

**Duration: 2 1/2 Hrs****Marks: - 75****Note:-****1) All Questions are compulsory****2) Figures to the right indicate maximum marks.**

Q1A) Multiple Choice Questions ( Any 8)

(8M)

- 1) The \_\_\_\_\_ is a Central Scheme of Government of India, ministry of youth affairs and sports. CO1(R)  
 a) National Service Scheme    b) National Society Scheme    c) Organsiation    d) Business
- 2) The motto of National Service scheme is \_\_\_\_\_. CO1(R)  
 a) Me and You    b) Not me but you    c) All citizens    d) We all
- 3) The First Republic Day Camp of NSS volunteers was held in \_\_\_\_\_. CO2(R)  
 a) 1987    b) 1990    c) 1988    d) 2000
- 4) What is overall objectives of NSS \_\_\_\_\_. CO2(U)  
 a) Development of student through community    b) Education    c) To achieve goals    d) Participation
- 5) The \_\_\_ colour in the badge indicate that the NSS volunteers are full of blood c lively , active. energetic and full of high spirit. CO2(A)  
 a) Red    b) Yellow    c) Mary blue    d) White
- 6) NSS headquarter located in \_\_\_\_\_. CO1(U)  
 a) Jaipur    b) Rajasthan    c) New Delhi    D) Udaipur
- 7) The NSS symbol is based on \_\_\_\_\_ suited in Odisha CO1(R)  
 a) Ram Temple    b) Konark Temple    c) Narayan Temple    d) Religion Temple
- 8) What NIC means CO1(R)  
 a) National Internet Camp    b) National Integration Camp    c) National Inter Camp  
 d) National International Camp
- 9) When is world environment day observed CO1(R)  
 a) 5<sup>th</sup> July    b) 15<sup>th</sup>-20<sup>th</sup> July    c) 1<sup>ST</sup>-10<sup>th</sup> Oct    d) 1<sup>st</sup> to 5<sup>th</sup> September
- 10) When is world Aids Day is observed CO1(U)  
 a) 5<sup>TH</sup> July    b) 5<sup>th</sup> June    c) 6<sup>th</sup> April    d) 4<sup>TH</sup> May

Q1B) True or False (Any 7)

(7M)

- 1) Observation is primary source of data. CO1 (R)
- 2) Avan Camp relates to disasters. CO1 (R)
- 3) Utkrash Camp relates to cultural activities. CO2 (U)
- 4) Positive attitude is a mechanism of conflict resolution. CO1 (R)
- 5) Account book is not a part of NSS documents. CO1 (A)
- 6) Process of Ice breaking creates new friends. CO2 (U)
- 7) Evolution is last stage of planning. CO1 (R)
- 8) Beti Bachao Beti Padhao is government program. CO1 (A)
- 9) NSS volunteer has to dedicated total 240 hours of social service in two years. CO2 (U)
- 10) The duration of NSS activity is 120- hours. CO2 ( R)

(12)

Q2) Answer the following 15M

- a) National Service scheme its objective CO1 (R)
- b) Socio. Economics Survey – its meaning and need CO1 (R)

Or

- b) Process of Socio – economic survey CO2 (U)
- c) Explain NSS Badge CO1 (R)

Q3) Answer the following 15M

- a) Explain Leadership Training CO1 (R)
- b) Explain the Term Communication Skills CO2 (R)

or

- c) Justify Activity Report Writing CO2 (U)
- d) Explain the Term Team building CO2 (R)

Q4) Answer the following 15M

- a) Explain the term Ice- Breaking CO1 (U)
- b) Program Planning the concept and its Features CO1 (R)

Or

- c) Process of communication CO2 (R)
- d) What do you mean by Press Report CO2 (R)

Q5) Answer the Following 15 M

- Q5A) Government Organization – its meaning and functions CO1 (U)
- Q5B) Non-Government Organization in its meaning and functions CO1 (U)

OR

- Q5C) Schemes of Government for community development CO1 (U)
- Q5D) Explain Functions of NGO CO2 (R)

Q5E) Short Notes ( Any 3) 15 M

- 1) Design of questioner Co1 (R)      b) Report Writing Co1 (R)      3) Non Verbal Communication Co1 (U)
- 4) Interaction Games Co1 (R)      4) Data Analysis Co1 (R)

