

(Time: 2 ½ 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) \_\_\_\_\_ is the captain of Indian woman cricket team.  
a) Mitali Raj                      b) Harmanprit Kaur      c) Zulan Goswami
- 2) \_\_\_\_\_ is length & breadth of Badminton court.  
a) 44ft X 25ft                      b) 34ft X 10ft                      c) 44ft X 20ft
- 3) \_\_\_\_\_ was India's flag bearer in 2018 Commonwealth Games.  
a) K. Shrikanth                      b) P.V. Sindhu                      c) Sushil Kumar
- 4) \_\_\_\_\_ is the president of International Olympic Committee.  
a) Thomas Bach                      b) F.H.Ludwig                      c) Ronaldo
- 5) \_\_\_\_\_ is the national sports of Argentina.  
a) Football                      b) Hockey                      c) Volleyball
- 6) \_\_\_\_\_ is given for excellence in sports.  
a) Arjuna award                      b) Dronacharya award      c) Paramvir chakra
- 7) \_\_\_\_\_ will host FIFA World Cup 2018.  
a) Russia                      b) Japan                      c) Brazil

(B) Match the following (Any Five).

(05 Marks)

'A'

1. Feroz shah Kotla stadium
2. Cue sports
3. Combat Sports
4. Water Sports
5. Adventure Sports
6. Formula One
7. Tour de France

'B'

- Rowing
- Cycle race
- Mountaineering
- Billiards
- New Delhi
- Taekwondo
- Car Race

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

(05 Marks)

1. The height of Table Tennis net is 15.25 cms.
2. 80 countries have participated in 2018 Commonwealth Games.
3. Eden garden cricket stadium is in Chennai.
4. Kerala Football team is the winner of 'Santosh Trophy' in 2018.
5. Squash is an outdoor sports activity.

6. 'Arjuna Award' is given to the best coach.
7. Sports person requires more calories than sedentary person.

Q.2. Explain the meaning of stress? (15 Marks)

**OR**

Write in detail about 'Rajiv Gandhi Khel Ratna' award?

Q.3. Explain the various awards given for excellence in sports? (15 Marks)

**OR**

Explain the concept of stress?

Q.4. What do you mean by yogic exercises? (15 Marks)

**OR**

Describe activity level and calorie requirement?

Q.5. Write in detail about non yogic exercises? (15 Marks)

**OR**

**Short Notes (Any Three)**

1. Mula Bandh.
2. Arjuna award.
3. Sachin Tendulkar.
4. Sushil Kumar.
5. Goal setting.

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[Time: 2.30 Hrs]

[Marks: 75]

N.B

1. All questions are compulsory.
2. All question carry equal marks.
3. Figures to Right indicates full marks.

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

08

1. Skill India campaign launched on .....
  - a) 15 July 2015
  - b) 1 July 2015
  - c) 2 October 2015
2. Power to empower is Motto of .....
  - a). Digital India
  - b). Skill India
  - c) Jan dhan yojana.
3. Swabhiman scheme is part of .....
  - a) Ministry of rural development
  - b) Ministry of women and child development.
  - c) Ministry of finance.
4. Father of micro finance concept .....
  - a) Muhammad Yunus
  - b) Kailash Satyarthi
  - c) M.K. Gandhi
5. Eco-tourism means .....
  - a) Environment friendly-tourism
  - b) Agro-tourism
  - c) Traval
6. Name of Popatrao Pawar relates to ..... Village.
  - a) Anjani
  - b) Ralegan siddhi
  - c) Hiware bazar
7. NGO 'search' relates to ..... village.
  - a) Mohan Dharia.
  - b) Vikas Amate.
  - c) Abhay Bang
8. Integrated child Development scheme is part of .....
  - a) Government organization.
  - b) Non government organization.
  - c) Peoples organization.
9. Return to Village is slogan of .....
  - a) Dr. B.R. Ambedkar.
  - b) M.K. Gandhi.
  - c) Indira Gandhi.
10. Street play is ..... mode of Awarness.
  - a) Verbal
  - b) Non-verbal.

