

Note : 1) All Questions are compulsory.  
2) Figures to the right indicate full marks.

**Q.1. A. Fill in the blanks (Any 8)**

(08)

1. Indian republic day is celebrated on \_\_\_\_\_.
2. Duration of Special residential camp is \_\_\_\_\_ Days.
3. \_\_\_\_\_ day is observed as international day of Yoga.
4. Mahatma Gandhi is father of Nation believed in Service to man is \_\_\_\_\_.
5. The motto of the N.S.S is \_\_\_\_\_.
6. Environment day is celebrated on \_\_\_\_\_.
7. N.S.S regional center for Maharashtra is located at \_\_\_\_\_.
8. On the occasion of Swami vivekananda Jayanti, NSS organizes \_\_\_\_\_.
9. NSS Volunteer has to work for \_\_\_\_\_ hrs NSS activities in 1 academic year.
10. First line of preamble to Indian constitution is \_\_\_\_\_.

**Q.1. B. State the following sentence are true or false (Any 7)**

(07)

1. Run for unity is organized to remark birthday of Mahatma Gandhi.
2. The NSS cell of Mumbai University is located at kalina campus.
3. Demand of Separate is a output of regionalism.
4. The motto of NSS is "Just You".
5. India has no official religion.
6. NSS encourages community work.
7. Dalit panther was initiated by Dr. Ambedkar.
8. NSS foundation day is celebrated on 24<sup>th</sup> September.
9. Social inequality is a form of social stratification.
10. NSS Programme are carried just at college level.

**Q.2. a) Explain the objectives behind the formation of NSS.**

(15)

**OR**

b) Explain the history of NSS.

(08)

c) Discuss the motto of NSS.

(07)

**Q.3. a) Discuss any five activities conducted by NSS.**

(15)

**OR**

b) What are major functions of NGOs in India?

(08)

c) Briefly explain the concept of sharamdaan.

(07)

**Q.4. a) "Indian follows unity in Diversity" Justify.**

(15)

**OR**

b) Explain any four Gender issues in India

(08)

c) Review caste system in India.

(07)

**Q.5. Write Short Notes on (Any 3)**

(15)

a. Fundamental duties of Indian citizens.

b. Features of Indian Constitution.

c. Objectives of NSS

d. Rights of equality

e. Benefits of Tree Plantation.

- Note : 1) All Questions are compulsory.  
2) Figures to the right indicate full marks.

**Q.1. Attempt All (Each of 5 Marks)**

15

**a. Select correct answer for following. (Any 5)**

- 1) The National Sport of India is \_\_\_\_\_.  
a. Hockey                                      b. Cricket                                      c. Kabaddi
- 2) Ronaldo is associated with \_\_\_\_\_.  
a. Cricket                                      b. Football                                      c. Baseball
- 3) A shuttle cock was \_\_\_\_\_ feathers.  
a. 10                                      b. 16                                      c. 12
- 4) Dimension of soccer ground is \_\_\_\_\_.  
a. 100 x 120 yard                                      b. 120 x 80 yard                                      c. 100 x 50 yard
- 5) First Olympic games were held in \_\_\_\_\_.  
a. 1800                                      b. 1815                                      c. 1896
- 6) Prize money for Dronacharya Award is \_\_\_\_\_.  
a. 5 lakhs                                      b. 7 lakhs                                      c. 10 lakhs
- 7) Davis Cup is associated with \_\_\_\_\_.  
a. Cricket                                      b. Tennis                                      c. Football

**b) Match the following (Any 5)**

- |                       |             |
|-----------------------|-------------|
| 1. Duleep Trophy      | 1. Football |
| 2. Santosh Trophy     | 2. Tennis   |
| 3. Fed Cup            | 3. Cricket  |
| 4. Abhinav Bindra     | 4. Chess    |
| 5. Vishwanathan Anand | 5. Shooting |
| 6. Headingley         | 6. England  |
| 7. Sabina Park        | 7. Kingston |

**c) State True / False (Any 5)**

1. The term free kick is used in Volleyball
2. Table Tennis is also called as Ping Pong
3. 1996 Olympic Games were held at Atlanta
4. C B W stands for Caught Behind Wickets
5. Ranji Trophy is associated with Football.
6. Wasim Akram took highest no's of wickets in ODI international.
7. The Headquarter of Olympic Committee located at Switzerland.

**Q.2.** Define fitness. Explain dimension of fitness 15  
OR

Discuss the method to promote the wellness. 15

**Q.3** Define physical education. Explain aims & objectives of Physical Education. 15  
OR

Distinguish between HRPF & SRPF 15

**Q.4.** Discuss Philip's JCR Test. 15  
OR

Discuss the Tests for Measuring flexibility. 15

**Q.5.** Discuss the effect of exercise on respiratory system 15  
OR

a. Exocrine Glands                                      b. BMI                                      c. B.O.D. 15  
d. Anaerobic Exercise                                      e. Social Health

\*\*\*\*\*