Duration: 2<sup>1/2</sup> Hrs

B219A23NCC

Marks: - 75

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

- Q1A) State the following sentence are True or False (any 8) (CO1, 2 – R) (8M)
- 1) NCC is the biggest youth origination in the world.
  - 2) The President of India is given a general salute.
  - 3) Adha dahine mud involves 60 degrees.
  - 4) The angle formed between toe to toe in attention in 45 degree.
  - 5) Lt. Gen. Amar Sing is DG of NCC.
  - 6) Ajit Dowal is the National Security Advisor.
  - 7) There are 18 NCC Directorates in India
  - 8) NCC was established in 1960.
  - 9) Lying position in the most comfortable position for firing.
  - 10) The weight of SLR is 8 lbs to 10 ox.
- Q1B) Fill in the blanks (any 7) (CO1, 2, R) (7M)
- 1) CDS stands for \_\_\_\_\_.
  - 2) India's first aircraft carrier is \_\_\_\_.
  - 3) NDA stands for \_\_\_\_\_.
  - 4) Highest gallantry awarded in the county \_\_\_\_.
  - 5) \_\_\_\_\_ is the National Security Advisor.
  - 6) NDA located in \_\_\_\_\_.
  - 7) The Directorate of Maharashtra is located in \_\_\_\_\_.
  - 8) Unity and \_\_\_\_\_ is the motto of NCC.
  - 9) India first Home Minster \_\_\_\_\_.
  - 10) \_\_\_\_\_ is the president of India.
- Q2 A) Explain the structure of NCC organization. (CO1, Eva) (8M)  
B) Explain the Role of NCC cadets towards society. (CO1, APP) (7M)
- OR
- a) What are good qualities of good listener? (CO1, 2, ANA) (8M)
  - b) What are different Types if skills used in our day to day life? (CO1, APP) (7M)
- Q3) a) Explain the Role of Indian Army. (CO1,2 Eva) (8M)  
b) Explain the concept of Terrorism. (CO1, 2 R) (7M)
- OR
- a) Explain the Role of NCC cadets during National Disasters. (CO1-U,R) (8M)
  - b) Explain the various camps of NCC. (CO1-2 APR) (7M)
- Q4 A) Why National Unity is important? (CO1 – U) (8M)  
B) Explain the Role of NDRF. (CO2, APP) (7M)
- OR
- a) Explain the various challenges towards nation. (CO1, U) (8M)
  - b) Discuss the importance of 'Hygiene in our day to day life. (CO1,2, U) (7M)
- Q5) Write short note (any three) (Co1,2,3, R,U) (15M)
- 1) Environmental Degradation
  - 2) Terrorism
  - 3) Naxalism
  - 4) Kashmir dispute
  - 5) India Pakistan Relation

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Duration: 2<sup>1/2</sup> Hrs

B219A23PE

Marks: - 75

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

- Q.1.A) Choose the correct alternatives: (Any 8) CO1 to CO4 (8M)
- 1) Yoga improves \_\_\_\_\_. (Back pain, Flexibility, Stress, Depression)
  - 2) Which of the following is not a component of physical fitness?(Endurance, Alertness, Strength, Agility)
  - 3) Physical fitness increase \_\_\_\_\_. (Energy level, Recovery time, Blood pressure, aging process)
  - 4) Aerobic activity means \_\_\_\_\_. (With strength, with oxygen, without oxygen, without strength)
  - 5) Physical fitness score(PFS) is good if \_\_\_\_\_. (80-89, 70-79, 60-69, 50-59)
  - 6) Niyama means \_\_\_\_\_. (Observances, Postures, meditation, Withdrawal)
  - 7) \_\_\_\_\_ can sometimes lead to weight gain. (Diet, Depression, Good sleep, Exercise)
  - 8) Which one is not a cause of obesity?(Growing older, Not sleeping, Pregnancy, Exercise)
  - 9) Humans and animals which serve as reservoirs for infectious agents are known as \_\_\_\_\_.  
(Infected host, Defected host, transmission host, developed host)
  - 10) 18.5-24.9 is a measurement of \_\_\_\_\_. (Underweight, Normal or healthy weight, Overweight, Obese)
- B) State whether the following statements are true or false. (Any 7) CO1 to CO4 (7M)
- 1) Physical fitness does not improve the mood by reducing depression and anxiety.
  - 2) 25.0 to 29.9 is an obese value.
  - 3) Communicable disease also known as infectious disease.
  - 4) 7 to 9 AM should be breakfast time for biological clock.
  - 5) Postures are not important in modern yoga in exercise.
  - 6) Raised blood pressure is a NCD.
  - 7) Samadhi means putting together, union.
  - 8) Yoga helps manage stress.
  - 9) Obesity is associated with heart disease.
  - 10) FITT means frequency intensity time & type.
- Q.2. A) Explain benefits of physical fitness and exercise? CO1(U) (8M)  
 B) Explain definition of obesity and its management. CO1(U) (7M)
- OR
- C) Explain the common symptoms, preventive measure and therapeutic aspects of cancer. CO1(U,A) (8M)  
 D) Write about importance of physical fitness. CO1(U) (7M)
- Q.3. A) Explain direct and indirect effects of obesity management. CO2(U,A) (8M)  
 B) Write about types and symptoms of communicable disease. CO2(U) (7M)
- OR
- C) Write four types of non-communicable disease. CO2(R) (8M)  
 D) Explain modifiable & metabolic risk factors of NCD. CO2(U) (7M)
- Q.4. A) what is yoga & elements of yoga. CO3(R,U) (8M)  
 B) Define Pranayama and its components. CO3(R) (7M)
- OR
- C) Write about benefits of Asanas & Pranayama. CO3(R) (8M)  
 D) Explain history of yoga. CO3(R) (7M)
- Q.5. A) Explain the daily schedule of an achieving quality of life & wellness. CO4(R) (8M)  
 B) Explain about Biological Clock. CO4(R) (7M)
- OR
- C) Write short notes on: (Any 3) (15M)
- 1) Control over food habits. CO1(R)
  - 2) 7 habits of mornings. CO4(U)
  - 3) Prevention & control of non-communicable disease CO2(U,F,A)
  - 4) Plyometric training CO4(R)
  - 5) 8 limbs of yoga CO3(U & F)