

Please check whether you have got the right question paper.

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

Q.1 A) Fill in the blanks (Any Eight)

08

1. List of reference books is a part of _____.
a) Data collection b) Data analysis c) Report writing
2. Period between two census in India is _____.
a) 5 years b) 10 years c) 15 years
3. Prerna camp organised at _____ level.
a) District b) State c) University
4. Inventory of articles purchased is a part of _____.
a) Enrollment register b) Volunteer Diary c) Stock register
5. Annual report writing is _____ activity.
a) Pre camp b) During camp c) Post camp
6. Conflict between controversial motives means _____.
a) Personal conflict b) Interpersonal conflict c) Intragroup conflict
7. Gram Panchayat is _____ organization.
a) Government b) Peoples c) Non government
8. Leader of Narmada Bachao Andolan is _____.
a) Medha Samant b) Medha Purohit c) Medha Patkar
9. Founder of Vanrai (NGO) is _____.
a) M. K. Gandhi b) Ramchandra Guha c) Mohan Dhariya
10. The headquarter of UNICEF is at _____.
a) Newyork b) Parris c) Chicago

Q.1 B) State the following statement whether true of false. (Any Seven)

07

1. Observation is primary source of data.
2. Millennium Development Goals are nine.
3. Avan camp relates to disaster management.
4. Positive attitude is a mechanism of conflict resolution.
5. Gender mean social inequality between male and female.

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6. Account book is not a part of NSS documents.
7. Process of Ice breaking create new friends.
8. Evaluation is last stage of planning.
9. Beti Bachao Beti Padhao is a government programme.
10. Name of Anna Hajare relates to Hiware bajar village.

- Q.2** Define social survey. Explain planning of social survey. **15**
- OR**
- a) Write a brief note on group living. **08**
- b) Discuss on planning for residential camp. **07**
- Q.3** Attempt a review community activities conducted by NSS. **15**
- OR**
- a) Write a brief note on 'NSS accounting.' **08**
- b) Explain qualities of leadership. **07**
- Q.4** Define conflict. Explain mechanism of conflict resolution. **15**
- OR**
- a) Discuss the process of Ice breaking **08**
- b) Explain the characteristics of planning. **07**
- Q.5** Write an essay on 'Government scheme on Women empowerment.' **15**
- OR**
- a) Discuss the classification of NGO. **08**
- b) Write a brief note on 'Mid-day meal scheme.' **07**

Please check whether you have got the right question paper.

- 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

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

08

- 1 The length of spaces in slow march is _____ inch.
- 2 In Tejchal samne salute is completed in _____
- 3 The distance between front and rear line in Nikat line chal is _____
- 4 In 'BagalShastra' position, saluting is done by _____
- 5 The speed of marching in Girls BN is ---- steps per min. While
- 6 While getting on parade with rifle , the rifle is carried at _____
- 7 LMG is stripped in _____ groups
- 8 Length of 5.56 mm INSAS is _____
- 9 Weight of 0.22 deluxe rifle is _____
- 10 For application firing ---- target is used for 0.22 rifle.

Q 1 (B) State the following sentences are True or False (Any Seven)

07

- 1 The length of spaces in slow march is 15 inch.
- 2 The distance between front line and rear line in Nikat line chal is 3 steps.
- 3 Bharat Ratna is the highest gallantry award during war.
- 4 The speed of marching in girls BN is 118 steps per min.
- 5 Principle of operation of 5.56 mm INSAS is Gas.
- 6 Laying position is the most comfortable position for firing
- 7 National Defence Academy is located at Pune
- 8 While marching on parade command 'Baen Mur' is given on right Foot.
- 9 Killing range of 0.22 rifle is 30 meters
- 10 Indo - China war occurred in 1962

Q 2 a) Explain in detail about civil defence organization

08

b) Distinguish between manmade disaster and natural disaster

07

OR

a) Describe the functions of NCC cadet during the Cyclone

08

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

07

Q 3 a) Discuss the various needs of weaker section

b) Explain in detail about SwarnaJayanti Gram SwarajgarYojana(SGSY)

OR

a) Discuss the role of NCC cadet in social welfare

08

b) Discuss the various preventive measures of HIV-AIDS

07

Q.P. Code :05200

- Q 4 a) Discuss about contagious diseases and their preventive measures 08
b) Discuss the structure of human body 07

OR

- a) Explain in detail about Personal Hygiene 08
b) Discuss in brief about Sanitation. 07

- Q 5 Write short note on any three of the following(only for Army) 15

- 1 Contours and Gradients
- 2 Types of Bearings
- 3 GPS (Global Positioning System).
- 4 Description of Ground.
- 5 Conventional signs.

OR

Write short note on any three of the following (only for NAVY)

- 1 Parts of anchor. 15
- 2 Types of boats.
- 3 Steering of boat under oars.
- 4 Transmission of Message.
- 5 Naval communication.

OR

- Q 5 Write short note on any three of the following (only for Air) 15

- 1 History of Aeromodelling
- 2 Material used in Aeromodelling
- 3 Air craft controls
- 4 Building of Aeromodels
- 5 Basic flight instruments.

Duration 2 ½ hrs.

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) The term 'Jockey' is associated with _____.
 a) Horse racing b) Car racing c) Bike racing
- 2) There are _____ players in a Volleyball team.
 a) 12 b) 14 c) 18
- 3) Judo was founded by _____.
 a) Dr.Jigoro Kano b) F.H.Ludwig c) Ronaldo
- 4) There are _____ runners in a team in 4 X 400 relay race.
 a) Four b) Ten c) Five
- 5) Vijender Singh is related to _____ game.
 a) Wrestling b) Boxing c) Judo
- 6) The terms 'Off-Break' is used in _____.
 a) Cricket b) Football c) Table Tennis
- 7) Birthday of _____ is celebrated as National Sports Day.
 a) Maj. Dhyanchand b) Sachin Tendulkar c) K.D. Jadhav

B) **Match the following columns I with columns II**

	Column A	Column B
1)	Saina Nehwal	42.195 kms
2)	Rohan Bopanna	Wrestling
3)	Greeko Roman style	Cricketer
4)	Marathon race	Boxing
5)	Suresh Raina	Lawn Tennis
6)	Mary Kom	Swimming
7)	Butterfly stroke	Badminton

C) **Write True or False :-**

1. India hosted winter Olympic Games in 2018.
2. The term 'Free Kick' is used in Football.
3. The term 'Deuce' is used in Lawn Tennis.
4. LBW stands for Leg before Wicket.
5. 'By God's Grace' book was written by Kapil Dev.
6. The word 'Karate' means Bare hands.
7. Basket Ball team consists of 12 players.

Q.P. Code: 36032

Q.2. Explain principles of exercise (FITT)?

15 Marks

OR

Write in detail about Methods of training – continues training, Interval training, circuit training, Fartlek training and Plyometric training. ?

Q.3 What is Tuberculosis ? Explain its Common Symptoms and write Preventive Measures and therapeutic aspects?

15 Marks

OR

What is means by Niyama? Explain five principles of Niyama?

Q.04. Explain definition of obesity and its Management?

15 Marks

OR

Explain The Overload Principle & The F.I.T.T.Principle?

Q.5. What is Ashtang Yoga and Explain types of Yoga?

15 Marks

OR

Short Notes (Attempt Any Three)

01. The Rest and Recovery Principle

02. Target Heart Rate

03. Frequency

04. Continues Training

05. The Specificity Principle

06. Waist Hip Ratio