

3444F
(11)

Time: 2:30 hrs

Total Marks: 75

- Note:**
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.

Q1.A) State the following sentences are True or False (Any Eight). (08)

1. Plague is transmitted by Dog bite.
2. There are 206 bones in human body.
3. The highest Gateway of India is Buland Darwaja at Fatehpur Sikri.
4. General is highest rank in Army.
5. The strength of guard of honors for Vice President is 100 cadets.
6. Magazine capacity of 5.56mm INSAS Rifle is 20 rounds.
7. There are 18 NCC Directorates in India.
8. There are three officer training academies of Indian Army.
9. Army Day is celebrated on 15th January every year in India.
10. Uttar Pradesh is the smallest state according to population.

Q1.B) Fill in the blanks (Any Seven) (07)

1. INGO stands for -----.
2. ----- is the Chief of Indian Army.
3. In 'Daud Ke Chal' cadets takes ----- steps.
4. In an Army contingent ----- is the total strength of cadets.
5. Salami Shastra has ----- no. of movements.
6. Visarjan is a word of command for -----.
7. INSAS stands for -----.
8. ----- is the Capital of Jharkhand.
9. There are ----- commands in Indian Army.
10. North is of ----- types.

Q2) a) How does NCC training create National Integration awareness among the cadets. (08)

b) Explain the importance of National Integration. (07)

OR

- a) Explain the importance of National Integration for National Development. (08)
- b) What are the various religions in India? (07)
- Q3 a) What are the qualities of good drill instructor? (08)
- b) Explain the various aims of cycle expedition. (07)
- OR
- a) Explain the various types of adventure activities. (08)
- b) Discuss the safety measures taken during the camps. (07)
- Q4 a) What are the causes of environmental degradation? (08)
- b) Explain the causes and consequences of noise pollution. (07)
- OR
- a) What is the role of NCC in personality / character development? (08)
- b) Explain the role of leader in conflict management? (07)
- Q5 Write Short note on any Three of the following (ONLY FOR ARMY) (15)
1. Honors and Awards in Army.
 2. Organization of Infantry Battalion.
 3. Assembling and cleaning of INSAS Rifle.
 4. Latest trends in Information Technology.
 5. War movies
- OR
- Q5 Write Short note on any three of the following (ONLY FOR NAVY) (15)
1. Naval Customs and Traditions.
 2. Organisation of Ship.
 3. Breathing techniques in Swimming.
 4. Types and Models of Ship and boat.
 5. Modes of entry into Indian Navy.

OR

Q5 Write Short note on any three of the following (ONLY FOR AIR) (15)

- 1 Branches of the IAF.
- 2 Aerofoil.
- 3 Types of Engines.
- 4 Aviation Medicine.
- 5 Lift and Drag.

Total Marks 75

Duration: 2½ hrs.

N.B.:

- All questions are compulsory
- All questions carry equal marks

Q.1 A: Choose correct words and rewrite statements (Any Seven) 07

1. Lesson of panchshil is given by
a) Gautam Buddha b) MK Gandhi c) Dr Ambedkar.
2. The concept of missing women introduced by
a) Amartya Sen b) MK Gandhi c) Amar Sen
3. The period of Sendai convention is
a) 2005-2010 b) 2015-2020 c) 2015-2030
4. Avan camp transferred from NCC to NSS since
a) 2011 b) 2012 c) 2014
5. Is example of Biological Hazard.
a) Swine flue b) Flood c) Earthquake
6. The declaration of world Alma Ata conference is....
a) Education for all b) Right to education c) Health for all
7. Is highly populated city in the world by W. H. O. report 2014
a) Delhi b) Mumbai c) Chicago
8. Sustainable development goals are
a) Eight b) Ten c) Seventeen
9. Increase in blood sugar is related to
a) Cancer b) Malaria c) Diabetes
10. Coal based power is an example of Power.
a) Conventional b) Non conventional c) Clean.

B: State whether following statements are True/False (Any Eight) 08

1. Millennium development goals are eight.
2. Washing hand before eating has no significance.
3. Diabetes is a Lifestyle disease.
4. Bhuj earthquake occurred in 2002.
5. Shirpur pattern is related to forest conservation.
6. Wind energy is non conventional energy.
7. International yoga day is celebrated on 21st June.
8. Rationalism is a characteristic of modern society
9. Eleven vows are given by Indra Gandhi
10. Eradication of untouchability act is based on the value of equality.

Q 2. Explain in detail MK Gandhi's eleven vows. 15

- A) Discuss in brief Indian value system. 08
- B) Write the concept of women empowerment. 07

Q 3. Define disaster. Explain the types of disaster. 15

- A) Write a note on disaster management. 08
- B) Write an essay on AVHAN Camp 07

Q 4. Discuss the importance of health in human development. 15

- A) Explain the effects of diabetes. 08
- B) Write a brief note on ASHA Worker. 07

Q 5. Explain in detail about environmental degradation. 15

- A) What are the types of energy. 08
- B) Write a note on sustainability. 07

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Q. P. Code: 30293

(Time: 2 1/2 Hours)

(Total Marks: 75)

N.B. : (1) All the questions are compulsory.

(2) Each question carries 15 Marks

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

(05 Marks)

- 1) Donald Bradman was associated with
 - a) Volleyball
 - b) Baseball
 - c) Cricket
- 2) Gary Kasparov is associated with
 - a) Karate
 - b) Chess
 - c) Judo
- 3) _____ is the attacking skills in Volley ball.
 - a) Spiking
 - b) Lifting
 - c) Tossing
- 4) _____ strength is developed by using resistance training.
 - a) Muscular
 - b) neuro Muscular
 - c) Mental
- 5) There are _____ cross lane which across the small squares in Kho-Kho.
 - a) 8
 - b) 9
 - c) 10
- 6) There are _____ coins in Carrom.
 - a) 19
 - b) 18
 - c) 21
- 7) Pargat Singh was the _____ player.
 - a) Hockey
 - b) Cricket
 - c) Boxing

(B) Match the following (Any Five).

(05 Marks)

- | 'A' | 'B' |
|-------------------|--------------|
| 1. Anju B. Georg | Discus Throw |
| 2. Yuvraj Singh | Hockey |
| 3. Pravin Thipse | Badminton |
| 4. Sania Mirza | Cricket |
| 5. Krishna Poonia | Chess |
| 6. K. Shrikant | Tennis |
| 7. Dhanraj Pillai | Long Jump |

(C) Write true or false. (Any Five).

(05 Marks)

1. Saina Nehwal is associated with Tennis sports.
2. Table Tennis was also known as Ping Pong.
3. 'By God's Grace' book was written by Kapil Dev.
4. The word 'Karate' means Bare hands.
5. First modern Olympic Games was held at London.
6. Kabaddi game is originated in Sri Lanka.
7. Basket Ball team consists of 10 players.

Q.2. Explain the myths and misconceptions of personal fitness.

(15 Marks)

OR

Write down various dietary guidelines for good health?

Q.3. List out the factors which you will consider to evaluate personal health basic parameters?

(15 Marks)

OR

What do you mean by concept of holistic health? Explain in details.

Q.4. Explain the factors influencing body temperature?

(15 Marks)

OR

Write in detail about common sports injuries?

Q.5. What are the various objectives of sports training?

(15 Marks)

OR

Short Notes (Any three)

1. Principles of nutrition.
2. Types of injuries.
3. Immediate Management of soft tissue injuries
4. Difference between sprain and strain
5. What is drug addiction?
