

Duration: 2 ½ HOURS

FY - All - FCCNSS) - 05

Maximum Marks 75

Note:

1. All the questions are compulsory.
2. Figures to the right indicate full marks
3. Each question carries equal marks.

**Q. 1 Multiple Choice Questions (Any-8)**

**(8M)**

1. The \_\_\_\_\_ is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. (0)  
a) National Service Scheme B. National society scheme c. Organization d. Business
2. The motto of National Service Scheme is \_\_\_\_\_. (0)  
a. Me and you b. Not me but you c. We d. All citizens
3. The first Republic Day Camp of NSS Volunteers was held in \_\_\_\_\_. (0)  
a. 1987 b.1990 c. 1988 d. 2000
4. A Contingent of selected NSS volunteers participates in the \_\_\_\_\_ at Raj path, New Delhi on 26th of January every year in accordance with the guidelines and requisition of the Ministry of Defense. (0)  
a) Republic Day Parade b. Program c. Singing d Play
5. National Service Scheme was launched on \_\_\_\_\_ by the then Education Minister Dr. V.K. R.V. Rao (0)  
in 37 universities with 40,000 NSS Volunteers covering all States.  
a. 25<sup>th</sup> September, 1970 b.23<sup>rd</sup> September, 1980 c. 24<sup>th</sup> September, 1969 d.28<sup>th</sup> September, 1770
6. What is the overall objective of NSS? (0)  
a. Development of Student's personality through community service. b. Only Education  
c. To achieve goal d. Participation
7. The \_\_\_\_\_ colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind. (0)  
a. Red b. Yellow c .Navy blue d White
8. The \_\_\_\_\_ colour in the badge indicates that the NSS volunteers are full of blood i.e. lively, active, energetic and full of high spirit. (0)  
a. Red b. Yellow c. Navy blue d. White
9. The NSS Headquarter located in \_\_\_\_\_ (0)  
a. Jaipur b. Rajasthan c. New Delhi d. Udaipur
10. The NSS symbol is based on the \_\_\_\_\_ situated in Odisha. (0)  
a. Rath wheel of the Konark Sun Temple b. Theme c. Region d. Temple

**Q.1. A. State whether True or False (any 7)**

**(07 Marks)**

- 1). Observation is primary source of data (0)
- 2) Avan camp relates to disaster management (0)
- 3) . Positive attitude is a mechanism of conflict resolution (0)
- 4) Gender means inequality between male and female. (0)
- 5) Account book is not a part of NSS documents (0)
- 6) Process of Ice e breaking create new frends (0)
- 7) Evaluation is last stage of planning. (0)
- 8) Beti Bachao Beti Padhao is a government programme (0)
- 9) A NSS Volunteer has to dedicate total 240 hours of social service in two years duration. (0)

P.T.O.....

j) The duration of NSS Regular Activities is 120 hrs

**Q.2 - Answer the Following - (Any two out of Three)**

(15M)

1. National Service Scheme (NSS) - its objectives CO<sub>1</sub>
2. Socio-economic survey- its meaning and need CO<sub>1</sub>
3. Process of Socio-economic survey CO<sub>2</sub>

**Q.3 - Answer the Following - (Any two out of Three)**

(15 M)

1. Explain Leadership training CO<sub>1</sub>
2. Explain Communication skills CO<sub>2</sub>
3. Justify Activity Report Writing CO<sub>1</sub>

**Q.4 - Answer the Following - (Any two out of Three)**

(15 M)

1. Explain Ice breaking CO<sub>2</sub>
2. Program planning- the concept and its features CO<sub>1</sub>
3. Implementation of program- program flow charting- feedback CO<sub>2</sub>

**Q.5 - Answer the Following - (Any two out of Three)**

(15M)

1. Government organizations (GO)- its meaning and functioning. CO<sub>1</sub>
2. Non-Government organizations (NGO)- its meaning and functioning. CO<sub>2</sub>
3. Government schemes for community development CO<sub>2</sub>

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FY - (AU) - NCC - (03)

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

Duration: (2.30 hours)

Total Marks 75

Note: 1) All Questions are Compulsory.  
2) Figures to the right indicate maximum marks.

- Q.1.A) State the following sentences are **True or False** (any 8) CO1 R 08
- 1) Lt. Gen Gurbirpal Singh is DG of NCC
  - 2) In the vishram position the distance between heel to heel is 16 inches.
  - 3) Ajit Dowal is the national security advisor.
  - 4) A word of command consists of six parts.
  - 5) The word of command that starts with the left foot.
  - 6) The President of India is given a general salute.
  - 7) NCC is the biggest youth organization in the world.
  - 8) Aadha mahine mund involves 90 degrees.
  - 9) Lying position is the most comfortable position for firing.
  - 10) There are 8 NCC directorates in India.
- Q.1.B) Fill in the blanks (any 7) CO1 R 07
- 1) CDS stands for.....
  - 2) NDA is Located at.....
  - 3) India's first aircraft carrier is.....
  - 4) India's first Prime Minister.....
  - 5) Highest non gallantry award in the country.....
  - 6) The angle formed between toe to toe in attention is.....
  - 7) There are ..... wings in defense.
  - 8) The NCC was established in India in the year.....
  - 9) The Directorate of Maharashtra state is located at.....
  - 10) ..... Is the President of India.
- Q.2) a) Explain the status of NCC cadets towards society. (CO1 U) 08  
b) Write a brief account on benefits of NCC. (CO1 R) 08  
or  
c) What are the qualities of good Leadership. (CO2 U) 08  
d) What are the different types of skills used in our day-to-day life (CO1 A) 07
- Q.3) a) Why national Unity is important. (CO1 U) 08  
b) Explain the concept of rainwater harvesting. (CO2 R) 07  
or  
c) Explain the role of NCC cadets during the Natural Disaster. (CO2 U) 08  
d) Explain the various activities of NGOs (CO1 R) 07
- Q.4) a) Discuss the barriers to effective communication. (CO1 A) 08  
b) How would we know if someone is not listening to us? (CO1 U) 07  
or  
c) Explain the safety measures taken during cycling (CO2 A) 08  
d) What do you understand by leadership what are the qualities of leader (CO1 U) 07
- Q.5) Write a short note (any three) (CO1,2 U) 15  
1) Benefits of NCC      2) Importance of Hygiene      3) India China War  
4) Natural Disaster      5) Terrorism

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Duration: 2.30 Hrs.

- 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) Write in detail about physical education? (08 M)  
B) Explain the components of physical fitness? (07 M)  
OR  
C) Write the benefits of warming up and cooling down. (08 M)  
D) Write in detail about benefits of exercise (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 the types of calculating body composition. (08 M)  
B) Write the steps to find BMI of the body composition. (07 M)  
OR  
C) Write in detail about Goniometer (08 M)  
D) Write about the calculation of 1 RM (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

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