

Q.P. Code :31171

[Time: 2.30 Hours]

[Marks:75]

Please check whether you have got the right question paper.

- N.B:
1. All questions are compulsory.
  2. Figures to the right indicate full marks.
  3. Que.No.5 should attempt by Army, Navy and Ari wing cadets respectively.

Q.1

- A) State the following sentences are true and false.(any eight)
- 1) Visarjan is word of command for closing drill.
  - 2) The word of command 'thum' is given on left foot.
  - 3) 'Piche mud' involves a 90<sup>0</sup> turn.
  - 4) The length of the quick march step is 45 inch.
  - 5) The coronation of 'Shivaji' took place in Raigad' fort.
  - 6) President of India is the supreme commander of three wings.
  - 7) Patriotism is a quality of good citizen.
  - 8) Two third of our body weight is made of water.
  - 9) Human body weight is made of water.
  - 10) Human body is made of 216 bones.
  - 11) President of India is given General salute.

08

B) Fill in the blanks(any seven):

- 1) In an Army contingent-----is the total strength.
- 2) Salami Shastra has -----No. of movements.
- 3) Magazine capacity of 5.56 mm. INSAS Rifle is-----.
- 4) There are ----commands in the Indian Army.
- 5) There are-----NCC Directorates in India.
- 6) ----is the highest Gallantry award in peace and war.
- 7) Present chief of the Army staff of the Indian Army is-----.
- 8) -----is the Dance style of Punjab.
- 9) Malaria affects -----part of the human body.
- 10) -----is the smallest state according to population.

07

Q.2

- a) What is civil defence? What are the measures of civil defence?
- b) Discus various types of natural disasters.

08

07

OR

- a) Describe the function of NCC cadets during Earthquake.
- b) Explain the functions of NCC cadets during Flood.

08

07

Q.3

- a) Describe the various causes of HIV-AIDS.
- b) Explain the role of youth in the awareness about HIV-AIDS.

08

07

OR

- a) What are the problems of weaker sections in the society?
- b) Discuss the various needs of weaker sections.

08

07

Q.P. Code :31171

- Q.4 a) What do you understand by personal hygiene? 08  
b) Which the basic factors keep an individual healthy? 07

OR

- a) Explain various types of diseases. 08  
b) Discuss about infectious diseases and their preventive measures? 07

Q.5 Write short note on any three of the following.(only for Army) 15

- 1) Types of bearings
- 2) Types of maps
- 3) Types of North's
- 4) Global positioning system(GPS)
- 5) Scales and grid systems

OR

Write short note on any three of the following.(only for Navy) 15

- 1) Treading of message
- 2) Transmission of message
- 3) Types of boats
- 4) Boat pulling orders
- 5) Naval communication

OR

Write short note on any three of the following.(only for Air) 15

- 1) Types of Aeromodelling
- 2) Types of Aircraft
- 3) Flying of Aeromodels
- 4) Building of Aero models
- 5) History of aero models

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**Q.P. Code: 36031**

104

**Duration 2 ½ hrs.**

**Marks: 75**

N.B. : (1) All the question are compulsory.  
 (2) Each question carries 15 marks.

**1. A) Fill in the blanks using correct option:- 15 Marks**

- 1) Dronacharya Award is given to \_\_\_\_\_  
 a) Sports organizer b) Successful coach  
 c) Physical education Teacher
- 2) Mr. Vishwanathan Anand is a player of \_\_\_\_\_ game.  
 a) Football b) Chess c) Bridge
- 3) Mrs. Karnam Malleshwari secured Bronze Medal in \_\_\_\_\_ at 2000 Olympic games.  
 a) Weight lifting b) Power lifting c) wrestling.
- 4) \_\_\_\_\_ number of counts in Suryanamaskara.  
 a) 08-12 b) 10-12 c) 11-13
- 5) Baychung Bhutia is related to \_\_\_\_\_  
 i) Kabaddi ii) Handball iii) Football
- 6) Milkha Singh secured \_\_\_\_\_ place in 400 mtrs. Run at Olympic games.  
 i) First Place ii) Second Place iii) Fourth Place.
- 7) Dattu Boknal was participated in the event \_\_\_\_\_ at 2016 Rio olympic games.  
 i) Rowing ii) Canoeing iii) Sealing

**B) Match the following column (Any five)**

	Column A		Column B
1)	Judo	1)	Pool
2)	Table Tennis	2)	Boat
3)	Swimming	3)	Mat
4)	First Aid	4)	Wooden Ball
5)	Ball Badminton	5)	Stretcher
6)	Rowing	6)	Queen
7)	Chess	7)	Table

**C) Write True or False (Any Five) :-**

- 1) BMI is ratio between body weight and hight
- 2) Vande Matram is written by Ravindranath Tagor
- 3) F.A.P.F. means Factory Affecting Physical Fitness
- 4) Ramdeo Baba is related to Yoga
- 5) Freestyle and Greco Roman is the style of Boxing.
- 6) Kho-Kho game having Two wooden pole fixed into ground.
- 7) Athletic is known as a father of game.

Q.2. Explain basic-module-time split for rest, sleep, diet, activity and recreation? **15 Marks**

**OR**

Explain in detail factors responsible for communicable diseases?

Q.03. Explain Benefits of physical fitness and exercise? **15 Marks**

**OR**

Write in detail about Methods of training – continues training, Interval training, circuit training, Fartlek training and Plyometric training ?

Q.04. What is Ashtang Yoga and Explain types of Yoga? **15 Marks**

**OR**

What is Rabies? Explain its Common Symptoms and write Preventive Measures and therapeutic aspects?

Q.05. Explain in Detail 12 steps of Suryanamskara? **15 Marks**

**OR**

**Short Notes (Attempt Any Three)**

- 1) Positive attitude
- 2) Malaria Preventive Measures
- 3) Circuit Training
- 4) Control over food habits
- 5) Daily Regular exercise.
- 6) Plyometric Training