
10. Switzerland – Land of Milk and Honey

11. Ukraine – The Bread Basket of Europe

Dear Readers,

Vitamins are nutrients for human body needs to function and fight off disease. Human body cannot produce vitamins itself, so we must get them through food you eat or in some cases supplements.

Different Types of Vitamins and their Functions

Vitamin was invented by **Sir Frederick Gowland Hopkins**. The term vitamin was coined by **Casimir Funk**.

There are 13 vitamins that are essential to our body working well. Knowledge of the different types and understanding the purpose of these vitamins are important for good health.

Types and Examples of Foods

On the basis of solubility, there are two types of vitamins: fat-soluble vitamins and water-soluble vitamins.

A. Fat-soluble Vitamins are stored in your fat cells, consequently requiring fat in order to be absorbed.

The fat soluble vitamins: Vitamin A, Vitamin D, Vitamin E & Vitamin K

B. Water-soluble Vitamins are not stored in your body; therefore, they need to be replenished daily. Your body takes what it needs from the food you eat and then excretes what is not needed as waste. Here is a list of vitamin types and some common food sources:

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The water soluble vitamins: Vitamin B1, Vitamin B2, B9, Vitamin B12 and Vitamin C. Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin

| Vitamin | Chemical Name | Deficiency Disease | Sources |
|-------------|---------------------|---|--|
| Vitamin A | Retinol | Night Blindness Xerosis Conjunctiva Xerosis Cornea Bitot's Spots | Milk, Egg, Cheese, Green Vegetable, Fish Liver Oil |
| Vitamin D | Calciferol | Rickets (in Children) Osteomalacia (in Adults) | Fish Liver Oil, Milk, Egg |
| Vitamin E | Tocopherol | Less Fertility | Leafy Vegetables, Milk, Butter, Vegetable Oil, Sprouted Wheat |
| Vitamin K | Phylloquinone | Non-clotting of Blood | Green Vegetable, Tomato, Soybean Oil |
| Vitamin B1 | Thiamin | Beriberi | Green Vegetables, Ground Nut, Seed, Liver, Pulses, Egg |
| Vitamin B2 | Riboflavin | Cracking of Skin Red-dish Eye | Green Vegetables, Milk, Meat |
| Vitamin B3 | Niacin | Whitening of Hair | Sugarcane, Milk, Meat, Nut, Tomato |
| Vitamin B5 | Pantothenic Acid | Pellegra | Ground Nut, Potato, Tomato, Leafy Vegetables, Meat |
| Vitamin B6 | Pyridoxine | Anemia Skin Disease | Grains, Liver, Meat |
| Vitamin B7 | Biotin | Paralysis Hair Falling | Milk, Egg, Liver, Meat |
| Vitamin B9 | Folic Acid (Folate) | Anemia | Vegetables, Pulses, Liver, Egg |
| Vitamin B12 | Cynocobalamin | Anemia, Jaundice | Milk, Meat |
| Vitamin C | Ascorbic Acid | Scurvy | Orange, Lemon, Tomato, Chilly |

Nicknames of Indian Cities (PDF Version)

| Name of the City | Nicknames | State |
|------------------|---|----------------|
| Agra | City of Taj Petha Nagari | Uttar Pradesh |
| Ahmedabad | Boston of India Manchester of India | Gujarat |
| Allahabad | Abode of the God City of Prime Ministers Sangam City | Uttar Pradesh |
| Amritsar | Golden City | Punjab |
| Asansol | Land of Black Diamond | West Bengal |
| Bengaluru | Electronic City of India Garden City of India IT Capital of India Science city of India Silicon Valley of India Space City | Karnataka |
| Bhagalpur | The Silk City of India | Bihar |
| Bhopal | City of Lakes | Madhya Pradesh |
| Indore | Mini Mumbai | Madhya Pradesh |
| Bhimavaram | City of Prawns Second Bardoli of India | Andhra Pradesh |
| Bhubaneswar | Temple City of India | Odisha |
| Chandigarh | The City Beautiful | Chandigarh |
| Chennai | Auto Hub of India Detroit of Asia Gateway of South India Health Capital of India | Tamil Nadu |
| Coimbatore | Textile City of India Manchester of South India | Tamil Nadu |
| Coorg | Scotland of India | Karnataka |
| Darjeeling | Queen of the Hills | West Bengal |

