

[Time: Two Hours Thirty minutes]

[Marks: 75]

Please check whether you have got the right question paper.

- N.B: 1. All question are compulsory
2. each question having equal 15 marks

Q.1

Fill in the blanks with appropriate words. (any five)

15

- 1) First time Kabaddi game was introduced in Asian Games held at _____
a) Beijing b) Seoul c) New Delhi
- 2) L. B. W. Term is applied in the _____ Game
a) Hockey b) Cricket c) Base Ball
- 3) Grandslam title is given in _____ Game
a) Table Tennis b) Lawn tennis c) Badminton
- 4) 1994 Asian games was conducted at _____
a) New Delhi b) Beijing c) Badminton
- 5) smashing term is related to _____ game
a) Volleyball b) Handball c) Hiroshima
- 6) Madhumita Bist is the player of _____ Game
a) Tennis b) badminton c) Table Tennis
- 7) Length of cricket pitch is _____
a) 20 yard b) 22 yard c) 25 yard

B) Match the following. (any five)

- | | |
|--|----------------|
| 1) Netaji subhash National Institute of sports | 1) Mumbai |
| 2) Wankhede Cricket Stadium | 2) Patiala |
| 3) XIII Asian Games was organized | 3) Swimming |
| 4) Medaly & Individual medaly | 4) Bangkok |
| 5) Headquarter of Olympic games IOC | 5) Athletics |
| 6) under 17 football world cup | 6) Switzerland |
| 7) Mohamodan sport club in which city | 7) India |

C) Write the statement True or False

- 1) B. P. Cubertin was the founder of modern Olympic
- 2) Two times Olympic game was organized at London city
- 3) First Arjun Award was awarded to Mr. Prithivipal singh in Hockey Game
- 4) Tennis player Michael change was the player of Korja.
- 5) Deodhar Trophy is the Trophy of Cricket Game
- 6) Javahar Kesari was awarded to sport Journalist.
- 7) International champion Mr. Michael Farreira was the player of Biliard.

Q.2

Explain benefit of Physical Fitness and Exercise?

15

OR

Explain definition of Obesity and its Management

15

P.T.O

Q.P. Code : 07135

- Q.3 What is Ashtang Yoga and Explain types of Yoga? **15**
OR
Explain basic-module –time split for rest, sleep, diet, activity and recreation? **15**
- Q.4 Explain the principles of exercise (FITT)? **15**
OR
Explain in detail Factors responsible for communicable diseases? **15**
- Q.5 Explain in detail about Aids? And explain common symptoms, preventive measures and therapeutic aspects? **15**
OR
Write Short notes (attempt any three)
1) Positive attitude
2) Waist Hip Ratio **15**
3) The specificity principle
4) Kapalbhati pranayama
5) Sheetali pranayama
6) control over food habits
-

April - 2018

FYBcom (NCC) Sem - II

QP Code : 05199

(2½ Hours)

[Total Marks : 75

- N.B. :** (1) All questions are **compulsory**.
(2) Figures to the **Right** indicates full marks.
(3) Question **No.5** should attempt by **Army, Navy and Air wing Cadets** respectively.

1 A) Fill in the blanks (**Any Eight**)

1. A captain in the Army wears ---- on his shoulder in uniform.
2. National Defence Academy is located at -----
3. The highest gallantry award in Indian Army is -----
4. The application firing --- target is used for 0.22 rifle.
5. In 'BagalShastr' saluting is done by ----- hand.
6. While getting on parade with rifle, the rifle is carried at ----
7. Length of 5.56 INSAS is -----.
8. Principle of operation of 5.56 mm INSAS is -----.
9. The weight of 0.22 deluxe rifle is ----- kg.
10. ----- position is the most comfortable position for firing

08

B) State the following sentences are True or False (**Any Seven**)

1. Dahine dekh is given on ' left foot'
2. The length of spaces in slow march is 30 inch.
3. The speed of marching in girls BN Is 116 steps per min.
4. General salute is given to designation of the rank of Major General and above.
5. For the President of India the strength of guard of honour is 120 Cadets in three lines.
6. The distance between front line and rear line in 'Khuli line' chal 2 steps.
7. LMG is stripped in 7 main parts.
8. Kargil War is occurred in 1998.
9. The weight of 7.62 mm SLR 4.4 kg.
10. 'Signals is fighting arm.

07

2 a) Distinguish between manmade disaster and natural disaster.

08

b) Describe the functions of NCC cadet during the Cyclone.

07

OR

a) Discuss the various functions and duties of NCC cadets during and after disaster.

08

b) Discuss the various duties of defence organization.

07

3 a) Discuss the various needs of weaker section.

08

b) Describe in detail about National Social Assistance Programme.

07

OR

[TURN OVER

- a) Explain the various civil responsibilities of citizen.
b) Explain the role of NCC cadets in the awareness of HIV-AIDS. 08
07
- 4 a) Discuss about contagious disease and their preventive measures.
b) Explain the various types of Hygiene. 08
07
- OR**
- a) Discuss in brief about Sanitation.
b) Explain in detail about Personal Hygiene. 08
07
- 5 Write Short note on **Any Three** of the following (ONLY FOR ARMY) 15
1. Scales and Grid systems.
 2. Prismatic compass.
 3. Description of Ground.
 4. Cardinal points.
 5. Types of North.
- OR**
- 5 Write Short note on **Any Three** of the following (ONLY FOR NAVY) 15
1. Duties of various Communication Subdepartments.
 2. Parts of anchor.
 3. Types of boats.
 4. Steering of boat under oars.
 5. Transmission of Message.
- OR**
- 5 Write Short note on **Any Three** of the following (ONLY FOR AIR) 15
1. Air craft controls.
 2. Basic flight instruments.
 3. History of Aeromodelling.
 4. Material used in Aeromodelling.
 5. Flying of Aeromodels.