

Duration: 2<sup>1/2</sup> Hrs

PROF B219A23PE

Marks: - 75

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

Q.1.A) Choose the correct alternatives: (Any 8)

(CO1 to CO4) (8M)

- 1) 5-12 servings of food should be \_\_\_\_\_. (Nuts, Seeds, Whole grains, Oils)
- 2) The maximum effort made to lift a weight is called \_\_\_\_\_. (Explosive strength, Endurance, Speed, Maximum strength)
- 3) PFI means \_\_\_\_\_. (Physical fitness Index, Physical helps Index, Physical games measure, Bone means)
- 4) Physical fitness decreases \_\_\_\_\_. (Good posture, Heartbeat, Cardio vascular disease, Muscle tone)
- 5) Explosive strength is \_\_\_\_\_. (Flexibility & speed, Speed & strength, Endurance & speed, Endurance & system)
- 6) BMI calculation is \_\_\_\_\_. (Weight in kg's, Weight in kg's/height, Weight in kg's/height in m<sup>2</sup>, Weight in kg's/length)
- 7) Going to bed early by 10 PM is a \_\_\_\_\_. (bad daily routine, good daily routine, Rare daily routine, Healthy daily routine)
- 8) PFS > 90 is \_\_\_\_\_. (Good, Low average, excellent, poor)
- 9) Obesity is a \_\_\_\_\_ disease involving an excessive amount of body fat. (Single, Complex, Heavy, light)
- 10) Anaerobic activity means \_\_\_\_\_. (with oxygen, without oxygen, with strength, without strength)

B) State whether the following statements are true or false: (Any 7)

(CO1 to CO4) (7M)

- 1) Intensity not refers to hand exercise.
- 2) Aerobic activities develop cardio vascular endurance.
- 3) Pranayama does not mean breathing.
- 4) Bacteria is a type of communicable disease.
- 5) Not sleeping enough cause obesity.
- 6) Certain antidepressant does not cause increase the risk of weight gain.
- 7) Suryanamaskar has 12 poses.
- 8) One of the factors responsible for communicable disease is mode of transmission.
- 9) Ashtanga yoga has the eight limbs of yoga.
- 10) Covid-19 is not a communicable disease.

Q.2.A) Explain principals of exercise (FITT).

CO1(A) (8M)

B) Explain in detail about cancer.

CO1(R) (7M)

OR

C) Explain in detail factors responsible for communicable disease.

CO1(U) (8M)

D) Write detail about physical fitness index.

CO1(R) (7M)

Q.3. A) Write about BMI and its details.

CO2(R) (8M)

B) What is a communicable disease and its types.

CO2(R,U) (7M)

OR

C) Write about prevention and control of non-communicable disease.

CO2(U,A) (8M)

D) Explain the aims of obesity management.

CO2(U) (7M)

Q.4. A) Write about the importance of yoga.

CO3(R) (8M)

B) Explain meditation &amp; 6 yogic kriyas.

CO3(R,U) (7M)

ORCO3(R) (8M)

D) Write about Suryanamaskar.

CO3(R) (7M)

Q.5. A) Write about the tips for good night sleep.

CO4(U,A) (8M)

B) Explain the benefits of having a routine.

CO4(A) (7M)

OR

C) Write short notes on: (Any 3)

1) Waste hip ratio

2) Circuit training

3) Benefits of yoga

4) Asana

5) Benefits of Suryanamaskar

(15M)

CO1(U)

CO1(U)

CO3(R)

CO3(R)

CO3(R)

XXXXXXXXXX

Seat Number: - \_\_\_\_\_

Duration: 2<sup>1/2</sup> Hrs

PROFB219A23NCC

Marks: - 75

Note: - 1) All questions are compulsory.

2) Figures to the right indicate maximum marks.

- Q1A) State the following sentences are True or False (any 8) (CO1, 2, R) (8M)
- 1) NCC was established in 1950.
  - 2) The Motto of NCC is Unity and Discipline.
  - 3) The aim of NCC is to develop leadership and character qualities among young men only.
  - 4) Community service is not a part of NCC Training.
  - 5) The duration of NCC Training at College Level is 4 years.
  - 6) NCC cadets can participate in various types of camps.
  - 7) NCC training is mandatory for all college students.
  - 8) The Rank Structure in NCC includes cadet, Sergeant and lieutenant.
  - 9) The core values of NCC include Discipline, Unity and Integrity and Creativity.
  - 10) NCC is primarily focused on Training Cadets in basic military skills and procedures.
- Q1B) Fill in the blanks (any 7) (CO1, 2, R) (7M)
- 1) NDA stands for \_\_\_\_\_.
  - 2) India's first prime minister is \_\_\_\_\_.
  - 3) The angle formed between toe to toe in attention is \_\_\_\_\_.
  - 4) \_\_\_\_\_ and discipline is the 'Motto of NCC'.
  - 5) \_\_\_\_\_ is the president of India.
  - 6) The Directorate of Maharashtra State is located at \_\_\_\_\_.
  - 7) NCC was established in \_\_\_\_\_ year.
  - 8) \_\_\_\_\_ is the full form of NCC.
  - 9) Pollution is the \_\_\_\_\_ types.
  - 10) Adha Dhaine mud involves \_\_\_\_\_ degrees.
- Q2A) a) Explain the status of NCC cadets towards society. (CO1, APP) (8M)  
b) Write a brief account on benefits of NCC. (7M)
- OR
- a) What are the good qualities of Ideal Citizens? (CO1, 3, U) (8M)  
b) Write a NCC song with Explanation. (CO1, U) (7M)
- Q3) a) Explain the Role of NCC in college life. (CO1, 2 Eva) (8M)  
b) Explain the importance of National Security. (CO1, Eva) (7M)
- OR
- a) Explain the various types of pollution (CO1, R) (8M)  
b) Explain the challenges before security of nation. (CO1, 2, App) (7M)
- Q4) a) Discuss the barriers to effective communication. (CO1, 2, APP) (8M)  
b) How would we know if someone is not listening? (CO1,2, APP) (7M)
- OR
- a) Explain the safety measures taken during swimming. (CO1-2,Eva) (8M)  
b) Explain the Qualities of good leader. (CO1,2- App) (7M)
- Q5) Write a short note (any three) (CO1, 2, 3, R, U) (15M)
- 1) Border dispute
  - 2) Conflict Resolution
  - 3) Personality development
  - 4) Rain water Harvesting
  - 5) NCC camps

