

21/3/24 ATIT
FYCA10 - FCC (NSS) - (06)

DURATION: - 2½ hrs

11606123S

MARKS:- 75

Note: - (1) All questions are compulsory.

(2) Figures to the right indicate full marks

(3) Answer to each question must be on a new page

- Q.1 a) **Fill in the Blanks:- (Any 8)** CO1,2,3,4-
R/U/A/AP/
E
CO1-R **8M**
- 1) The motto of NSS is _____
a) Me and you b) Not me but you c) All Citizen d) We all CO1-R
 - 2) The first Republic day camp of NSS volunteers was held in _____
a)1987 b)1990 c)1988 d)2000 CO1-R
 - 3) The NSS day is observed on _____ every year
a)25th Sep b)24th Sep c)23rd Sep d)28th Sep CO2-R
 - 4) NSS Headquarter located in _____
a)Jaipur b)Rajasthan c)New Delhi d)Udaipur CO1-R
 - 5) The _____ Colour in the Badge indicates that the NSS volunteers are full of blood and full of high spirit.
a)Red b)Yellow c)Navy blue d)White CO2-R
 - 6) The NSS Symbol is based on the _____ situated in Odisha
a)Sun temple b)Theme c)Mahalaxmi temple d)Region CO2-R
 - 7) _____ NSS certificate and identity card all the pride of NSS volunteers.
a)NSS Badge b)Attendance c)Participation d)Goal CO1-U
 - 8) There are _____ Principal Elements in the NSS programme Process.
a)Two b)Three c)Four d)Five CO1-R
 - 9) What is Full Form of ETI?
a)Enrol Time in college b)Empanaled Training institutes
c)Engaged training institute d)English Training institute CO2-R
 - 10) The duration of NSS Regular activity is _____
a)120hr b)100hr c)180hr d) 90hr CO1,2R/U **7M**
- B) True or False**
- 1) The aim of Social Survey by NSS is identification of community problems. CO1-R
 - 2) National Youth day is on 12th January. CO1-R
 - 3) Flagship programmes does not include Adoption of Villages. CO1-U
 - 4) World Human Rights Day is celebrated on 10th December. CO1-R
 - 5) New agricultural Policy was started in the year of 2001. CO1-R
 - 6) The Constitution of India came into effect on 26th jan 1950. CO1-R
 - 7) Language is the vital tool for getting the Society together. CO2-R

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|-----------|--|-------|-----|
| 8) | The official language of Indian Union is Hindi. | CO2-R | |
| 9) | NSS volunteer has to dedicate total 200hr of Social Service in two years duration. | CO1-R | |
| 10) | AVHAN Camp relates to Disaster | CO1-R | 7M |
| Q.2 a) | NSS its Objectives. | CO1-R | 8M |
| Q.2 b) | NSS Symbol and its meaning | | |
| OR | | | |
| Q.2 c) | Explain Historical Perspective of National Service Scheme | CO2-R | 15M |
| Q.3 a) | Division of Labour in India. | CO1-R | 7M |
| Q.3 b) | Explain various Types of Communication. | CO1-R | 8M |
| OR | | | |
| Q.3 c) | Explain Basic Social Issues in India. | CO2-R | 15M |
| Q.4 a) | Explain Leadership and Good quality of Leaders. | CO1-R | 7M |
| Q.4 b) | Social Justice-the concept and its Features | CO1-R | 8M |
| OR | | | |
| Q.4 c) | Explain Features of Indian Constitution. | CO2-U | 15M |
| Q.5 a) | Explain the Term National Integration its meaning, importance and practice. | CO1-R | 15M |
| OR | | | |
| Q.5 b) | Write Short Note on (Any 3) | | 15M |
| a) | Motto of NSS | CO1-R | |
| b) | NSS Symbol | CO1-R | |
| c) | Communication | CO2-R | |
| d) | Gender Issues | CO1-R | |
| e) | Regular Activity | CO2-R | |

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2/13/24 ATUT FY(CAU)-NCC - (06/

DURATION: - 2½ hrs

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MARKS:- 75

Note: - (1) All questions are compulsory.