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| | | |
|------------------------|---|-------------------|
| Dhanbad | The Coal Capital of India | |
| Dhanbad | The Coal Capital of India | Jharkhand |
| Shillong | Scotland of East | Meghalaya |
| Dibrugarh | Tea City of India | Assam |
| Durgapur | Rur of India | West Bengal |
| Gandhinagar | Green City | Gujarat |
| Guntur | City of Chillies | Andhra Pradesh |
| Guwahati | Gateway of North East India | Assam |
| Nilgiri | Blue Mountains | Tamil Nadu |
| Hyderabad | City of Pearls City of Nizams Hightech City World Capital of Biryani | Telangana |
| Hyderabad-Secunderabad | Twin City | Telangana |
| Jaipur | City of Palaces Paris of India Pink City | Rajasthan |
| Jaisalmer | Golden City of India | Rajasthan |
| Jamshedpur | Pittsburgh of India Steel City of India | Jharkhand |
| Jodhpur | Blue City Sun City | Rajasthan |
| Kakinada | City of Kaja Pensioners Paradise | Andhra Pradesh |
| Kanpur | Leather City of the World Manchester of North India | Uttar Pradesh |
| Kashmir | Switzerland of India | Jammu and Kashmir |
| Kochi | Gateway to Kerala Queen of the Arabian Sea | Kerala |
| Kolkata | City of Joy City of Palaces Cultural Capital of India | West Bengal |

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| | | |
|-----------|--|----------------|
| | Gateway of Eastern India Heaven of the Aged | |
| Kolhapur | City of Wrestlers | Maharashtra |
| Kollam | Cashew Capital of the World Gateway to Backwaters Prince of Arabian sea | Kerala |
| Lucknow | City of Nawabs Constantinople of the East Shiraz-e-Hind The Golden City of India | Uttar Pradesh |
| Madurai | Athens of the East City of Festivals City of Four Junctions Sleepless City Temple City | Tamil Nadu |
| Malda | Mango City | West Bengal |
| Mangalore | Cradle of Indian Banking Gateway of Karnataka Rome of the East | Karnataka |
| Mumbai | City of Dreams City of Seven Islands Financial Capital of India Gateway of India Hollywood of India Maximum City Maya Nagari | Maharashtra |
| Mundi | Power Hub City | Madhya Pradesh |
| Mussoorie | Queen of the Mountains | Uttarakhand |
| Mysore | Green City Heritage City | Karnataka |
| Nagpur | Orange City | Maharashtra |
| Nainital | City of Lakes | Uttarakhand |
| Nasik | California of India Grape city of India Wine capital of India | Maharashtra |
| New Delhi | City of Rallies | Delhi |
| Patiala | Royal City | Punjab |

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| | | |
|-----------------|---|-------------------|
| Panipat | City of Handloom City of Weavers | Haryana |
| Pondicherry | Paris of the East | Puducherry |
| Prayag | Abode of the God | Uttar Pradesh |
| Pune | Queen of Deccan | Maharashtra |
| Purulia | Manbhum City | West Bengal |
| Rajahmundry | Cultural City | Andhra Pradesh |
| Rishikesh | City of Sages Yoga City | Uttrakhand |
| Siliguri | City of Hospitality Gateway to the Dooars | West Bengal |
| Srinagar | City of lakes | Jammu and Kashmir |
| Surat | City Of Diamonds Diamond City Of India Textile city Of India | Gujarat |
| Tezpur | City of Blood | Assam |
| Thane | City of Lakes | Maharashtra |
| Tiruchirappalli | Energy equipment and fabrication capital of India Rock Fort City Tucker Trichy | Tamil Nadu |
| Tirunelveli | City of Paddy fields Halwa city of India Oxford city of South India | Tamil Nadu |
| Udaipur | City of Lakes Venice of the East White City | Rajasthan |
| Vadodara | Banyan City Cultural City Of India Sayaji Nagari World Capital Of Garba | Gujarat |
| Vaniyambadi | Leather city of South India | Tamil Nadu |
| Varanasi | City of Lights City of Temples City of Learning Holy City | Uttar Pradesh |

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| | | |
|---------------|---|----------------|
| | Oldest living city on Earth Religious capital of India Spiritual capital of India | |
| Vijayawada | The Place of Victory | Andhra Pradesh |
| Visakhapatnam | City Of Destiny | Andhra Pradesh |
| Warangal | City of Lakes City of Temples Second city of Nizam | Telangana |
| Zunheboto | Land Of Warriors | Nagaland |