B. Write true or false. (Any seven)

07

1. Sabala scheme launched for financial inclusion.
2. World Youth Skill Day observed on 2 October.
3. Fund for unfunded is objective of Mudra Bank.
4. NITI Aayog launched women entrepreneurship platform.

5. Jute industry is principle cottage industry in India.
6. Family planning is external solution on the problem of cottage industry.
7. Self sufficient village was dream of M.K. Gandhi.
8. Open defecation free village is characteristic of ideal village.
9. Dr. Narendra Dabholkar contributed for eradication of superstition.
10. Rangoli is a tool for social Awareness.

Q.2 Attempt a review self-employment schemes in India.

15

OR

- a) Write a brief note on NITI Aayog.
- b) Discuss the problems of cottage industry in India.

08

07

Q.3. 'Women are empowering in India', comment.

15

OR

- a) Write a brief note on Resource Mobilization.
- b) Explain the features of eco-village.

08

07

Q.4 Discuss characteristics of ideal village.

15

OR

- a) Give an account of Ann Hajare.
- b) NGO and Development.

08

07

OR

Q.5 Attempt a review work of NSS in adapted village.

15

OR

- a) Write a note on street play and social awareness.
- b) Explain the concept of Institutional social responsibility.

08

07

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Time: 2:30 hrs

Total Marks: 75

- Note: 1. All questions are compulsory.  
 2. Figures to the right indicate 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. Jodhpur is the pink city of India.
2. Yoga fulfills all need to be in state of complete fitness.
3. Bleeding in medical terms is called Haemorrhage.
4. Patriotism is a quality of good citizen.
5. Leaders are confident.
6. First Indian president after Independence is Pandit Jawaharlal Nehru.
7. At the time of Khuli line the distance between Agali line and Pichali line is 150 inch.
8. Bhabha Atomic Research centre is located at Delhi.
9. Famous dance of Andhra Pradesh is Kuchipudi.
10. Blood supplies oxygen in human body.

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

1. .... is the birth place of Dr.B.R.Ambedkar.
2. Netaji Subhash Chandra National Institute of Sports is located at.....
3. .... is the holy book of Hindu.
4. Bharat Chhodo Andolan was started from.....
5. .... control and co-ordinates all body functions.
6. Shantiniketan later developed into.....name.
7. .... is the city in Jammu & Kashmir.
8. Plague is caused by.....
9. .... is the dance style of Andhra Pradesh.
10. .... State adopted Urdu as its official language.

Q2 a) Explain the concept of fire and state the modes of spread of fire. (08)

b) State the various types of natural disasters. (07)

OR

a) Explain the concept of social welfare and discuss the contribution of NCC cadets towards social welfare. (08)

b) Explain in brief how to control Corruption. (07)

- Q3 a) Describe various types of Fractures. (08)
- b) What are the different types of Wounds? Explain the mode of treatment for various wounds. (07)

OR

- a) What are the steps for Dismissing and Falling Out. (08)
- b) Distinguish between Personal Hygiene and Sanitation. (07)

- Q4 a) Explain the characteristics of 0.22 rifles. (08)
- b) State the various types of shooting targets. (07)

OR

- a) Describe in brief the lying position of firing. Give the three basic essentials of effective firing. (08)
- b) What precautions you will take on firing range. (07)

- Q5 Write Short note on any **Three** of the following (ONLY FOR ARMY) (15)

1. Setting a Map
2. Finding of own position.
3. Camouflage and Concealment
4. Types of Knots
5. Methods of Judging distance

OR

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

1. Radio Telephony Procedure
2. Ensign and Admiral's Flag
3. Types of Anchor
4. Elementary Sailing Tools
5. Securing and Towing a Boat

OR

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

1. Importance of RADAR.
2. Main and Tail Plain
3. Fuselage
4. Flying of Aeromodels.
5. Advance weapons in Air Wing

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