

Q.P. Code: 36029

Duration 2 ½ hrs.

Marks: 75

- Note: i) All questions are compulsory.
ii) Each questions having equal marks 15 marks.

Question No. 1

15 marks

A) Fill in the blanks with appropriate words (Any Five)

- 1) Smashing term is related to _____ Game.
(a) Volleyball (b) Handball (c) Net Ball
- 2) Length of Cricket pitch is _____
(a) 20 yard (b) 22 yard (c) 25 yard
- 3) First time Kabaddi game was introduced in Asian Games held at _____
(a) Bejing (b) Seoul (c) New Delhi
- 4) Winner of U.S. Open Tennis in Melbern 2013 was _____
A) Andy Mary B) Roger Federar C) Rafel Nadal
- 5) Melbourne Cricket Club at _____ City
A) London B) Sidney C) New York
- 6) 2020 Olympic Games is to be held at
A) Bijing B) Tokiyo c) Kenya
- 7) _____ Indian player Brek the record of Richards Headly of 431 wickets.
(a) Kapil Dev (b) Ravi Shastri (c) M. S. Dhoni

B) Match the pair (any five)

- | | |
|--------------------------------|---------------|
| 1) Dr. Ambedkar Stadium | 1) Swimming |
| 2) Medaly& Individual Medaly | 2) Navi Delhi |
| 3) Under 17 Football World Cup | 3) Mumbai |
| 4) Melbourne Stadium | 4) Athletic |
| 5) Lords Stadium | 5) India |
| 6) Breborne Stadium | 6) England |
| 7) Steeple Chess | 7) Australia |

C) Write the statement true or false

- 1) B. P. Cubertin was the founder of modern Olympic.
- 2) First Arjun Award was awarded to Mr. Prithivipal Singh in Hockey Game.
- 3) Deodhar Trophy is the Trophy of Cricket Game.
- 4) Mike Tyson is the player of Boxing game.
- 5) Measurement of the Basketball Court is 25 mtr x 15 mtr.
- 6) First Time Kabaddi game was included in the Beijing Asian Game.
- 7) Pulala Gopichand is the coach of P.V.Sandhu

Q.2. Explain principles of exercise (FITT)?

OR

15 marks

Explain basic-module-time split for rest, sleep, diet, activity and recreation?

Q.3. Explain in Detail 12 steps of Suryanamskara with digram?

OR

15 marks

Explain definition of obesity and its Management?

Q.4. Explain benefit of Physical Fitness and Exercise?

OR

15 marks

What is Ashtang Yoga and Explain types of Yoga?

Q.5. Explain in detail about Aids? And explain common symptoms, preventive measures and therapeutic aspects?

OR

15 marks

Short Notes (Attempt Any Three)

- 1) The specificity principal
- 2) Sheetali Pranayama
- 3) Waist Hip Ratio
- 4) Kapalbhathi Pranayama
- 5) Hepatitis preventive measures
- 6) Control over food habits

[Time: 2.30 Hours]

[Marks:75]

Please check whether you have got the right question paper.

- N.B:
- 1) All questions are compulsory.
 - 2) Illustrate answer with sketches and structures wherever required.
 - 3) Answer to sub-questions must be written together.

- Q.1
- A) State the following sentences are true and false.(any eight) 08
- 1) The coronation of 'Shivaji' took place in Raigad' fort.
 - 2) The length of the quick march step is 45 inch.
 - 3) 'Piche mud' involves a 90⁰ turn.
 - 4) The word of command 'thum' is given on left foot.
 - 5) Visarjan is word of command for closing drill.
 - 6) President of India is given General salute.
 - 7) Human body is made of 216 bones.
 - 8) Two third of our body weight is made of water.
 - 9) Patriotism is a quality of good citizen.
 - 10) President of India is the supreme commander of three wings.
- B) Fill in the blanks(any seven): 07
- 1) -----is the smallest state according to population.
 - 2) Malaria affects -----part of the human body.
 - 3) -----is the Dance style of Punjab.
 - 4) Present chief of the Army staff of the Indian Army is-----.
 - 5) -----is the highest Gallantry award in peace and war.
 - 6) There are-----NCC Directorates in India.
 - 7) There are ----commands in the Indian Army.
 - 8) Magazine capacity of 5.56 mm. INSAS Rifle is-----.
 - 9) Salami Shastra has -----no. of movements.
 - 10) In an Army contingent-----is the total strength.
- Q.2
- a) Describe the function of NCC cadets during Earthquake. 08
- b) Explain the functions of NCC cadets during Flood. 07
- OR**
- a) What is civil defence? What are the duties of civil defence? 08
- b) Discus various types of natural disaster. 07
- Q.3
- a) Describe the various causes of HIV-AIDS. 08
- b) Explain the role of youth in the awareness about HIV-AIDS. 07
- OR**
- a) What are the problems of weaker sections in the society? 08
- b) Discuss the various needs of weaker sections. 07