List of Hill Stations in India (PDF Version)

| Andhra Pradesh | | |
|--------------------------|----------------|----------------|
| Ananthagiri Hill Station | Araku Valley | Horsley Valley |
| Lambasingi | Nallamala Hill | Tirumala |
| Arunachal Pradesh | | |
| Along | Bomdila | Itanagar |
| Khonsa | Roing | Tawang |
| Ziro | | |
| Assam | | |
| Haflong | Hamren | Jatinga |
| Maibang | Umrangso | |
| Chhattisgarh | | |
| Amarkantak Lapha Hill | Chirmiri | Chitra Kot |
| Chorla Ghat | Mainpat | |

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| Haryana | | |
|--------------------|---|------------------------------|
| Kotla Hill | Morni | |
| Himachal Pradesh | | |
| Bajjnath | Barog | Bir-Billing Paragliding Site |
| Chail | Chamba | Chitkul |
| Churdhar Sanctuary | Dalhousie | Dharamkot |
| Dharamshala | Haripurdhar | Jogindernagar |
| Kalpa | Kangra | Kasauli |
| Keylong | Khajjia (also known as mini Switzerland of India) | Kiarighat |
| Kufri | Kullu | Manali |
| Mashobra | Mcleodganj | Nahan |
| Narkanda | Palampur | Rajgarh |
| Reckong Peo | Rewalsar | Sangla |
| Sarahan | Shimla | Solan |
| Sundar Nagar | Thaneek Pura | Triund |
| Jammu & Kashmir | | |
| Aru | Bhaderwah | Gulmarg |
| Kargil | Katra | Leh |
| Pahalgam | Patnitop | Sonamarg |
| Yusmarg | | |
| Jharkhand | | |

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| | | |
|------------------|---------------------|----------------|
| Netarhat | | |
| Karnataka | | |
| Agumbe | Biligiriranga Hills | Chikkamagaluru |
| Kemmangundi | Kodachadri | Kollur |
| Kudremukh | Male Mahadeshwara | Madikeri Hills |
| Manipal | Nagarhole | Nandi Hills |
| Sagara | Somwarpet | Talaguppa |
| Virajpet | | |
| Kerala | | |
| Agali | Agasthiyamalai | Aralam |
| Aryankavu | Athirapally | Ayyampuzha |
| Charalkunnu | Chinnakanal | Chittar |
| Devikulam | Gavi | Iritty |
| Kalpetta | Kanjirakolly | Kodanad |
| Kodencheri | Kottancheri Hills | Kulathupuzha |
| Kumily | Kuttampuzha | Kuttikkanam |
| Lakkidi | Malakkappara | Malayattur |
| Mananthavady | Maniyar | Mattupetty |
| Mundakayam | Munnar | Muthanga |
| Muthumalai | Nedumkandam | Nelliampathi |
| Nilambur | Painavu | Parambikulam |

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| | | |
|-----------------------|-----------------|--------------|
| Peermade | Peruvannamuzhi | Ponmudi |
| Poonjar | Ramakkalmedu | Ranipuram |
| Seethathode | Sulthan Bathery | Thamarassery |
| Thattekkad | Thekkady | Thenmala |
| Thiruvambadi | Thusharagiri | Tirunelli |
| Udumbanchola | Vagamon | Vaithalmala |
| Vazhachal | Vellarimala | Vettilappara |
| Vithura | Vythiri | |
| Madhya Pradesh | | |
| Amarkantak | Pachmarhi | |
| Maharashtra | | |
| Amboli | Bhandardara | Chikhaldara |
| Igatpuri | Jawhar | Karjat |
| Khandala | Lavasa | Lonavala |
| Mahabaleshwar | Malshej Ghat | Matheran |
| Mhaismal | Panchgani | Panhala |
| Shahapur Harshgiri | Toranmal | |
| Meghalaya | | |
| Cherrapunjee | Jowai | Shillong |
| Mawlynnong | | |
| Mizoram | | |

