

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 indicate full marks.

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

1. NSS foundation day is _____.
2. In 1969, NSS was introduced in _____ Universities of India.
3. National service scheme is under _____ ministry of Indian Government.
4. The symbol for NSS has been based on the giant Rath Wheel of the world famous _____ temple.
5. "Not me but you" is _____ of NSS
6. The blue colour in NSS in NSS badge indicates _____."
7. The special NSS Camp is organized for _____ days.
8. _____ is pioneer of women's education in India.
9. _____ is a NSS Regional Director of Maharashtra state.
10. Article _____ includes freedom of speech and expression.

B Select the right alternative to complete the sentences (any seven) 07

1. NSS volunteer should contribute (20/40/60/80) hours for area based project.
2. The NSS Regional center for Maharashtra is located at (Mumbai/Pune/Kolhapur/Nagpur)
3. (Principal/Programme Officer/ Leader/Programme coordinator) is responsible for functioning of college NSS unit.
4. The constitution of India came into effect on (26th January 1950/ 1st may 1961/24th September1969/18th May 2014)
5. In the Ministry of Youth affairs and sports a senior officer is designated as (Programme officer/ Programme coordinator / Programme advisor/ state liaison officer)
6. State republic day parade is performed at (Rajpath/ old delhi/Mantralaya/shivaji Park)
7. Government provides a grant of rupees (250/350/450/550) per enrolled volunteer per year.
8. World Environment day is celebrated on (31st October/ 5th June/ 1st December /1st July)
9. The chairperson of the advisory committee of NSS in college is (District coordinator/ Programme officer /principal/Student leader)
10. Run for Unity is organized on (2nd October/ 31st October / 14th November/ 26th January)

Q.P. Code :19663

- Q.2 Write a short note on History of NSS. Explain the objectives of NSS 15
OR
Write a note on Mahatma phule's Anti caste views and Rights against Exploitation.
- Q.3 Explain the concept of Gender. Comment on the child sex ratio in India. 15
OR
What is meant by "Domestic violence against women?" Suggest preventive Measures to minimize Domestic violence.
- Q.4 Write a detail note on Language conflict in India 15
OR
Suggest the tips for Communal Harmony and Regional balance in India
- Q.5 Write short notes on (any three) 15
1. Dimensions of Human Personality
2. Role of yoga in Nation Building
3. Current Indian Family System
4. Organizational Structure in NSS
5. Informal sectors in India.

(2 ½ Hours)

(Total Marks : 75)

N.B. : (1) All the question are compulsory.
(2) Each question carries 15 marks.

1. A) Fill in the blanks using correct option:- (Any five) (15 Marks)

- 1) _____ number of counts in Suryanamaskara.
a) 08-12 b) 10-12 c) 11-13
- 2) Baychung Bhutia is related to _____
i) Handball ii) Football iii) Basket Ball
- 3) _____ is the Bronze medal winner in the tennis at olympic games,
i) Mahesh Bhupati ii) Leander paes iii) Vijay Amrutraj
- 4) secured silver medal in Badminton at 2016 Rio Olympic games.
a) Sania Nehwal b) P.V. Sindhu c) Jwala Gutta.
- 5) Kho-Kho team is consist of _____ players.
a) 09 b) 12 c) 10.
- 6) The first Indian woman to climb Mount Everest was
a) Meri Kom b) Bachendri Pal.c) Lalita Babar.
- 7) The height of the cricket stumps in
a) 71.12 cms. b) 74.13 cms. c) 79.12 cms.

B) Match the following column (Any five)

S.N.	Column A		Column B
1)	Rowing	1)	Asanas
2)	Swimming	2)	Long Jump
3)	Yoga	3)	Badminton
4)	Mrs.Anju Boby George	4)	Abhinav Bindra
5)	Uber Cup	5)	Horse racing
6)	Shooting	6)	Virdhawal Khade
7)	Jockey	7)	Dattu Bhoknal

C) Write True or False (Any Five) :-

- 1) Abdominal strength is measure by push ups.
- 2) Athletic is known as a father of game.
- 3) H.R.P.F. means Health Related Physical fitness
- 4) In Olympic games Indian men Hockey team is champion for Eight times.
- 5) Badminton Racket is made by wooden

Turn Over

- 6) Major Dhyan Chand is also known as Wizard of Hockey.
- 7) "Clean and Jerk" is associated with Weight Lifting.