XXXXXXXXXXXX

Duration: 2 1/2 Hrs

Marks: - 75

Note:-

1) All Questions are compulsory

2) Figures to the right indicate maximum marks.

- Q1A) Multiple Choice Questions ( Any 8) (8M)
- 1) The \_\_\_\_\_ is a Central Scheme of Government of India, ministry of youth affairs and sports. CO1(R)  
a) National Service Scheme    b) National Society Scheme    c) Organsiation    d) Business
  - 2) The motto of National Service scheme is \_\_\_\_\_ CO1(R)  
a) Me and You    b) Not me but you    c) All citizens    d) We all
  - 3) The First Republic Day Camp of NSS volunteers was held in \_\_\_\_\_ CO2(R)  
a) 1987    b) 1990    c) 1988    d) 2000
  - 4) What is overall objectives of NSS \_\_\_\_\_ CO2(U)  
a) Development of student through community    b) Education    c) To achieve goals    d) Participation
  - 5) The \_\_\_\_\_ colour in the badge indicate that the NSS volunteers are full of blood c lively , active. energetic and full of high spirit. CO2(A)  
a) Red    b) Yellow    c) Mary blue    d) White
  - 6) NSS headquarter located in \_\_\_\_\_ CO1(U)  
a) Jaipur    b) Rajasthan    c) New Delhi    D) Udaipur
  - 7) The NSS symbol is based on \_\_\_\_\_ suited in Odisha CO1(R)  
a) Ram Temple    b) Konark Temple    c) Narayan Temple    d) Religion Temple
  - 8) What NIC means CO1(R)  
a) National Internet Camp    b) National Integration Camp    c) National Inter Camp  
d) National International Camp
  - 9) When is world environment day observed CO1(R)  
a) 5<sup>th</sup> July    b) 15<sup>th</sup>-20<sup>th</sup> July    c) 1<sup>ST</sup>-10<sup>th</sup> Oct    d) 1<sup>st</sup> to 5<sup>th</sup> September
  - 10) When is world Aids Day is observed CO1(U)  
a) 5<sup>TH</sup> July    b) 5<sup>th</sup> June    c) 6<sup>th</sup> April    d) 4<sup>TH</sup> May
- Q1B) True or False (Any 7) (7M)
- 1) Observation is primary source of data. CO1 (R)
  - 2) Avan Camp relates to disasters. CO1 (R)
  - 3) Utkrash Camp relates to cultural activities. CO2 (U)
  - 4) Positive attitude is a mechanism of conflict resolution. CO1 (R)
  - 5) Account book is not a part of NSS documents. CO1 (A)
  - 6) Process of Ice breaking creates new friends. CO2 (U)
  - 7) Evolution is last stage of planning. CO1 (R)
  - 8) Beti Bachao Beti Padhao is government program. CO1 (A)
  - 9) NSS volunteer has to dedicated total 240 hours of social service in two years. CO2 (U)
  - 10) The duration of NSS activity is 120- hours. CO2 (R)

Q2) Answer the following	15M
a) National Service scheme its objective	CO1 ( R )
b) Socio. Economics Survey – its meaning and need	CO1 ( R )
Or	
b) Process of Socio – economic survey	CO2 (U)
c) Explain NSS Badge	CO1 (R)
Q3) Answer the following	15M
a) Explain Leadership Training	CO1 (R)
b) Explain the Term Communication Skills	CO2 ( R )
or	
c) Justify Activity Report Writing	CO2 (U)
d) Explain the Term Team building	CO2 (R)
Q4) Answer the following	15M
a) Explain the term Ice- Breaking	CO1 (U)
b) Program Planning the concept and its Features	CO1 (R)
Or	
c) Process of communication	CO2 (R)
d) What do you mean by Press Report	CO2 (R)
Q5) Answer the Following	15 M
Q5A) Government Organization – its meaning and functions	CO1 (U)
Q5B) Non-Government Organization in its meaning and functions	CO1 (U)
OR	
Q5C) Schemes of Government for community development	CO1 (U)
Q5D) Explain Functions of NGO	CO2 (R)
Q5E) Short Notes ( Any 3)	15 M
1) Design of questioner Co1 (R)	b) Report Writing Co1 (R)
	3) Non Verbal Communication Co1 (U)
4) Interaction Games Co1 (R)	4) Data Analysis Co1 ( R )