

Q.P. Code :19664

[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 indicate full marks.

- Q.1 A Fill in the blanks with appropriate word and rewrite the sentences. (any 8) 08
1. _____ day is observed as international day of Yog.
 2. 27th August is observed as _____
 3. Article 341 is related to _____
 4. Mahatma Gandhi is father of Nation believed in service to man is _____
 5. Van mohotsav is celebrated in first week of _____.
 6. Khara To Ekchi Dharma is written by _____.
 7. 'Utkarsha' is _____ event organized by NSS cell Government of Maharashtra.
 8. NSS volunteer is expected to work for _____ years in NSS.
 9. A volunteer can work for relief and rehabilitation work during _____
 10. Diamond jubilee of NSS foundation day will celebrate in _____
- B Write true or false (any 7) 07
1. 2nd October is a nonviolence day.
 2. Demand of separate is a output of regionalism.
 3. Article 420 of Indian Constitution highlights on right to equality
 4. The child sex ration is increasing in India.
 5. NSS can work with any NGO.
 6. Joint family is characteristics of modern Indian society.
 7. Run for unity is organized to remark birthday of Mahatma Gandhi.
 8. The NSS cell of Mumbai university is located at kalina compus.
 9. Ex NSS volunteer can enroll in NSS
 10. World AIDS Day is observed on 10th December.
- Q.2 Describe organizational structure of NSS. 15
- OR
- A Discuss any one area base project which has helped to develop personality through social service. 08
- B Give an account of the objectives of NSS. 07
- Q.3 Discuss dimension of labour and caste system in India. 15
- OR
- A Comment on degeneration of value system in India. 08
- B Explain the features of Indian Society. 07

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Q.4 Explain the basic features of inclusive growth.
OR

- A Explain the concept of Gender
- B What is social justice? Discuss the important features of social justice.

Q.5 Write short notes on (any three)

- 1. Physical dimensions of human personality.
- 2. Types of Yoga
- 3. Communalism in India
- 4. Rights of equality
- 5. Informal sectors in India.

15

08

07

15

Time: 2:30 hrs.

Total Marks: 75

- Note:** 1. All questions are compulsory.
2. Figures to the 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. NCC Directorate of Maharashtra is located at _____.
2. Independence Day is celebrated on _____ every year.
3. The highest rank of Air Force is _____.
4. Headquarters of the Armed Forces are located at _____.
5. There are _____ commands in Indian Navy.
6. _____ is the Supreme Commander of the Armed Forces.
7. _____ is the chief of Indian Army.
8. Full Form of NDA is _____.
9. Kargil conflict occurred in the year _____.
10. _____ is the motto of National Cadet Corps.

Q.1 B) State the following sentences are true or false (Any Seven)

(07)

1. There are two types of ceremonial drill.
2. The World Yoga Day is celebrated on 21st July every year.
3. Mr. Narendra Modi is the Supreme Commander of Armed Forces.
4. Mr. Devendra Fadnavis is the Home Minister of Maharashtra.
5. The word of command "Baye Dekh" is given on left foot.
6. There are seven groups of NCC in Maharashtra.
7. Rashtriya salute is given to the Prime Minister of India.
8. National Defence Academy is located at Pune.
9. Major General is the highest rank in Indian Army.
10. There are seventeen NCC groups in India.

Q.2 Answer the following

- a. Explain the structure and Organization of the National Cadet corps. (8)
- b. Discuss the significant role played by national heroes in freedom movement. (7)

OR

- a. India Exhibits Unity in Diversity. Discuss. (8)
- b. Write a brief account on genesis of National Cadet Corps (7)

Q.3 Answer the following

- a. Explain the importance of National integration for India. (8)
- b. Discuss the objectives of Drill in NCC. (7)

OR

- a. Explain the causes and consequence of Noise pollution. (8)
- b. Explain the concept of Natural resources and state the importance of forest conservation. (7)

94 BFM

02

(2 ½ Hours)

(Total Marks : 75)

34

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) _____ is the Bronze medal winner in the tennis at olympic games.
i) Mahesh Bhupati ii) Leander Phes iii) Vijay Amrutraj
- 2) _____ secured 4th place in Gymnastic at 2016 Rio olympic games.
i) Babita Fogat ii) Deepa Karmkar iii) P.V. Sindhu
- 3) Anju Baby Jorge was the _____ event Athelete.
i) Long jump ii) Tripple jump iii) High jump
- 4) Mrs. Karnam Malleshwari secured Bronze Medal in _____ at 2000 Olympic games.
a) Weight lifting b) Power lifting c) wrestling.
- 5) Baychung Bhutia is related to _____
i) Handball ii) Football iii) Basket Ball
- 6) Dattu Boknal was participated in the..... event at 2016 Rio olympic games.
i) Rowing ii) Canoing iii) Sealing
- 7) _____ number of counts in Suryanamaskara.
a) 08-12 b) 10-12 c) 11-13

B) Match the following column (Any five)

	A		B
1	Kabaddi	1	L.B.W.
2	Kho-Kho	2	Penalty Kick
3	Football	3	Pole Drive
4	Baseball	4	BonusPoint
5	Yoga	5	Sluger
6	Cricket	6	Racket
7	Badminton	7	Asana

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

- 1) Tokyo will host 2020 Olympic Games.
- 2) Mr. Yogeshwar Dutt is the wrestling coach.
- 3) The weight of Cricket ball is 156 grams.

Turn Over

- 4) Free style & Back stroke are skills of Judo
- 5) Sania Mirza is associated with Badminton.
- 6) Do or Die Raid is the term use in Kho-Kho games
- 7) Badminton Racket is made by wooden

2. Write in details the components of physical fitness. (15 Marks)

OR

What is fitness index ? How fitness index will be measure.

3. What do you mean by cardio vascular endurance ? Write any one test to measure cardio vascular endurance. (15 Marks)

OR

What is flexibility ? Explain any one test to measure the flexibility.

4. Define the health related physical fitness (HRPF) And Explain any two HRPF components ? (15 Marks)

OR

Explain the determinant of Wellness ?

5. Explain the effect of exercise on respiratory system. (15 Marks)

OR

Write shorts notes on any three of the following.

- 1) Basic fitness components.
- 2) Neuro muscular co-ordination.
- 3) Muscular strength
- 4) Components of SRPF.
- 5) Sit and Reach Test.