2. Explain in details of the Philips JCR Test. (15 Marks)

OR

What do you mean by skill related physical fitness ? (SRPF)

3. What is the importance of physical education in daily lifestyle ? (15Marks)

OR

Explain the principles of health in details ?

4. Which one the six components of physical fitness ? How they are related to various skills ? (15 marks)

OR

What do you mean by cardio vascular endurance ? Write any one test to measure cardio vascular endurance.

5. List out the Test of Measuring the Flexibility. Explain any one test in details. (15 marks)

OR

Write shorts notes on any three of the following.

- 1) Concept of Exercise.
- 2) Aerobic exercises.
- 3) Basic fitness components.
- 4) Spiritual Wellness.
- 5) Components of SRPF.

Q.P. Code :23504

[Time: 2:30 Hours]

[Marks:75]

Please check whether you have got the right question paper.

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

- Q.1
- A) Fill in the blanks (Any Eight) 08
- 1) ----- is the highest rank in NCC Cadets.
 - 2) Defence minister of India is-----.
 - 3) Moto of NCC is -----.
 - 4) The word of command consists of ----- parts.
 - 5) 'Dahine mur' / Bahein mur involves ----- degrees.
 - 6) ----- position is the best position for firing.
 - 7) SNTD university is located at-----.
 - 8) Kargil conflicts occurred in -----.
 - 9) Typhoid is caused by -----.
 - 10) ----- is the vice president of India.
- B) State the following sentences are true or false (any seven) 07
- 1) Dahine Dekh is given on right foot.
 - 2) Bhart chodo Andolan was started from Mumbai.
 - 3) The word of command thum is given on right foot.
 - 4) There are 5 groups of NCC in Maharashtra.
 - 5) Drill develops the personality of cadets.
 - 6) 'piche mur' involves 160 degrees.
 - 7) Mumbai is capital of India.
 - 8) 'In Tej chal' samne salute is completed in 6 actions.
 - 9) Human body is made of 106 bones
 - 10) There commands in Indian Navy.
- Q.2 Answer the following
- a. What are the aims and objectives of NCC? 08
 - b. Explain the various benefits of joining NCC. 07
- OR**
- a. Write in brief history of freedom struggle of India. 08
 - b. Explain how NCC helps in development of national integration of a country? 07
- Q.3 Answer the following
- a. Explain the importance of drill in NCC. 08
 - b. What are the various types of command? 07

Q.P. Code :23504

OR

- a. Explain in detail the planning and education of trekking. 08
- b. State the various natural resources and explain importance of forest conservation. 07

Q.4 Answer the following.

- a. What are different types of communication? Explain non verbal communication. 08
- b. Explain the various qualities of good Leadership. 07

OR

- a. What are the different types of skills use in our day to day life? 08
- b. What are the various factors influence on personality development? 07

Q.5 Write short note on any three of the following (ONLY FOR ARMY) 15

- 1. Organization of Army
- 2. Characteristics of wireless technology
- 3. NCC Song
- 4. Characteristics of 7.62mm SLR rifle
- 5. Religions in India

OR

Write Short note on any three of the following (ONLY FOR NAVY)

- 1. Organization of Navy.
- 2. Ranks of officers and sailors in NAVY.
- 3. SAR organization in Indian Ocean.
- 4. Types of warships and their Role
- 5. Importance of swimming.

OR

Write short note on any three of the following (ONLY FOR AIR)

- 1. Aero – Engines
- 2. Airfield layout
- 3. Aviation medicine
- 4. Circuit Procedure.
- 5. Principles of flight.
