

FC. NCC

DURATION: - 2½ hrs

116061223C

MARKS:- 75

Note: - (1) All questions are compulsory.
(2) All questions carry equal marks.
(3) Figures to the right indicates full marks

- Q.1 a) Explain the following concept (Any 5) CO1,2-U 15M
- 1) Border dispute
 - 2) India Pakistan war
 - 3) NDA
 - 4) President of India
 - 5) NCC song
 - 6) Natural disaster
 - 7) NCC camp
 - 8) Role of NGO

OR

- b) Write a comprehensive note on the FC NCC sem-I project submit by you CO1,2-R 15M
- Q.2 a) Explain the status of NCC cadets towards society CO1-R 8M
- b) Write a brief account on benefits of NCC CO1-R 7M

OR

- a) What are the qualities of good leadership CO2-A 8M
- b) What are the different types of skills used in our day to day life CO1-U 7M
- Q.3 a) Why national unity is important CO1-R 8M
- b) Explain the concept of rainwater harvesting CO2-R 7M

OR

- a) Explain the role of NCC cadets in society CO1-R 8M
- b) Explain the various activities of NGO's CO1,2-U 7M
- Q.4 a) Discuss the barriers to effective communication CO1-R 8M
- b) How would we know if someone is not listening to us CO2-U 7M

OR

- a) Explain the safety measures taken during cycling CO1-R 8M
- b) Explain the concept of leadership CO2-A 7M
- Q.5) Write a short Note (Any 3) CO1,2-R 15M
- 1) Benefits of NCC
 - 2) Importance of hygiene
 - 3) India – China war
 - 4) Terrorism
 - 5) Natural disaster

DURATION: - 2½ hrs

116061223E

MARKS:- 75

- Note: - (1) All questions are compulsory.
 (2) All questions carry equal marks.
 (3) Figures to the right indicates full marks

Q.1 a) **Choose the correct Alternatives (Any 8)**

CO1,2,3,4- 8M
R/U/A/AP

- 1) Physical activity is basically a
 - a) Social attribute
 - b) Psychological tendency
 - c) Biological necessity
 - d) Philosophical Concept
- 2) The aim of health related fitness is to prevent
 - a) Power
 - b) Weight
 - c) Capacity
 - d) Disease
- 3) The energy due to the motion of the body is called
 - a) Kinetic energy
 - b) Potential energy
 - c) Thermal energy
 - d) Heat energy
- 4) Which of the following nutrients is the energy producer?
 - a) Carbohydrates and Proteins
 - b) Proteins and fats
 - c) Carbohydrates and fats
 - d) Proteins and vitamins
- 5) The Human body uses carbohydrates in the form of
 - a) Glucose
 - b) Glycogen
 - c) Starch
 - d) Enzymes
- 6) Which one of these is a Physiological factor that affects the total body weight?
 - a) Vomiting
 - b) Climate
 - c) Diarrhea
 - d) Diabetes
- 7) Which of the following are called macronutrients?
 - a) Carbohydrates, Proteins and vitamins
 - b) Minerals, Proteins and Vitamins
 - c) Carbohydrates, Proteins and fats
 - d) Proteins and Minerals
- 8) What is the aim of physical education?
 - a) Physical development
 - b) Mental development
 - c) Whole development of Individuals
 - d) Social development
- 9) Yoga word is derived from _____
 - a) Sanskrit language
 - b) Latin language
 - c) Greek language
 - d) English language
- 10) Balance diet not consists of
 - a) Proteins
 - b) Fruits
 - c) Fats
 - d) Junk food

Q.1 b) **State the following is True or False (Any 7)**

CO1,2,3,4- 7M
R/U/A/AP

- 1) Mental Health used to come under the cognitive aspect of health
- 2) Staying active is good for dealing with Stress
- 3) IRM is $0.033 \times RTF \times \text{load}$
- 4) Physical activity avoid risk of type 2 Diabetes
- 5) Normal weight BMI is between 17.5 to 25