- Q.4 a) What do you understand by personal hygiene? 08
b) Discuss about infectious diseases and their preventive measures? 07

OR

- c) Explain various types of diseases. 08
d) Which the basic factors keep an individual healthy? 07

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

- a) Global positioning system(GPS)
- b) Types of maps
- c) Scales and grid systems
- d) Types of bearings
- e) Types of North's

OR

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

- a) Transmission of message
- b) Types of boats
- c) Reading of message
- d) Naval communication
- e) Boat pulling orders

OR

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

- a) History of Aeromodels
- b) Building of Aeromodels
- c) Types of Aircraft
- d) Flying of Aeromodels
- e) Types of Aeromodelling

[Time: 2½ Hours]

[Marks: 75]

Please check whether you have got the right question paper.

- N.B:
1. All questions are compulsory.
 2. All questions carry equal marks.
 3. Figure to the right indicate full marks.

Q.1 A) Choose correct word and rewrite sentences. (Any Eight)

08

1. Report of Reserve Bank is a example of _____ data
a) Primary b) secondary
2. To decide the role of each members is _____ stage of Team-building.
a) First b) Second c) Third.
3. Total days for special residential camp are _____.
a) Seven b) Ten c) Eight
4. Conflict between controversial motives means _____.
a) Personal Conflict b) Inter personal conflict c) Intra group conflict
5. The first stage of Project planning is _____.
a) Project Implementation b) Project Selection c) Project evaluation
6. 'AVAN' camp relates to _____.
a) Leadership training b) Disaster Management c) Cultural activity
7. Report writing is _____ activity.
a) Pre camp b) Post camp c) During the camp
8. National Family and health survey's 3rd round organized in _____.
a) 1992-93 b) 1998-99 c) 2005-06
9. World Human Rights Day is on _____.
a) 10th Dec b) 10th Nov c) 2nd Oct
10. Muktangam (NGO) relates to _____.
a) Anil Shidore b) Anil Awachat c) Anil Ambani

Q.1 B) Write True or False: (Any Seven)

07

1. A list of reference book is a part of survey report.
2. Personal diary is written by programme officer.
3. Objectivity is characteristic of research.
4. Public speech is not example of verbal communication.
5. Prerana camp held at state level.
6. Process of Ice-Breaking creates new friends.
7. Positive attitude is a mechanism of conflict resolution.

- 8. Membership of NGO is compulsory.
- 9. Millennium Development Goals are eight.
- 10. Missing women concept introduced by Vandana Shiva.

Q.2 Define Social survey. Explain merits and demerit of social survey method 15

OR

- a) Write importance's of group living. 08
- b) Attempt a review your own experiences about team building in NSS. 07

Q.3 Define leadership. Write in detail essential qualities for best leader. 15

OR

- a) Write brief note on 'Report Writing' 08
- b) Explain the types of verbal communication. 07

Q.4 What is meant by planning? Explain the characteristics of planning. 15

OR

- a) Write an essay on 'conflict resolution' 08
- b) Explain the process of Ice-Breaking 07

Q.5 Define NGOs and write the causes to rise voluntary organization in India 15

OR

- a) Write a brief note 'Welfare system in India'. 08
- b) Explain your own experience about less cash society. 07
