

Q.P. Code :19665

[Time: 2 $\frac{1}{2}$ 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. Figures to the right indicates full marks.

Q. 1 A) Fill in the blanks with appropriate words and rewrite the sentences (any Eight) (08)

- 1) The NSS was started in _____.
- 2) The motto of NSS is Not Me But _____.
- 3) NSS cell university of Mumbai is located on _____ road of Churchgate.
- 4) A student of NSS is expected to work _____ hours for one project.
- 5) International Day of Yoga is observed in the month of _____.
- 6) 'Utkarsh' 2017 was hosted by _____ university.
- 7) The Regional Office for Maharashtra and Goa state is located at _____.
- 8) As per NSS Diary _____ is the tenth objectives of NSS.
- 9) The sex ratio of Maharashtra as per 2011 census is _____.
- 10) Article 341 relates to _____.

B) State whether the following statements are true or false. (any seven) (07)

- 1) 21 June is observed as International day of Yoga.
- 2) National Integration camps are organized for cultural exchange.
- 3) Khara to Ekchi dharma is a NSS Laksha geet.
- 4) Demand of separate state is a output of regionalism.
- 5) The eight schedule of Indian constitution contains list of languages.
- 6) Joint family is a distinctive feature of modern indian society.
- 7) The wheel on NSS budge is taken from the temple of Kanyakumari.
- 8) NSS can work with NGO in project implement
- 9) Capt. Subhash Chand is a NSS director.
- 10) An independent judiciary is a silent feature of the Indian constitution.

Q. 2 Give detail account of NSS objectives. (15)

OR

A) Attempt a review of the history of NSS. (08)

B) What do you know about regular activities of NSS? (07)

Q. 3 Define society. Explain various types of society. (15)

OR

A) Write an essay on changing nature of Indian family. (08)

B) Regional imbalance in India. Comment on. (07)

Q. 4 Explain in detail the rights to equality in Indian constitution. (15)

OR

A) Explain in brief the concept of social justice. (08)

B) Write a brief note on inclusive growth. (07)

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- Q. 5 Explain various types of Yoga and discuss its importance for mental and physical capacity. (15)
OR
- A) Explain importance of National Integration in India. (08)
 - B) Attempt a review religious conflicts in Indian. (07)

Q.P. Code : 12175

[Time: 2:30 Hours]

[Marks: 75]

Please check whether you have got the right question paper.

- N.B:
1. All question are **compulsory**.
 2. **Figures** to right indicate **full marks**.
 3. **Question No.5** should attempt by Army, Navy and Air wing cadets respectively.

- Q.1 A) Fill in the blanks **(Any Eight)** 08
1. _____ and _____ is the motto of NCC.
 2. ANO stands for _____.
 3. _____ is the National song of India.
 4. _____ is the National game of India.
 5. There are _____ Groups of NCC in Maharashtra.
 6. In Vishram position the Distance between heel to heel is _____ inch.
 7. The word of command consist of _____ parts.
 8. The word of command Tej Chal, Cadets start with _____ Foot.
 9. _____ is the Highest rank of cadets in NCC.
 10. The length of spaces in slow march is _____.
- Q.1 B) State the following sentences are True or False **(Any seven)** 07
1. NCC is not compulsory organization.
 2. In 1950, NCC started in India.
 3. Water is the Manmade Resources.
 4. The word of command 'Thum' is given on left foot.
 5. The 'Tej Chal' samne salute is completed in 5 actions.
 6. President of India given 'Rashtriya Salute'.
 7. Associated NCC officer stands for ANO.
 8. Drill Develops the personality of cadets.
 9. Mumbai is polluted city in India.
 10. Football is the popular game in the world.
- Q.2 a. Name the factors that hold National Integration. 08
- b. What are the unbeneicial principles of National Integration? 07
- OR**
- a. Explain the importance of Swatcha Bharat Abhiyan. 08
- b. Write the incentives to NCC cadets offered by Central Government. 07
- Q.3 a. Comment on 'Necessity of Water Conservation'. 08
- b. What are the rules of Drill? 07
- OR**
- a. Describe different types of Natural Resources. 08
- b. Write down steps of visarjan. 07
- Q.4 a. What are the factors affecting to develop individual's personality? 08
- b. What is communication gap? What are the factors, causes communication gap. 07