- 6) Wellness is a man's capacity to lead a balanced life
- 7) The PACER test is a multistage 20-meter shuttle run
- 8) Calorie requirement = basal metabolic rate \times 2.0 (physical activity)
- 9) Sit and reach test is the most common flexibility test
- 10) During exercise cardiac output increases
- 2.2 a) Explain benefits of Exercises CO1-U **8M**
- b) Write about the dimension of wellness CO1-R/U **7M**
- OR
- c) Write in detail scope of Physical education CO1-R/U **8M**
- d) Write steps to find BMI and its range related to body weight. CO1-R/AP **7M**
- 2.3 a) Explain the concept and components of SRPF CO2-R/U **8M**
- b) Write about interesting facts about good physical health. CO2-U **7M**
- OR
- c) What is HRPF. explain in details CO2-U **8M**
- d) Explain Physical fitness components CO2-U **7M**
- 2.4 a) Write about the Sports and its specific tests CO3-U
- b) Write in detail about Goniometer CO3-U
- OR
- c) Explain manual muscle testing of specific joints & movements CO3-R/U **8M**
- d) Write about the tests of Cardio vascular endurance CO3R/A **7M**
- Q.5 a) Write the effects of exercise in musculoskeletal system CO4-U **8M**
- b) How long term exercise effects the respiratory system CO4-U **7M**
- OR
- Q.5 c) **Write Short Note on (Any 3)** **15M**
- 1) Dynamometry CO2-R
- 2) Muscular endurance CO3-U/R
- 3) Check the body composition CO2-U
- 4) Exercise to increase lung power CO4-U
- 5) Physical education CO1-U/R

FC - NSS

DURATION: - 2½ hrs

116061223S

MARKS:- 75

- Note: - (1) All questions are compulsory.
 (2) Figures to the right indicate full marks
 (3) Answer to each question must be on a new page

Q.1 a) Fill in the Blanks:- (Any 8)

CO1,2,3,4
R/U/A/AP/
E
CO1-R

8M

- 1) The motto of NSS is _____
a) Me and you b) Not me but you c) All Citizen d) We all
- 2) The first Republic day camp of NSS volunteers was held in _____
a)1987 b)1990 c)1988 d)2000
- 3) The _____ colour indicates the cosmos of which the NSS is a tiny part, red to contribute its share for the welfare of Society.
a)Red b)Yellow c)Navy blue d)White
- 4) NSS Headquarter located in _____
a)Jaipur b)Rajasthan c)New Delhi d)Udaipur
- 5) The NSS Symbol is based on the _____ situated in Odisha
a)Rath wheel of konark sun temple
b)Theme c)Mahalaxmi temple d)Region
- 6) The NSS day is observed on _____ every year
a)25th Sep b)24th Sep c)23rd Sep d)28th Sep
- 7) There are _____ Principal elements in the NSS Programme process.
a)Two b)Three c)Four d)Five
- 8) What is Full Form of NYC?
a)National Youth Corp b)New Year Curriculum
c)New Youth Association d) national Youth Corporation
- 9) What is Full Form of ETI?
a)Enrol Time in college b)Empanaled Training institutes
c)Engaged training institute d)English Training institute
- 10) When us Vanmahatsav week celebrated in India _____
a)1st to 7th July b)15th to 20th July c)1st to 10th Oct d)1st to 5th Sep

B) Match the following :- (Any Seven)

CO1,2R/U 7M

Group 'A'		Group 'B'	
1)	Environmental Day	a)	1 st October
2)	AIDS Day	b)	10 th December
3)	NSS Full Form	c)	12 th January
4)	Total hours of NSS Volunteer	d)	120 hr

5)	Avhan Camp relates to	e)	New Delhi
6)	NSS main Branch	f)	Disaster Management
7)	Duration NSS Regular Activity	g)	240hr
8)	National Youth Day	h)	National Service Scheme
9)	World Human Right Day	i)	1 st December
10)	National Blood Donation Day	j)	5 th June

- Q.2 a) Explain NSS its Objectives. CO1-R 7M
- Q.2 b) Explain Structure of NSS CO1-R 8M
- OR**
- Q.2 c) Explain Historical Perspective of NSS CO2-R 15M
- Q.3 a) Explain NSS its Symbol and meaning. CO1-R 7M
- Q.3 b) Explain about the regular activities of NSS CO1-R 8M
- OR**
- Q.3 c) Explain distribution of working hours. CO2-R 15M
- Q.4 a) Explain Features of Indian Society. CO1-R 7M
- Q.4 b) Explain the Term Division of Labour. CO1-R 8M
- OR**
- Q.4 c) Explain the Term concept and Development of Society. CO1-U 15M
- Q.5 a) Explain Features of Indian Constitution. CO1-R 15M
- OR**
- Q.5 b) **Write Short Note on (Any 3)** 15M
- a) Indian Constitution CO1-R
- b) NSS Symbol CO1-R
- c) Regular Activity CO2-R
- d) Social Justice CO1-R
- e) Communication Skills CO1-R
