

Duration :- 2.30 hrs

V726NNC19

Maximum Marks : 75

F4BCBI / BAF / BMS - [FC - NCC]

Note : 1) All Questions are compulsory.

2) Figures to right indicate full marks.

- Q.1 A. State the following sentences are True or False (08)
1. Patriotism is a quality of good citizen.
 2. In Tejchal Samne salute is completed in left foot.
 3. The length of spaces in slow march is 30 inch.
 4. Laying position is the comfortable for firing.
 5. Weight of 0.22 deluxe rifle is 6.2.
 6. Yoga fulfills to be a complete fitness.
 7. India - China war occurred in 1962.
 8. Killing range of 0.22 rifle is 30 meters.
 9. BARC is located at Tromby (Mumbai)
 10. Principle of operation of 5.56 INSAS is GAS.
- Q.1 B. Fill in the blanks (Any Seven) (07)
1. _____ is the pink City of India.
 2. LMG is Stripped in _____ groups.
 3. DRDO is located at _____.
 4. Length of 5.56 mm INSAS is _____.
 5. _____ is dance style of Punjab.
 6. _____ is the capital of India.
 7. _____ is the Birth place of Dr. B. R. Ambedkar
 8. Plague is Caused by _____.
 9. _____ is the prime minister of India.
 10. _____ is the holy book of Islam.
- Q.2 a) State the various types of fractures. (08)
b) Explain the concept of fire and state the modes of spread of fire. (07)
OR (08)
c) Discuss the Role of NCC Cadet during cyclone. (07)
d) Explain various Types of Natural disaster. (08)
- Q.3 a) Discuss the various needs of weak section. (07)
b) Explain in detail about Swarnajayanti Gram Yojna. (08)
OR (08)
c) Discuss in brief about sanitation. (07)
d) Comment on corruption. (08)
- Q.4 a) Explain in detail about personal Hygiene. (07)
b) Discuss the structure of Human body OR (08)
c) State the various types of shooting targets. (07)
d) Explain the characteristics of 0.22 rifles. (15)
- Q.5 Write Short Note (Any - 3)
1. First Aid.
 2. ISRO
 3. Surgical Strike
 4. Kargil War
 5. Chandrayan - II

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V726NPE19

Maximum Marks : 75

| F4BCBT | - F4BMS | F4BAF - (F-C - P-E)

Note : 1) All Questions are compulsory.

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Q.1 Attempt All (Each of Five marks)

(15)

A. Select correct answers for the following (Any -5)

(05)

- Size of Tennis court is _____.
a) 120X60 feet b) 90X80 feet c) 118X90 feet
- Praksh padukone was _____ player.
a) Badminton b) Cricket c) Wrestling
- Kabaddi Team consist of _____ players.
a) 12 b) 07 c) 09
- _____ is chess player.
a) Tanya sachdev b) P. Gopichand c) chetan Anand
- _____ become the first Indian woman boxer in 18 years to enter the finals of women's Boxing championship.
a) Marry Kom b) Manju Rani c) Lavlina
- World youth chess championship 2019 held at _____.
a) Mumbai b) Delhi c) Banglore
- Anjali Bhagwat associated with _____.
a) Swimming b) Shooting c) squash

B. Match the following (Any five)

(05)

Group "A"

- Smash
- Googly
- Bull's Eye
- Cannon
- Knight
- Drop
- Derby cup

Group "B"

- Archery
- Billiards
- Chess
- Badminton
- Horse Racing
- Rowing
- Cricket

C) Satate True/False (Any five)

(05)

- Wisden trophy associated with cricket.
- There are 5 player in Basket Ball Team.
- Tiger stadium is located in Australia.
- The weight of soccer ball is 16 ounce.
- Abhinav Bindra is the only Indian to win an Olympic Gold in an Individual Event.
- World Athletics championship 2019 held at Doha, Qatar.
- Avinash Sable associated with Athletics.

Q.2 Define Health Explain Dimension of Health.

(15)

OR

Define Physical Education. Enlist the importance of Physical Education.

(15)

Q.3 Define Physical fitness. Explain the concept of fitness along with the component.

(15)

OR

Differentiate with HRPF & SRPF

(15)

Q.4 Describe Test measures for cardiovascular Endurance.

(15)

OR

Discuss the Test measures for flexibility.

(15)

Q.5 Discuss the Effect of excercise on musculoskeletal system.

(15)

OR

Write a short notes (Any 3)

- FITT Principle
- JCR Test
- Respiratory.
- Aerobic Exercise
- Body Mass Index

(15)

Duration :- 2.30 hrs

V726NNS19

Maximum Marks : 75

F4BCLZ/BAF/BMS - F.C (N&S)

Note : 1) All Questions are compulsory.

2) Figures to right indicate full marks.

- Q.1 A) Choose the right answer with your reasoning (Any Eight) (08)
- 1) _____ day is observed as international day of yoga.
 - 2) Article 341 is related to _____.
 - 3) NSS volunteer is expected to work for _____ years in NSS.
 - 4) NSS foundation day is celebrated on _____
 - 5) Van mohotsar is celebrated in first week of _____
 - 6) At the end of academic years, NSS valenteers gets _____ grace marks.
 - 7) NSS volunteer has to work for _____ hrs. NSS arthritics in 1 academic year.
 - 8) International yoga day is celebrated on _____
 - 9) Indian republic day is celebrated on _____
 - 10) Motto of NSS is _____
- Q.1 B) True/False (Any Seven) (07)
- 1) Social integrity is necessary for unity of India.
 - 2) NSS Programme are carried just at college level.
 - 3) India has no official religion.
 - 4) The motto of NSS is 'Just you'.
 - 5) NSS encourages community work.
 - 6) 2nd Octomber is celebrated as Gandhiji Jayanti
 - 7) Tree plantation is not included in NSS.
 - 8) Blood donation activity is compulsory in NSS.
 - 9) NSS foundation day is celebrated in the month of December.
 - 10) Full form of NSS is National science scheme.
- Q.2. a) Explain Social Justic its. Concept and features. (15)
- OR**
- b) Explain the History of NSS. (08)
- c) Explain symbol of NSS and its mcaniry. (07)
- Q.3. a) Discuss the importance of Yoga in everyday life. (15)
- OR**
- b) Explain the structure of NSS (08)
- c) Explain the Motto of NSS (07)
- Q.4. a) Explain the regular activities in NSS. (15)
- OR**
- b) Explain how NSS help in personality development (08)
- c) Discuss any five activities conducted in NSS. (07)
- Q.5. Short Notes. (Any - 3) (15)
- 1) NSS History
 - 2) Motto of NSS
 - 3) Cast system
 - 4) Benefit of Tree plantation
 - 5) Social Awarirneer
