

Duration: 2 ½ HOURS

B618Q3MNSS

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.  
a) National Service Scheme B. National society scheme c. Organization d. Business
2. The motto of National Service Scheme is \_\_\_\_\_.  
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 \_\_\_\_\_.  
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.  
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 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?  
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.  
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.  
a. Red b. Yellow c. Navy blue d. White
9. The NSS Headquarter located in \_\_\_\_\_  
a. Jaipur b. Rajasthan c. New Delhi d. Udaipur
10. The NSS symbol is based on the \_\_\_\_\_ situated in Odisha.  
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
- 2) Avam camp relates to disaster management
- 3) . Positive attitude is a mechanism of conflict resolution
- 4) Gender means inequality between male and female.
- 5) Account book is not a part of NSS documents
- 6) Process of Ice e breaking create new frends
- 7) Evaluation is last stage of planning..
- 8) BetiBachaoBetiPadhao is a government programme
- 9) A NSS Volunteer has to dedicate total 240 hours of social service in two years duration.

P.T.O.....

49920 1000  
10) 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
2. Socio-economic survey- its meaning and need
3. Process of Socio-economic survey

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

**(15 M)**

1. Explain Leadership training
2. Explain Communication skills
3. Justify Activity Report Writing

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

**(15 M)**

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

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

**(15M)**

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

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(1)

Duration: 2.30 Hrs

B 61803 MPE

Maximum Marks:-75

Note: 1) All Questions are compulsory.

2) Figures to the right indicate full marks.

**Q. 1 Multiple Choice Questions**

(8 m)

1. \_\_\_\_\_ is Physical action performed to make or keep your body healthy.  
a) Eating      b) Exercise      c) Sleeping      d) Worrying
2. The workout term aerobic exercise is interchangeable with which term?  
a) Ballistic    b) Anabolic    c) Cardio    d) Metabolism
3. The richest source of protein is—  
a) Pulses    b) Groundnut    c) Soya bean    d) Egg
4. The science of yoga has its origin<sup>A</sup> \_\_\_\_\_ of years ago.  
a) Hundred    b) Thousands    c) Few    d) Fifty
5. The \_\_\_\_\_ is, quite simply, that the exercise you do should be specific to your goals.  
a) Specificity principle    b) Exercise    c) Effort    d) Hard work
6. BMI stands for \_\_\_\_\_  
a) Body measurement index    b) Body mass index    c) Balanced management interest    d) Balanced management index
7. Surya Namaskar or Sun Salutation is a sequence of \_\_\_\_\_ powerful yoga poses.  
a) 10    b) 11    c) 12    d) 13
8. Yoga is an art and science of \_\_\_\_\_ living.  
a) Happy    b) Healthy    c) Luxurious    d) Simple
9. Melbourne Cricket Club at \_\_\_\_\_ Country  
a) Singapore    b) India    c) Australia    d) U.S
10. Weight gained during \_\_\_\_\_ may be difficult to lose and might eventually lead to obesity  
a) Exercise    b) Pregnancy    c) Smoking    d) Drinking

**2. State the following as True or False**

(7 m)

1. Normal weight BMI is between 18.5 to 24.9
2. Stretching is not important before and after completion of workout.
3. The richest source of calcium is in milk.
4. Physical activity can increase your risk for developing type 2 diabetes.
5. Muscle weighs more than fat.
6. It is not important for all ages to stay physically active.
7. 30 minutes of daily exercise is important every day.
8. Warming and cooling both are important for exercise.
9. There is an effect of the musculoskeletal system after exercise.
10. Exercise can relieve body aches.

- Q 2. a) Define Health. Explain Dimension of Health. (8m)  
 b) List the importance of Physical Education. (7m)  
 (or)  
 c) Explain Skill Related Physical fitness(SRPF). (8m)  
 d) Write about the scope of Physical Education. (7m)
- Q 3. a) Explain the components of physical fitness. (8m)  
 b) List the types of physical fitness. (7m)  
 (or)  
 c) Explain Health Related Physical fitness(HRPF). (8m)  
 d) Write about Cardio muscular endurance. (7m)
- Q 4. a) Write the tests for Muscular Strength. (8m)  
 b) Write the steps to calculate BMI. (7m)  
 (or)  
 c) Write the tests for measuring flexibility. (8m)  
 d) Write about the Goniometer. (7m)
- Q 5. a) Write about benefits of regular exercises. (8m)  
 b) List the BMI number four categories. (7m)  
 (or)  
 c) Write short notes (any 3 out of 5): (15m)  
 1) Muscular Strength.  
 2) Components of SRPF.  
 3) Dynamometry.  
 4) Sit and reach the test.  
 5) Healthy food.

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Duration: (2.30 hours)

B61803MHCC

Total Marks 75

- N.B. 1) All Questions are Compulsory.  
2) All Questions carry equal marks .  
3) Figures to the right indicate marks to a sub-question.

Q.1.A) State the following sentences are True or False (any 8) 08

- 1) Lying position is the most comfortable position for firing.
- 2) The weight of the .22 deluxe rifle is 8 lbs 10 oz.
- 3) There are 18 NCC directorates in India.
- 4) In the vishram position the distance between heel to heel is 16 inches.
- 5) Sanjay Malohtra is the national security advisor.
- 6) Lt. Gen Amar Sing is DG of NCC.
- 7) The angle formed between toe to toe in attention is 45 degree
- 8) The President of India is given a general salute.
- 9) NCC is the biggest youth organization in the world.
- 10) Aadha mahine mund involves 30 degrees.

Q.1.B) Fill in the blanks (any 7) 07

- 1) CDS stands for.....
- 2) The angle formed between toe to toe in attention is.....
- 3) India's first Prime Minister.....
- 4) .....and Discipline is the motto of NCC.
- 5) Highest non gallantry award in the country.....
- 6) Pollution is of..... types.
- 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 Organization 08

b) Write a brief account on benefits of NCC. 07

or

a) What are the qualities of a good Citizen? 08

b) What are the different types of skills used in our day to day life 07

Q.3) a) Why national Security is important. 08

b) Explain the concept of rainwater harvesting and state its advantages for urban areas. 07

or

a) Explain the role of NCC cadets during the Earthquake . 08

b) Explain the various activities of NGOs 07

Q.4) a) Discuss the barriers to effective communication. 08

b) How would we know if someone is not listening to us? 07

or

a) Explain the safety measures taken during Swimming 08

b) What do you understand by leadership what are the qualities of leader 07

Q.5) Write a short note (any three) 15

- 1) Kashmir Dispute
- 2) Environmental Degradation
- 3) Personality Development
- 4) Insurgency in Jammu Kashmir
- 5) Border Dispute

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