

TIME : 2:30 HRS

BP716NFCNSS

Seat No. _____

MARKS :75

- Note : 1) All Question are Compulsory
2) All Questions Carry Equal Marks
3) Figures to the Right side Indicate Marks.

Q-1 True or False : (Any - 8)

15M

1. The Motto of National Service Scheme is Not me but you.
2. The First Republic day camp of NSS volunteers was held in 1988.
3. The NSS Headquarter is located in jaipur.
4. The NSS Symbol is based on the Rath wheel of the konark sun Temple.
5. The NSS day is observed on 25th September every year.
6. World Environment day is observed in 5th June.
7. World Aids day is observed at 3rd December
8. New agriculture policy was started in the year of 2000.
9. The constitution of India was adopted and drafted by the constituent Assemble.
10. Flagship programme does not include Adopted village.

Q-1B Match the following (Any - 7)

A	B
1) ETI Mahotsav	a) National Youth Crop
2) Van Mahotsav	b) Disaster Management
3) Environment day	c) 24 th September
4) AIDS day	d) 1 st December
5) NSS day	e) Empanelled Training institutes
6) Avhan Camp	f) Not me but you.
7) NYC	g) 1988
8) First Republic day Camp of NSS Camp	h) New Delhi
9) NSS Headquarter	i) 1 st to 7 th July
10) Motto of NSS	j) 5 th June

7M

Q.2 Answer the following

- a) National Service Scheme (NSS) – its objectives/
- b) Explain Symbol of NSS.

15M

OR

- c) Process of socio Economics Survey.
- d) Socio – Economic survey – its Importance.

Q-3a. Explain the features of Indian Society

15M

b. Explain the Basic Social issues in India.

OR

- c. Division of Labour in India
- d. Cast System in India.

Q-4

- a. Inclusive growth – the concept and its features.
- b. Provisions Related to social Integrity

15M

OR

- c. Explain features of Indian Constitution?
- d. Social Justice – concept and its features.

Q-5a) Explain Benefit of Yoga

- b) National Integration – its Meaning and Importance.

OR

15M

c) Short Notes - (Any 3)

- 1. Report Writing
- 3. NSS Symbol
- 5. Gender Issues

- 2) Social Justice
- 4) National Integration

***** BEST OF LUCK *****

Duration: 2.30 Hrs.

CP716NFCPE-I

Marks: -75

- Note: -
- 1) All questions are compulsory
 - 2) All questions carry equal marks
 - 3) Figures to the right indicate maximum marks.

Q.1 Choose the correct alternatives: (Any Eight)

(08 M)

- 1) What is the suppleness called in other words?
a) Speed b) Strength c) Endurance d) Flexibility
- 2) The richest source of protein is
a) pulses b) Groundnut c) Soya bean d) Egg
- 3) The percentage of fat, bone, water and muscle in the human body is called.
a) Muscular endurance b) Muscular strength c) Body composition d) Flexibility
- 4) The Capability to control the body temperature is called.
a) Osmoregulation b) Thermodynamics c) Thermoregulation d) Regulation
- 5) Which organ of the human body stores glucose in the form of glycogen?
a) Lungs b) Liver and muscles c) Stomach & muscles d) Small intestine
- 6) Which of the following is called Metabolic regulators?
a) Vitamins & minerals b) Vitamins & water
c) Minerals & roughage d) Carbohydrates & Vitamin
- 7) Sport authority of India was formed in
a) 1984 b) 1983 c) 1985 d) 1986
- 8) Length of the Badminton court?
a) 40 feet b) 42 feet c) 46 feet d) 44 feet
- 9) When do celebrate international yoga day
a) 22 June b) 21 June c) 29 June d) 20 June
- 10) Water soluble vitamins include
a) Vitamin D b) Vitamin C c) Vitamin K d) Vitamin A

Q.1B) State the following as True or false (Any Seven)

(07 M)