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OR

- a. What are the advantages and disadvantages of line communication? 08
- b. What are the advantages of Good Listening? 07

Q.5 Write short note on **any three** of the following: **(Only Army)** 15

- 1. Types of Communication.
- 2. Features of wireless technologies
- 3. Characteristics of 7.62mm SLR
- 4. Ranks of Army
- 5. Chhatrapati Shivaji Maharaj

(Only Navy)

- 1. History of Indian Navy 15
- 2. Organization of Navy
- 3. Ranks of Navy
- 4. Principles of ship modelling
- 5. Importance of swimming

(Only Air)

- 1. Rules of the Air 15
- 2. Principles of Flight
- 3. History of Indian Air Force
- 4. Aviation Medicine
- 5. Circuit Procedure

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Q.P. Code : 12183

[Time: 2½ Hours]

[Marks: 75]

Please check whether you have got the right question paper.

- N.B:
1. All the questions are compulsory.
 2. Each question carrying 15 marks.

Q.1 A) Fill in the blanks (Any Five)

05

1. _____ is the swimmer represented India at Olympic Games.
a. Viradhawal Khade b. Dhawal Kulkarni c. Dattu Bhoknal
2. Mrs Marry Kom secured _____ Medal in the Boxing.
a. Bronze Medal b. Silver Medal c. Gold Medal
3. Indian Hockey Team Secured _____ times silver medal at the Olympic Games.
a. Two Times b. Three Times c. Four Times
4. P. Sindhu secured _____ Medal at the Rio Olympic Games.
a. Bronze Medal b. Silver Medal c. Gold Medal
5. Mr. _____ was secured Gold medal in the 100Mtr. Run at the 2016 Rio Olympic Games.
a. Mr. Powel b. Mr. Usain Bolt c. Justin Gatlin
6. _____ is the gymnastic player represented India at the Olympic Games 2016.
a. Dipa Karmarkar b. Kavita Raut c. Babita Fogat
7. Name of the Indian Badminton Coach _____.
a. Prakash Padukon b. Gopichand Pullela c. Ravi Shastri

B) Match following Items - I - with Items - II (Any Five)

05

- | Item - I | Items - II |
|-----------------|-------------------|
| a. Kabbadi | 1. Foil |
| b. Cricket | 2. 64 Squires |
| c. Baseket Ball | 3. Do or Die Ride |
| d. Fencing | 4. Home Plate |
| e. Chess | 5. Turf |
| f. Volleyball | 6. Direct Kick |
| g. Foot Ball | 7. Blocking |

C) Write the following sentence True or False: (Any Five)

05

1. Mr. Satpal Singh is the Wrestling Coach of India.
2. Pro Kabaddi League was started in the year 2014.
3. T 20 Cricket World Cup 2011 trophy won by India.
4. Mr. Khashaba Jadhav was the first Indian Olympic player secured medal in the Individual Event.
5. Mr. Yuvraj Singh hit six sixer in One Over.
6. Mr. Dattu Bhoknal is the Swimmer.

Q.P. Code : 12183

Q.2 Write a Note on Philosophy of the health? Explain the Principles of the health? **15**

OR

Explain the meaning and Dimension of health write in brief?

Q.3 Write the Sign of Individual Health? Explain in details on any Two Individual Health? **15**

OR

What are the Components of Physical Fitness? Write in brief on any four components.

Q.4 What is the meaning of Skill Related Physical Fitness (SPRF)? **15**

OR

Which is the Six Components of Skill Related Physical Fitness write in details?

Q.5 Explain the Effect of exercise on Body System write on any Two? **15**

OR

Write Short Notes on any three of the following? (Any Three)

- a. Quality Life Indicator
- b. Methods of Conditioning
- c. Indicators of Social and Mental Health
- d. Motor Related Physical fitness
- e. Cardio Vascular Endurance
