

- Note : 1) All Question are Compulsory
2) All Questions Carry Equal Marks
3) Figures to the Right side Indicate Marks.

Q-1 Multiple Choice Questions : (Any – 8)

8M

1. The _____ is a central sector Scheme of Government of India Ministry of youth affairs of Sports.
a) National Service Scheme b) National Society Scheme
c) Organization d) Business
2. The Motto of National Service Scheme is _____
a) Me and you b) Not me but you
c) We all d) All Citizens
3. The first Republic day camp of NSS Volunteers was held in _____
a) 1987 b) 1990 c) 1988 d) 2000
4. The NSS headquarter located in _____
a) Jaipur b) Rajasthan c) New Delhi d) Udaipur
5. The NSS day is observed on _____ every year
a) 25th Sep b) 23rd Sep c) 24th Sep d) 28th Sep
6. The NSS Symbol is based on the _____ Situated in Odisha.
a) Rath wheel of konark Temple b) Rameshwar Temple
c) Buddha Temple d) Ganesh Temple
7. When is world environment day observed?
a) 5th July b) 5th June c) 6th April d) 4th May
8. World human rights day _____
a) 10th Dec b) 11th Dec c) 12th Dec d) 13th Dec
9. The duration of NSS Regular Activity is
a) 120hr b) 100hr c) 180hr d) 90hr

Q-1B Match the following (Any – 7)

A	B
1) Motto of NSS	a) National Youth Crop
2) First Republic day Camp of NSS	b) Disaster Management
3) NSS Headquarter	c) 24 th September
4) NYC Full form	d) 1 st December
5) ETI	e) Empanelled Training institutes
6) Van Mahotsav week	f) Not me but you.
7) Environment day	g) 1988
8) AIDS day	h) New Delhi
9) NSS day	i) 1 st to 7 th July
10) Avhan Camp	j) 5 th June

7M

Q.2 Answer the following

- a) National Service Scheme (NSS) – its objectives/
- b) Explain Symbol of NSS.

15M

OR

- c) Socio – Economic survey – its meaning and need

d) Process of socio Economics Survey.

Q-3

15M

a. Explain the Basic Social issues in India.

b. Explain the Features of Indian Society.

OR

c. Division of Labour in India

d. Cast System in India.

Q-4

a. Explain features of Indian Constitution?

b. Social Justice – concept and its features.

OR

c. Inclusive growth – the concept and its features.

d. Provisions Related to social Integrity

15M

Q-5a) Explain Benefit of Yoga

b) National Integration – its Meaning and Importance.

OR

c) Short Notes - (Any 3)

1. NSS Symbol

3. Gender Issues

5. National Integration

2) Report Writing

4) Social Justice

15M

***** BEST OF LUCK *****

Duration: 2 1/2Hrs

C716NFCNCCI

Marks:- 100

Note:- 1) All questions are compulsory

2) All questions carry equal marks

3) Figures to the right indicate maximum marks.

Q.1A) state the following statements are true or false:- (Any 8)

(08M)

- 1) NDA is located in Mumbai
- 2) Unity & integrity is motto of NCC
- 3) Pranav Mukharjee is president of India.
- 4) The NCC established in India in the 1900 year
- 5) Vishram position is distance in 16 inch
- 6) Lying position is most comfort position for firing
- 7) NCC is biggest youth organization in the world
- 8) There is three NCC wings.
- 9) The directorate of Maharashtra is located at Mumbai
- 10) Ajit Dowal in national security Advisor.

Q.1B) Fill in the blanks :- (Any 7)

(07M)

- 1) CDS Stands for _____.
- 2) The angle formed between toe to toe in attention is _____
- 3) India's first lady prime minister is _____.
- 4) Pollution are _____ type.
- 5) There are _____ NCC directorates in India
- 6) _____ position is comfort for five
- 7) Adha dahine mud involves _____ degrees
- 8) _____ is D.G. of NCC
- 9) _____ is Home minister of India
- 10) The weight of 22 deluxe rifle is _____.