- 1) Exercise is only helpful if you do 30 minutes every day.
- 2) Being physically active is expensive and one needs a lot of money for equipment.
- 3) Muscle weighs more than fat.
- 4) It is important for people of all ages to stay physically active.
- 5) Aerobic exercises include walking, running or anything that makes your heart beat faster.
- 6) Exercise can relieve body aches such as headaches by releasing natural pain killers into your brain called endorphins.
- 7) Rule of thumb for calorie requirement is basal metabolic rate x 2.0 (physical activity)
- 8) Stretching and range of movement exercises help maintain or improve the flexibility.
- 9) Endocrine gland secretes hormones that diffuse into the bloodstream
- 10) Goniometer helps to find the accurate tests of flexibility.

- Q.2 A) Write in detail about physical education? (08 M)
B) Explain the components of physical fitness? (07 M)
OR
C) Write the benefits of warming up and cooling down. (08 M)
D) Write in detail about benefits of exercise (07 M)
- Q.3 A) Explain in detail about the interesting facts about good physical health (08 M)
B) Explain concept and components of SRPF (07 M)
OR
C) Explain importance of physical fitness (08 M)
D) Explain the dimension of wellness. (07 M)
- Q.4 A) Write about the types of calculating body composition. (08 M)
B) Write the steps to find BMI of the body composition. (07 M)
OR
C) Write in detail about Goniometer (08 M)
D) Write about the calculation of 1 RM (07 M)
- Q.5 A) Write the effect of exercise in the musculoskeletal system. (08 M)
B) How to increase lung power and improve performance using exercise. (07 M)
OR
C) Write short notes on (Any 3) (15M)
a) Types of glandular system
b) Aerobic fitness
c) Physical education - importance
d) Hormone growth & development
e) Self defense activities

Bcom.

Duration: 2 1/2 Hrs

C716NFCNCCI

Marks:- 100

Note:- 1) All questions are compulsory

2) All questions carry equal marks

3) Figures to the right indicate maximum marks.

Q.1A) state the following statements are true or false:- (Any 8)**(08 M)**

- 1) There are 18 NCC Directorates in India.
- 2) J.Nehru is First prime minister of India.
- 3) Amit Shah is home minister of India.
- 4) NCC directorate of Maharashtra is located in Mumbai
- 5) Earthquake in natural disaster.
- 6) NDA is located in Delhi
- 7) NCC having 6 wings
- 8) Padmabhushan is gallantry award in India.
- 9) Unit and governance is motto of NCC
- 10) Sarojini Naidu was first lady PM.

Q.1B) Fill in the blanks :- (Any 7)**(07 M)**

- 1) NDA stands for _____.
- 2) The weight of SLR _____.
- 3) _____ DG of NCC.
- 4) _____ position is comfortable for firing.
- 5) CSD stands for _____.
- 6) The president of India given a _____ Salute.
- 7) _____ NCC directorates in India.
- 8) Adha dahima mud involves _____ degrees.
- 9) Pollution are _____ types
- 10) NCC was established in _____ years.

Q.2) Answer any 2 of the following:-

1) Explain NCC song with meaning?.

(08 M)

2) Explain the organizational set up of NCC.

(07 M)

or

1) Explain the need of national security?

(08 M)

2) Explain the role of Indian Army?

(07 M)

Q.3) Answer any 2 of the following:-

- 1) What are the qualities of a good citizen?
- 2) Write a brief account on benefits of NCC

(08 M)

(07 M)

or

- 1) Comment on India – Pakistan war.
- 2) Explain the term environmental degradation.

(08 M)

(07 M)

Q.4) Answer any 2 of the following:-

- 1) Explain the various activities of NGO's.
- 2) Explain the safety measures taken during cycling.

(08 M)

(07 M)

or

- 3) Explain the role of NDRF in national disaster
- 4) Write a importance of Hygiene

(08 M)

(07 M)

Q.5) Answer of the following: (Any 3)

(15 M)

- 1) Global warming
- 2) Terrorism
- 3) Changing nature of conflict
- 4) India china war
- 5) Covid -19

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