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**DURATION: 2 ½ HOURS**

**C41810ONSSIII**

**MARKS: 75**

**NOTE:**

All questions are compulsory.

Figures to the right indicate full marks.

All questions carry equal marks.

Q.1 (A) Choose correct word and rewrite the sentences. (Any Eight)

08

1. \_\_\_\_\_ Affected Regular Life Living things .  
a) Disaster                      b) Moral                      c) Social
2. \_\_\_\_\_ Values Related at work place .  
a) Professional                b) Corporate                c) Normal
3. Inequality between male and female is called \_\_\_\_\_.  
a) Caste                      b) Gender                      c) Class
4. \_\_\_\_\_ Level camp Related to More Than One University of Same state .  
a) State                      b) National                      c) University
5. NSS Day celebrated on \_\_\_\_\_ .  
a) 26<sup>th</sup> September .    b) 24<sup>th</sup> September    c) 20<sup>th</sup> September .
6. The disease that can pass from generation to generation is \_\_\_\_\_ .  
a) Dengue                      b) Cancer                      c) Hepatitis
7. Wind energy is \_\_\_\_\_ Resources .  
a) Man - made                b) Natural                      c) Other
8. Cottage Industry is \_\_\_\_\_ scale industry.  
a) small                      b) Large                      c) medium
9. HIV/AIDS day is observed in \_\_\_\_\_ months.  
a) October                      b) November                      c) December
10. In \_\_\_\_\_ year women Empowerment Policy was declared by India.  
a) 2001                      b) 2002                      c) 2003

B. True or False. (Any seven)

07

- 1 'Avhan ' camp is related to energy conservation.
2. World women conference was held in 1985 at Nairobi.
3. Domestic violence act made in 2008.
4. killari earthquake is natural Disaster.
5. Headquarter of WHO is located at Britan .
6. Vanraj NGO is started by Mohan Dharia.
7. Ralegan Sidhhi pattern is related to forest conservation.
8. National Rural Health Mission was started on 10 April 2008.
9. Joined Hindu Family means dominancy of male.
10. Sustainable development Future oriented

SI BAP-NSJ

- Q.2 Define values? Discuss the types of values 15  
OR
- a) Importance of Health & Hygiene 08  
b) Features of Value . 07
- Q.3 . Sources of Conventional Energy 15  
OR
- a) Give an account of concept of Disaster management . 08  
b) Write a note on 'Wind Energy ' . 07
- Q.4 Sustainability And Future Requirement 15  
OR
- a) Discuss causes and effects of HIV disease. 08  
b) Note on Malaria . 07
- Q.5 Explain Concept of Man Made Disaster and its types. 15  
OR
- a) Give an account of Solar energy. 08  
b) Write a note on Clean India 07

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**Q.1 Match the following (ANY 8)**

**(8M)**

**Column A**

- 1). Essential Protein
- 2). Micronutrients
- 3). Macronutrients
- 4). BMI
- 5). Hypertension
- 6). Processed Food
- 7). First aid
- 8). Objective of Sports Training
- 9). Effects of Drug Abuse
- 10).Fats

**Column B**

1. Vitamins and Minerals
2. Carbohydrates, Proteins, Fats
3. Cancer
4. 15%
5. Body Mass Index
6. Improving brain
7. 25%
8. Poison
9. Personality Development
10. Dangerous
11. Not Dangerous
12. Immediate Care Given to an Injured

**Q.1 B. State whether the following statements are True or False. :- . (ANY7)**

**(7M)**

- 1). Essential nutrients include protein carbohydrate, fat, vitamins, minerals, electrolytes.
- 2). There are two Different types of nutrients i.e. macro-nutrients or micro-nutrients.
- 3). Processed foods are like poison for your body.
- 4). Nutrition is a basic prerequisite to sustain life.
- 5). Body Mass Index is measure of body fat based on height and weight.
- 6). Training is not important in sports.
- 7). First aid is the immediate care given to a healthy person.
- 8). Cardio is the important exercise for fat loss is the myth of personal fitness.
- 9). Medical guidelines state that a normal blood pressure for most adults is less than 120/80 mm Hg.
- 10). Sweating = Fat loss is a myth of personal fitness.

**Q.2. Answer the following:-**

A). Define nutrition and explain principles of nutrition.

**(8M)**

B). Explain Dietary guidelines good health.

**(7M)**

**or**

C). Types of nutrients

**(8M)**

D). What are the factors influencing body temperature ?

**(7M)**

**Q.3. Answer the following:-**

A). Write a note on blood pressure

**(8M)**

B). Myths and misconceptions of personal fitness

**(7M)**

**or**

C). Explain meaning and concept of holistic health

**(8M)**

D). Importance of physical fitness

**(7M)**

**Q.4. Answer the following:-**

- A). Explain the importance of first aid .
- B). Explain the application of first aid in exercise injuries.

**(8M)**

**(7M)**

**or**

- C). Write a note on management of bone injuries.
- D). Write a note on management of soft tissues injuries.

**(8M)**

**(7M)**

**Q.5. Answer the following:-**

- A). Define sports training. Explain the objectives of sports training
- B). Explain the principles of sports training

**(8M)**

**(7M)**

**or**

**Q.5. Write short notes on :- (Any 3)**

**(15M)**

- 1). Drug abuse and its effects
- 2). Sports training
- 3). Advantages and Disadvantages of Exercise
- 4). Role of nutrition in promotion of health
- 5). Regulation of water in body and factors influencing body temperature

**XXXXXXXX**

D-

2

Duration: (2.30 hours)

B4180OFCNCC-III

Total Marks

75

**N.B. 1) All Questions are Compulsory.**

**2) Figures to the right indicate marks to a sub-question.**

**Q.1.A) State the following sentences are True or False (any 8) 08**

- 1) Lt. Gen Gurbirpal Singh is DG of NCC
- 2) In the vishram position the distance between heel to heel is 16 inch.
- 3) Ajit Dowal is the national security advisor.
- 4) A word of command consists of six parts.
- 5) The word of command that starts with the left foot.
- 6) The President of India is given a general salute.
- 7) NCC is the biggest youth organization in the world.
- 8) Aadha mahine mund involves 90 degrees.
- 9) Lying position is the most comfortable position for firing.
- 10) There are 8 NCC directorates in India.

**Q.1.B) Fill in the blanks (any 7) 07**

- 1) NDA stands for.....
- 2) India's first aircraft carrier is.....
- 3) India's first Prime Minister.....
- 4) Unity and .....is the motto of NCC.
- 5) Highest non gallantry award in the country.....
- 6) The angle formed between toe to toe in attention is.....
- 7) There are ..... wings in defense.
- 8) The NCC was established in India in the year.....
- 9) The Directorate of Maharashtra state is located at.....
- 10) ..... Is the President of India.

Q.2) a) Explain the status of NCC cadets towards society. 08

b) Write a brief account on benefits of NCC. 07

OR

c) What are the qualities of good Leadership. 08

d) What are the different types of skills used in our day to day life 07

Q.3) a) Why national Unity is important. 08

b) Explain the concept of rainwater harvesting and state its advantages for urban areas. 07

OR

c) Explain the role of NCC carrots during the Natural Disaster. 08

d) Explain the various activities of NGOs 07

Q.4) a) Discuss the barriers to effective communication. 08

b) How would we know if someone is not listening to us? 07

OR

c) Explain the safety measures taken during cycling 08

d) What do you understand by leadership what are the qualities of leader 07

**Q.5) Write a short note (any three) 15**

1) Benefits of NCC

2) Importance of Hygiene

4) Natural Disaster

3) India China War

5) Terrorism

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