

Note : 1) All Questions are compulsory.
2) Figures to the right indicate full marks.

- Q.1 A) State whether following statements are True / False. 8 M**
- 1) Diabetes is a lifestyle disease.
 - 2) Killari earthquake occurred in 1996.
 - 3) Washing hand before eating has no significance.
 - 4) International Yoga Day is celebrated on 21st August.
 - 5) Wind Energy is clean energy.
 - 6) Rationalism is characteristic of modern society.
 - 7) Natural disaster cover large area.
 - 8) Technology support prevention from disaster.
- B) Match the pair. 7 M**
- | A | B |
|----------------------|----------------------------------|
| 1) Women Empowerment | a) Soil |
| 2) HIV | b) Abnormal Cell Growth |
| 3) Natural Disaster | c) Conditima Maternity Benefit |
| 4) Environment | d) Earthquake |
| 5) Natural Resources | e) Man made disaster |
| 6) Riot | f) Human immunodeficiency Virus |
| 7) Cancer | g) Everything that is around us. |
- Q.2. 1) Explain Indian Value System & its features. 15M**
- OR**
- 1) Any five schemes for Woman Empowerment. 8 M
2) Social Responsibility of every indian. 7 M
- Q.3. 1) What do you mean by Disaster preparedness? 15M**
- OR**
- 1) Any two natural disaster with suitable example 8 M
2) Role of technology in disaster. 7 M
- Q.4. Explain natural resources briefly. 15M**
- OR**
- Write short notes. (Any 3) 15 M
- | | |
|-------------------------------|-----------------------------|
| 1) HIV / Aids | 2) Non-conventional energy. |
| 3) Manmade Disaster (Any - 2) | 4) Woman Empowerment |
| 5) Disaster Cycle | |
- Q.5. 1) Explain malarial, its causes & prevention models. 15 M**
- OR**
- 1) Features of Natural Resources 8 M
2) Avhan Camp 7 M

Note : 1) All Questions are compulsory.
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- Q. 1) A) State the following sentences are True or False. (Any Eight) 08
- 1) Kashmir is union Territory.
 - 2) NCC head quarter of maharashtra is in Nagpur.
 - 3) Earthquake is a man made disaster.
 - 4) There are 18 NCC directorate in India
 - 5) President of India is given general salute
 - 6) Adha dahine mud involves 90 degree.
 - 7) The weight of 7.62 mm SLR is 5.00 kg.
 - 8) Dahina dekh is given on right foot.
 - 9) Bharat chodo andolan was started from mumbai.
 - 10) Drill are of three types.
- Q. 1) B) Fill in the Blanks :- (Any Seven) 07
- 1) _____ is the dance style of orisa.
 - 2) National Anthem is written by _____
 - 4) The angle between savdhan position is _____ degree.
 - 5) _____ is the unit measurement of Noies.
 - 6) The word of command is given on _____ foot.
 - 7) NDA is located at _____
 - 8) Unity and _____ is the motto of NCC
 - 9) NDA stands for _____
 - 10) The word of command consists of _____ parts.
- Q. 2. a) What are the types of pollution? 08
- b) State the various types of natural disasters. 07
- OR**
- a) What is the benifit of join NCC 08
- b) Explain the Role of NCC cadet in conservation of natural resources. 07
- Q. 3. a) Explain the concept of fire and state the modes of fire. 08
- b) Explain in brief how to control corruption 07
- OR**
- a) Discuss the role of NCC cadet in social welfare. 08
- b) Discuss the various preventive measures of HIV-AIDS 07
- Q. 4. a) Enlist the various items include in the first aid box. 08
- b) Give an account of formation of squad drill. 07
- OR**
- a) Explain the various Activities of NGO'S 08
- b) Enlist the fire fighting equipments
- Q. 5. Write a short note. (Any Three) 15
- a) Ranks in army
 - b) Types of communication
 - c) NCC song
 - d) Article 370
 - e) Types of knots.

**Note : 1) All Questions are compulsory.
2) Each question carry 15 marks.**

Q.1 A) Fill in the Blanks. (Any Five)

5 M

- 1) The height of the Volley ball net for men is _____.
a) 2.40 m b) 2.24 m c) 2.3 m
- 2) _____ is the winner of Women Single in Wimbledon 2015.
a) Serena William's b) Venus Williams c) Sania Mirza
- 3) Syed Modi is associated with _____ Game.
a) Kabaddi b) Polo c) Badminton
- 4) _____ is the measurement of Men Kabaddi game.
a) 10 x 12 mtr. b) 10x13 mtr. c) 8x12 mtr.
- 5) _____ scored 286 run in Deodhar trophy.
a) Sachin Tendulkar b) Wasim Jaffer c) Rohit Sharma
- 6) Mrs. Mary Kom secured _____ medal in Boxing.
a) Bronze Medal b) Silver Medial c) Gold Medal.
- 7) _____ qualified for Tokyo Olympic 2020.
a) Ramsingh b) Avinash Sable c) Shrikant Kadambi

B) Match the pairs (Any Five)

5 M

- | | |
|------------------|----------------|
| 1. Mid on | 1. Kabaddi |
| 2. Shifting | 2. Cricket |
| 3. Lay up shot | 3. Basket ball |
| 4. Steeple Chess | 4. Boxing |
| 5. Smash | 5. Athletic |
| 6. Punch | 6. Volley Ball |
| 7. Raiding | 7. Golf |

C) Write the sentences True / False. (Any 5)

5 M

- 1) Reliance cup was awarded to Cricket team.
- 2) Leg Break is related to Hockey game.
- 3) Vishwanathan Anand is World Class Chess Player.
- 4) India hosted FIFA under 17 Football World Cup in 2017.
- 5) Measurement of the Basketball court is 25 mtr x 15 mtr.
- 6) B.P. Cubertin was founder of modern Olympic.
- 7) Deepa Karmkar was Bronze medal at Rio Olympic.

Q.2. Explain role of nutrients in promotion of health.

15 M

OR

Explain regulation of water in a body.

15 M

Q.3. What do you mean by holistic health? Explain.

15 M

OR

Explain Myths & Misconception about personal fitness.

15 M

Q.4. Explain sport injuries in detail.

15 M

OR

Distinguish between HARM & RICE Protocol.

15 M

Q.5. Explain importance of sport training

15 M

OR

Short Notes (Any three)

15 M

- | | | |
|--------------------|-----------------------------|--------------|
| 1. Micro Nutrients | 2. Hypertension | 3. First Aid |
| 4. BMI | 5. Cardiovascular Endurance | |