(2) All questions carry equal marks.

(3) Figures to the right indicates full marks

Q.1 a) Explain the following concept (Any 5)

CO1,2-U 15M

- 1) Legal rights
- 2) Health
- 3) NCC Drills
- 4) Social media
- 5) Leadership
- 6) Effective communication
- 7) National security
- 8) C. D. S.

OR

b) Write a comprehensive note on the FC NCC sem-I project submit by you

CO1-R 15M

Q.2 a) Explain the status of NCC organisation

CO1-R 8M

b) Write a brief account on benefits of NCC

CO1-R 7M

OR

a) What are the qualities of good citizen

CO2-A 8M

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

CO1-U 7M

Q.3 a) Why national security is important

CO1-R 8M

b) Explain in NCC song in detail

CO2-R 7M

OR

a) Explain the role of NCC cadets during earthquake

CO1-R 8M

b) Explain the various types of NGO's

CO1,2-U 7M

Q.4 a) Discuss the barriers of effective communication

CO1-R 8M

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

CO2-U 7M

OR

a) Explain the safety measures taken during swimming

CO1-R 8M

b) Explain the good qualities of leadership

CO2-A 7M

Q.5) Write a short Note (Any 3)

CO1,2-R 15M

- 1) Kashmir dispute
- 2) Personality development
- 3) Border dispute
- 4) Environment
- 5) President of India

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Duration : 2.5 Hrs

Marks : 75

Q1 A) Choose the correct Alternatives :- (Any 8) CO1 , CO2 - (U)

(8m)

1. Objective of Planning is _____.
- A. To Improve Sports Performance B. Harmony C. Awareness D. Fitness
2. National game of India is _____.
- A. Hockey B. Cricket C. Football D. Not Decided.
3. Finance committee manages _____ of the event.
- A. Organization B. Management C. Budget D. Implementation
4. In _____ year the volleyball game.
- A. 1995 B. 1895 C. 1896 D. 1891
5. When did India win the first ODI cricket World Cup?
- A. 1983 B. 1987 C. 2011 D. 2007
6. When is sports day celebrated?
- A. 30 August B. 29 August C. 28 August D. 27 August
7. The aim of health related fitness is to prevent _____.
- A. Power B. Weight C. Capacity D. Disease
8. The energy due to the motion of the body is called _____.
- A. Kinetic energy B. Potential energy C. Thermal energy D. Heat energy
9. Which of the following nutrients is the energy producer?
- A. Carbohydrates and Proteins B. Proteins and fats C. Carbohydrates and fats D. Proteins and vitamins
10. The Human body uses carbohydrates in the form of _____.
- A. Glucose B. Glycogen C. Starch D. Enzymes

Q1 B) State the following as True or False:- (any 7) CO1 , CO2 - (U)

(7m)

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.

Q2. a) Define Health. Explain Dimension of Health.

CO2 - (U) (8m)

b) List the importance of Physical Education.

CO2 - (U) (7m)

(or)

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- c) Explain Benefits of Exercises.
- d) Write about the scope of Physical Education.

CO2 - (U) (8m)
CO2 - (U) (7m)

- Q3. a) Explain the advantages of physical fitness.
b) List the types of physical fitness.
(or)
c) Explain HRRPF in detail.
d) Write about Cardio muscular endurance.

CO1 - (U) (8m)
CO1 - (U) (7m)

- Q4. a) Write the tests for Muscular Strength.
b) Write the steps to calculate BMI.
(or)
c) Write the tests for measuring flexibility.
d) Write about the Goniometer.

CO1 - (U) (8m)
CO1 - (U) (7m)

CO2 - (U) (8m)
CO2 - (U) (7m)

- Q 5. a) What are the long- term effects of exercise on the cardiovascular system ?

CO1 - (U) (8m)

- b) list the BMI number four categories.
(or)

CO1 - (U) (7m)

- c) Write short notes (any 3 out of 5) CO1 , CO2 - (U)

(15m)

- 1) Physical activity
- 2) Importance of Physical Education
- 3) Dynamometry.
- 4) Sit and reach the test.
- 5) Healthy food.

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