

[2½ Hours]

[Total Marks : 75]

Please check whether you have got the right question paper.

- N.B:
1. All questions are compulsory.
 2. All questions carry equal mark.
 3. Figures to the right indicate full marks.

1. A) Fill in the blanks and rewrite the sentences (Any Eight) (08)

- 1) NSS is formed in the year _____.
(a) 1968 (b) 1996 (c) 1969
- 2) The colours in the NSS symbol consists of _____.
(a) Red and Black (b) Blue and Red (c) Blue and Pink
- 3) _____ is the holy book of the Sikhs
(a) Guru Granth Sahib (b) Bhagwat Gita (c) Japi Sahib
- 4) State _____ has the highest sex ratio.
(a) Manipur (b) Kerla (c) Tamil Nadu
- 5) NSS symbol is based on the Rath wheel of _____ temple
(a) Somnath (b) Jagannath (c) Gorakhnath
- 6) _____ is one of the theme of the programme conducted by the NSS.
(a) Youth for Literacy (b) We are ONE (c) Youth of Army
- 7) _____ is women empowerment year in india.
(a) 2011 (b) 2001 (c) 1991
- 8) Dr. Ambedkar organised _____ Party.
(a) Labour (b) Independent Labour (c) Mahar
- 9) Jyotirao Phule started first school for girls in the year _____.
(a) 1845 (b) 1842 (c) 1848
- 10) When male is the head of the family it is called _____ system.
(a) Patriarchy (b) Matriarchy (c) Endogamy

1. B) Write true or false (Any Seven) (07)

- 1) The motto of NSS is "JUST YOU"
- 2) NSS foundation Day is celebrated on 24th September.
- 3) NSS programme are carried just at college level.
- 4) India has no official religion.
- 5) Caste system stigmatises Indian society.
- 6) Social inequality is a form of social stratification.
- 7) NSS encourages community work.
- 8) Objectives of the Indian Constitutions are summarized in the Preamble.
- 9) Jyotirao Puhle wrote the book 'Gulamgri'.
- 10) Dalit Panther was initiated by Dr. Ambedkar.

2. Explain the objectives behind the formation of NSS. (15)

OR

- a) Explain the history of NSS. (08)
- b) Discuss the motto of NSS. (07)

3. Discuss any five activities conducted by NSS. (15)
- OR**
- (a) What are the major functions of NGOs in India? (08)
- (b) Briefly explain the concept of Shramadaan. (07)
4. "Indian follows Unity in Diversity" justify (15)
- OR**
- (a) Explain any four Gender issues in India. (08)
- (b) Review Caste system in India. (07)
5. Discuss various fundamental duties of Indian Citizens and its contemporary importance. (15)
- OR**
- (a) State Basic features of Indian Constitution. (08)
- (b) Analyse the contribution of Jyotirao Phule in bringing social justice. (07)
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(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:- (15 Marks)

- 1) _____ players are reserve in Kabaddi team.
a) 07 b) 05 c) 04
- 2) _____ number of counts in Suryanamaskara.
a) 08-12 b) 10-12 c) 11-13
- 3) Milkha Singh secured _____ place in 400 mtrs. run at olympic games.
i) Third Place ii) Fourth Place iii) Second Place.
- 4) Dimensions of Kabaddi men ground is
i) 08 x 11 mts. ii) 12 x 08 mts. iii) 13 x 10 mts.
- 5) _____ is the Bronxe medal winner in the tennis at olympic games,
i) Mahesh Bhupati ii) Liander Paes iii) Vijay Amrutraj
- 6) _____ is known as Magician in the field hockey.
i) Mej. Arunkumar Vaidy ii) Mej. Dhyanchand iii) Mej. Krishna Kumar
- 7) Khashaba Jadhav is the first Indian Olympic player who won the medal
in _____ game.
i) Judo ii) Karate iii) Wrestling

B) Match the following column (Any five)