Q.2) Answer any 2 of the following :-

- 1) Why national unity is important? **(08M)**
 - 2) Explain the concept of rain water harvesting. **(07M)**
- or
- 3) Explain the role of NCC cadets during the Natural Disaster **(08M)**
 - 4) Explain the various activities of NGO's. **(07M)**

Q.3) Answer any 2 of the following:

- 1) Explain NCC song with meaning. (08M)
 - 2) Discuss the barriers to effective communication (07M)
- or
- 3) Explain the safety measures taken during cycling (08M)
 - 4) Explain the importance of Hygiene. (07M)

Q.4) Answer any 2 of the following:

- 1) What are the good qualities of good citizen? (08M)
 - 2) Comment on India – Pakistan relations (07M)
- Or
- 3) Explain the importance of Hygiene (08M)
 - 4) Explain the various activities of NCC camp (07M)

Q.5) Answer of the following: (Any 3)

- 1) Benefits of NCC (15M)
- 2) First aid
- 3) Global Warming
- 4) India Pakistan border dispute
- 5) SLR

XXXXX

Duration: 2.30 Hrs.

CP716NFCPE-I

- Note: -
- 1) All questions are compulsory
 - 2) All questions carry equal marks
 - 3) Figures to the right indicate maximum marks.

Q.1 Choose the correct alternatives: (Any Eight)

(08 M)

- 1) A balanced diet consist of
 - a. All essential nutrients except vitamins.
 - b. All essential nutrients in sufficient quantity
 - c. Only carbohydrates and fats.
 - d. Only protein and fats.
- 2) Nutrients are divided into group of
 - a) 6 b) 5 c) 4 d) 2
- 3) Who discovered vitamin A?
 - a) Holmer b) Didon c) Mactr d) Hopkins
- 4) Yoga word is derived from _____
 - a) Sanskrit Language b) Latin Language c) Greek Language d) English Language
- 5) How many players playing in cricket team .
 - a) 11 b) 12 c) 16 d) 13
- 6) What is the aim of physical education?
 - a) Physical development b) Mental development
 - c) Whole development of individuals d) Social development
- 7) Which is not the components of the food _____
 - a) carbohydrate b) proteins c) vitamins d) fiber
- 8) Which of the following are the micronutrients?
 - a) vitamins and Minerals b) Proteins and vitamins
 - c) Carbohydrates and fats d) Proteins and minerals
- 9) Which is the smallest bone in the human body
 - a) pisiform b) scaphoid c) stapes d) Malleus
- 10) The aim of health related fitness is to present
 - a) Power b) weight c) Capacity d) diseases

Q.1B) State the following is True of false (any Seven)

(07 M)

- 1) Daily activities such as vacuuming, mopping and sweeping can help build up an individual's endurance.
- 2) Staying active is good for dealing with stress.
- 3) People with high blood pressure should not be physically active.
- 4) Stretching is not important before and after you complete your workout.
- 5) Exercises to strengthen your bones induce doing push-ups & climbing.
- 6) Physical activity can increase your risk for developing type 2 diabetes.
- 7) Pacer test is a multistage 20 meter shuttle run.
- 8) 1 RM is $0.033 \times \text{RTF} \times \text{load}$
- 9) Skinfold measurement is the type of calculating body composition
- 10) Normal weight BMI is between 18.5 to 24.9.

Q.2 A) Explain in detail about dimension of health

(08 M)

B) Write in detail about the scope of physical education.

(07 M)

OR

- C) Write about the importance of physical fitness & wellness (08 M)
D) Write about aerobic activity & anaerobic activity (07 M)

- Q.3 A) Write in detail about the dimension of wellness (08 M)
B) Write about components of SRPF (07 M)

OR

- C) Explain in detail about how physical education helps in developing physical fitness. (08 M)
D) Write about Body composition & flexibility in detail (07 M)

- Q.4 A) Write about measuring the cardiovascular endurance (08 M)
B) Write about Dynamometry (07 M)

OR

- C) Explain flexibility test for measuring flexibility & hip rotators. (08 M)
D) Write about the calculation of BMI (07 M)

- Q.5 A) How long term exercise affects the respiration system. (08 M)
B) Benefits to the musculoskeletal system using exercise. (07 M)

OR

- C) Write short notes on:- (Any 3) (15M)

- a) Changes in heart rate after exercise
- b) Advantages of Anaerobic fitness
- c) Sport or group specific tests
- d) Free hand exercise
- e) Yogic activities