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| | | |
|-------------------|--------------|---------------|
| Aizawl | Champhai | Hmuifang |
| Lunglei | Reiek | |
| Nagaland | | |
| Kohima | Pfutsero | Dzukou Valley |
| Odisha | | |
| Daringbadi | Koraput | |
| Punjab | | |
| Dhar Kalan | | |
| Rajasthan | | |
| Mount Abu | | |
| Sikkim | | |
| Gangtok | Gyalshing | Kupup |
| Lachen | Lachung | Namchi |
| Pelling | Phensang | Phodong |
| Rangpo | Ravangla | Samdruptse |
| Soreng | Yuksom | Yumthang |
| Zuluk | | |
| Tamil Nadu | | |
| Anaimalai | Coonoor | Javadi Hills |
| Kalrayan Hills | Ketti Valley | Kodaikanal |
| Kolli Hills | Kolukkumalai | Kotagiri |

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| | | |
|--------------------|------------------|-------------|
| Kurangani | Manjolai | Meghamalai |
| Ooty | Pachamalai Hills | Palni Hills |
| Sathuragiri | Sirumalai | Thali |
| Topslip | Udhagamandalam | Valparai |
| Yelagiri | Yercaud | |
| Uttarakhand | | |
| Almora | Askot | Auli |
| Badrinath | Bageshwar | Berinag |
| Bhimtal | Bhowali | Binsar |
| Chakrata | Chamoli | Champawat |
| Chaukori | Chopta | Dehradun |
| Dhanaulti | Dharchula | Didihat |
| Dwarahat | Gangolihat | Gangotri |
| Gopeshwar | Gwaldam | Harsil |
| Hemkund Sahib | Jageshwar | Jagtoli |
| Jeolikot | Joshimath | Kanatal |
| Kausani | Kedarnath | Khirsu |
| Landour | Lansdowne | Lohaghat |
| Marchula | Mukteshwar | Munsiyari |
| Mussoorie | Nainital | Pangot |
| Patal Bhuvaneshwar | Pauri | Pithoragarh |

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| | | |
|--------------------|-------------------|------------|
| Raiagar | Ramgarh | Ranikhet |
| Rishikesh | Rudraprayag | Rudrapur |
| Uttarkashi | Valley of Flowers | Yamunotri |
| West Bengal | | |
| Ajodhya Hills | Darjeelng | Ghoom |
| Jorpokhri | Kalimpong | Kolakham |
| Kurseong | Lava | Loley Gaon |
| Mirik | Rimbik | Rishyap |
| Sandakphu | Sillery Gaon | |

Popular Sports Tournaments in the World

BankExamsToday.com

| Names of Tournaments | Name of Games | Name of Countries |
|----------------------|----------------|-------------------|
| Agha Khan Cup | Hockey | India |
| Agarwal Cup | Badminton | India |
| Agarwal Cup | Badminton | India |
| Bandodkar Trophy | Football | India |
| Bombay Gold Cup | Hockey | India |
| British Open | Golf | International |
| Burdwan Trophy | Weight Lifting | India |
| Champions trophy | Hockey | International |
| Davis Cup | Tennis | International |
| DCM Trophy | Football | India |

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| Names of Tournaments | Name of Games | Name of Countries |
|----------------------------|---------------|-------------------|
| Derby | Horse Racing | International |
| Dhyanchand Trophy | Hockey | India |
| Dr. BC Roy Trophy | Football | India |
| Duleep Trophy | Cricket | India |
| Durand Cup | Football | India |
| Ghulam Ahmed Trophy | Cricket | India |
| Gura Nanak Cup | Hockey | India |
| Heineken Cup | Lawn Tennis | International |
| Hopman Cup | Lawn Tennis | International |
| Irani Trophy | Cricket | India |
| IFA Shield | Football | India |
| Lady Ratan Tata Trophy | Hockey | India |
| League Championship Trophy | Football | International |
| Liners Open | Golf | International |
| Malaysian Open | Badminton | International |
| Moinuddaula Gold Cup | Cricket | India |
| Premier League Trophy | Football | International |
| Radha Mohan Cup | Polo | India |
| Ranaji Trophy | Cricket | India |
| Rangeshwari Cup | Hockey | India |
| Rovers Cup | Football | India |
| Scindia Gold Cup | Hockey | India |
| Subrato mukherjee Cup | Football | India |
| U. Thant Cup | Tennis | International |

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| Names of Tournaments | Name of Games | Name of Countries |
|----------------------|---------------|-------------------|
| Wellington trophy | Rowing | India |

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