

COM115NCC22

[Duration: - 2 ½ Hours]

[Marks 75]

Note: 1. All questions are compulsory.

2. Figures to the right indicate full marks.

3. Students will be allowed 15 Minutes extra time per hour.

PART B

Q.2 - Answer the Following - (Any One out of Three)

(10 M)

- a) Explain in Detail NCC Organization
- b) Explain the contribution of NCC cadets towards Nation.
- c) Write a Genesis of NCC.

Q.3 - Answer the Following - (Any One out of Three)

(10 M)

- a) What are the qualities of good citizen.
- b) What are the different types of skills used in our day to day life
- c) What do you understand by leadership what are the qualities of leader.

(P.T.O)

**Q.4 - Answer the Following - (Any One out of Three)**

**(10 M)**

- a) Why national Security is essential.
- b) Explain the concept of Global Warming.
- c) Explain the role of health in our life .

**Q.5 - Answer the Following - (Any One out of Three)**

**(10 M)**

- a) Explain the safety measures taken during swimming
- b) Discuss the barriers to effective communication.
- c) How would we know if someone is not listening to us.

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COM115NSS22

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**PART B**

**Q.2 - Answer the Following - (Any One out of Three)**

(10 M)

1. Explain the term NSS
2. Explain Socio economic survey
3. Process of Socio-economic survey

**Q.3 - Answer the Following - (Any One out of Three)**

(10 M)

1. Explain term leadership training
2. Explain the concept, Verbal and Non-Verbal communication
3. What do you mean by report writing

(P.T.O)

FCO-NSS  
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**Q.4 - Answer the Following - (Any One out of Three)**

(10 M)

1. What do you mean by conflict and measure to solve it.
2. Explain Programme planning- the concept and its features
3. Explain the term Ice breaking and interaction games

**Q.5 - Answer the Following - (Any One out of Three)**

(10 M)

1. Government organizations its meaning functioning
2. Non-Government organizations its meaning , functioning
3. Government schemes for community development

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Seat Number: - \_\_\_\_\_

Signature of Supervisor with Date:- \_\_\_\_\_

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**PART A**

**Q. 1 Multiple Choice Questions**

(35M)

1. The first Republic Day Camp of NSS Volunteers was held in \_\_\_\_\_.  
a. 1987      b. 1990      c. 1988      d. 2000
2. What is the overall objective of NSS?  
a. Development of Student's personality through community service.      b. Only Education  
c. To achieve goal      d. Participation
3. The NSS Headquarter located in \_\_\_\_\_.  
a. Jaipur      b. Rajasthan      c. New Delhi      d. Udaipur
4. The NSS day is observed on \_\_\_\_\_ every year  
a. 25<sup>th</sup> September      b. 23<sup>rd</sup> September      c. 24<sup>th</sup> September      d. 28<sup>th</sup> September
5. \_\_\_\_\_, NSS Certificate and Identity card are the pride of NSS Volunteers  
a. NSS Badge      b. Attendance      c. Participation      d. goal
6. When is world environment day observed?  
a. 5<sup>th</sup> July      b. 5<sup>th</sup> June      c. 6<sup>th</sup> April      d. 4<sup>th</sup> May
7. 'AVHAN' camp relates to \_\_\_\_\_.  
a. Leadership training      b. Disaster Management      c. Cultural Activity      d. Adventure camp
8. Social Problems are treated with social reform and.....  
a. Social legislation.      b. social work      c. social sciences.      d. social service
9. The idea of 'concurrent list' in the Indian constitution is taken from the Constitution of .....?  
a. Ireland      b. Canada      c. Australia      d. Japan
10. \_\_\_\_\_ is the source of all the power that people delegate to political institutions and authorities.  
a. Constitution      b. Agreement      c. Contract      d. Deed
11. \_\_\_\_\_ is the vital tool for tying the society together.  
a. Language      b. Science      c. Religion      d. Culture
12. The official language of Indian Union is \_\_\_\_\_.  
a. English      b. Sanskrit      c. Malayalam      d. Hindi
13. \_\_\_\_\_ is the secondary official language.  
a. English      b. Tamil      c. Gujarati      d. Urdu
14. The Dravidian languages belong to \_\_\_\_\_ India  
a. East      b. West      c. North      d. South
15. The state of Maharashtra has \_\_\_\_\_ language as listed in the eighth schedule as its sole official language .  
a. Hindi      b. Konkani      c. Marathi      d. Malvani
16. The term caste is derived from \_\_\_\_\_ word 'caste' meaning breed or lineage.  
a. French      b. Sanskrit      c. Latin      d. Spanish
17. The social and political forces that influence the growth of a human being are defined as  
a. culture      b. public policy      c. demography      d. religion
18. The Official Languages Act, 1963 itself was amended in  
a. 1965      b. 1967      c. 1966      d. 1968
19. \_\_\_\_\_ in Tripura though not listed in the Eighth Schedule is the official



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**PART B**

**Q.2 - Answer the Following - (Any One out of Three)**

**(10 M)**

1. Explain in detail about how exercise helps to prevent or manage many health problems and concerns.
2. Explain important factors of physical fitness and exercise?
3. Explain - continuous training, interval training.

**Q.3 - Answer the Following - (Any One out of Three)**

**(10 M)**

1. Explain in detail about the effect of Psychological factors due to obesity.
2. Explain in detail about Corona? And explain common symptoms, preventive measures and therapeutic aspects?
3. Explain the preventive and therapeutic aspects of communicable diseases.

**(P.T.O)**

**Q.4 - Answer the Following - (Any One out of Three)**

1. Explain in detail about the technique of Pranayama.
2. Write about the meaning and history of yoga.
3. Explain in details about the Dharana and Samadhi.

**Q.5 - Answer the Following - (Any One out of Three)**

1. Explain in detail about the balanced diet.
2. Explain a daily routine of exercise based upon one's attitude, gender, age and occupation?
3. Explain about the principles to achieve quality of life

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