	Column A		Column B
1)	Wankhede Cricket Stadium	1)	Nagpur
2)	Medaly & Individual medaly	2)	Australia
3)	Headquater of Olympic games IOC	3)	Swimming
4)	Edan garden	4)	Mumbai
5)	Jamata Stadium	5)	Kolkata
6)	Wimbledon Stadium	6)	Swizerland
7)	Melbourne Stadium	7)	London

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

- 1) B. P. Cubertin was the founder of modern Olympic.
- 2) First Arjun Award was awarded to Mr. Prithivipal Singh in Hockey Game.
- 3) Deodhar Trophy is the Trophy of Cricket Game.

- 4) 29th August National Sports Day is celebrate as a Birth Anniversary of Dhanraj Pillai.
- 5) Pulala Gopichand is the coach of P.V.Sandhu
- 6) Measurement of the Basketball Court is 25 mtr x 15 mtr.
- 7) Mike Tyson is the player of Judo game.

2. Give the definitions and determination of the fitness? (15 Marks)

OR

Define the health related physical fitness (HRPF) And Explain any two HRPF components?

3. Define the physical fitness component and write details. ?. (15 Marks)

OR

Explain the concept of Wellness? What are the stages of determination of wellness?

4. Explain the effect of exercise on circulatory system. (15 Marks)

OR

List out the Test of Measuring the Flexibility. Explain any one test in details.

5. Write in brief philosophy of Health & Explain the principles of Health. (15 Marks)

OR

Write shorts notes on any three of the following.

- 1) Concept of Exercise.
- 2) Neuro muscular co-ordination.
- 3) Emotional Development.
- 4) Self esteem of stress management.
- 5) Define the term of cardio vascular endurance.

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OR

- a. What kind of safety precautions are to be taken during cycling? 08
b. Explain the concept of natural resources and state the importance of rain water harvesting. 07

Q.4 Answer the following.

- a. Explain the various types of leadership. 08
b. What are the different types of skills use in our day to day life? 07

OR

- a. Explain the various qualities of good leadership. 08
b. What is 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. Benefits of trekking
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. Airfield Layout
2. Aero – Engines
3. Principles of Flights
4. Circuit procedure
5. Aviation medicine

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[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) Prime minister of India is given ----- salute.
 - 2) The word of Command Consists of ----- parts.
 - 3) There are ----- groups of NCC in Maharashtra.
 - 4) The word of command Dahine Dekh is given on ----- foot.
 - 5) Samne salute in 'Tej Chal is completed in ----- actions.
 - 6) When getting on parade with rifle, the rifle is carried at -----.
 - 7) 'Adha Dahine mur' involves ----- degrees.
 - 8) ----- is the defence minister of India.
 - 9) Full form of ANO is -----.
 - 10) 7.62 mm LMG is stripped into ----- parts.
- B) State the following sentences are true or false (any seven) 07
- 1) Standing position is the most comfortable for firing.
 - 2) There are four rifle companies in an Infantry battalion.
 - 3) Bharat Cohodo Andolan is started from Gujarat.
 - 4) In Taj chal word of command, the cadet start with right foot.
 - 5) In savadhan position the angle between toe is 60 degree.
 - 6) Mr. Arun Jetaly is the vice president of India.
 - 7) Typhoid is caused by polluted water.
 - 8) There are 206 bones in human body.
 - 9) The weight of 7.62 mm SLR is 5.1 kgs.
 - 10) Numbers placed on 0.22 rifles on seven places.
- Q.2 Answer the following
- a. Explain the various benefits of joining NCC. 08
 - b. Discuss the importance of national integration for India. 07
- OR
- a. Write in brief history of freedom struggle of India. 08
 - b. Explain the various religions and culture of India. 07
- Q.3 Answer the following
- a. Explain the importance of drill in NCC. 08
 - b. Explain the various adventure training in NCC. 07