

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

- Q.1 A) Fill in the Blanks :- (Five)** **07**
1. \_\_\_\_\_ colour indicates Olympic flag.  
a) 07                                  b) 06                                  c) 05
  2. First Padmashri Award was awarded to \_\_\_\_\_ in Hockey.  
a) Balbir Singh                  b) Maj. Dhyanchand                  c) Prithvipal Singh
  3. Dimension of Basketball ground is \_\_\_\_\_.  
a) 15x28 mts                  b) 14x26 mts                  c) 10x30 mts.
  4. 'Pele' is associated with the game of \_\_\_\_\_.  
a) Football                          b) Cricket                          c) Volleyball
  5. \_\_\_\_\_ swimmer in medley relay team.  
a) Four                                  b) Ten                                  c) Five
  6. \_\_\_\_\_ has created world record in 100m Run.  
a) Usain Bolt                          b) Yohan Blake                  c) Asafa Powell
  7. Name of Indian Badminton coach \_\_\_\_\_.  
a) Prakash Padukon                  b) Gopichand Pullela                  c) Ravi Shashtri
- B) Match the pair (Any 5)** **5M**
- |                |                   |
|----------------|-------------------|
| 1. Kabbadi     | 1. Foil           |
| 2. Cricket     | 2. 64 squares     |
| 3. Basket Ball | 3. DO or Die Ride |
| 4. Fencing     | 4. Home plate     |
| 5. Chess       | 5. Turf           |
| 6. VolleyBall  | 6. Direct kick    |
| 7. Foot Ball   | 7. Blocking       |
- C) Write the following sentences True / False. (Any 5)** **5M**
- 1) Mr. Yuvraj Singh hit six sixes in an over.
  - 2) Mr. Dattu Bokhnal is Swimmer.
  - 3) Pullela Gopichand is the coach of P.V. Sindhu
  - 4) Mike Tyson is the player of Boxing Game.
  - 5) The weight of Cricket ball is 156 gms.
  - 6) Gundappa Vishwanath is a world class Chess player.
  - 7) Sports & Games develops team spirit.
- Q.2. Differentiate between Macro & Micro nutrients.** **15M**
- OR**
- Write a note on body composition.
- Q.3. Explain various evaluation techniques for personal health.** **15M**
- OR**
- Explain myths & misconception of personal fitness.
- Q.4. Explain the management of soft tissue injuries.** **15M**
- OR**
- Explain types of Injuries.
- Q.5. Explain principle of sports training.** **15M**
- OR**
- Short Notes (Any 3)
- |               |                   |
|---------------|-------------------|
| 1) Drug Abuse | 2) Blood Pressure |
| 3) Proteins   | 4) Role of Water  |
| 5) BMI        |                   |

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**Q.1 A) A) True / False.**

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- 1) Wind energy is conventional energy.
- 2) Value are helpful for mental, emotional, spiritual expression.
- 3) Fair wages is responsibility towards workers.
- 4) Riots is natural disaster.
- 5) Diabetes is a lifestyle disease.
- 6) Washing hand before eating has no significance.
- 7) Environment is smaller concept.
- 8) Only 2.5% fresh water available on the earth.

**B. Match the pair.**

07

- | A                         | B   |
|---------------------------|---|
| 1) Dengue                 | 1) Caused by parasite                             |
| 2) Coal                   | 2) Man made disaster                              |
| 3) Malaria                | 3) Natural resources                              |
| 4) Regular payment of Tax | 4) Aedes Mosquitoes                               |
| 5) Save the girls child   | 5) Responsibility Toward govt.                    |
| 6) Working Women Hostels  | 6) 22 <sup>nd</sup> Jan 2015                      |
| 7) Riots                  | 7) Safe and Conveniently<br>Located accommodation |

**Q.2. 1) Indian value system & its features**

15

**OR**

- 2) Explain schemes for Woman Empowerment in India.

**Q.3. 1) Explain disaster and its types.**

15

**OR**

- 2) Explain Avhan camp briefly.

**Q.4. 1) What do you mean by complete health & maintenance of hygiene.**

15

**OR**

- 2) What do you mean by HIV explain its causes & measures to be taken?

**Q.5. 1) Explain conventional & Non-conventional energy sources in briefly.**

15

**OR**

- 1) Environment & its features.
- 2) Explain Dengue in briefly.

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

- Q.1 A) Fill in the Blanks :- (Any Seven) 07**
- 1) LMG is stripped in \_\_\_\_\_ groups.
  - 2) in Bagal shastra position saluting done by \_\_\_\_\_.
  - 3) in Tejchal samne salute is completed in \_\_\_\_\_.
  - 4) Weight of 0.22 deluxe rifle is \_\_\_\_\_.
  - 5) For application firing \_\_\_\_\_ target is used for 0.22 rifle.
  - 6) \_\_\_\_\_ is the Pink city of India.
  - 7) \_\_\_\_\_ is the Holy book of Islam.
  - 8) Plague is caused by \_\_\_\_\_.
  - 9) \_\_\_\_\_ is the dance style of Andhra Pradesh.
  - 10) \_\_\_\_\_ is the Birth place of Mahatma Gandhi.
- Q.1.B) 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 body.
  - 3) Patriotism is a quality of good citizen.
  - 4) Bleeding in medical terms is called Hemorrhage.
  - 5) NDA is located at Delhi.
  - 6) The speed of marching is girls BN is 118 steps p/m.
  - 7) India Pakistan war is occurred in 1958.
  - 8) Laying position is the most comfortable position for fire.
  - 9) President of India is Jawaharlal Nehru.
  - 10) Principle of operation of 5.56 mm INSAS is Gas.
- Q.2. a) Write a brief account on Genesis of NCC. 08**  
b) Give a brief account on and control of Army. 07
- OR**
- a) Enlist the fire fighting equipment. 08  
b) What are the basic aspects of firing. 07
- Q.3. a) What are qualities of good drill instructor? 08**  
b) Explain NCC song with details. 07
- OR**
- a) Explain the role of NCC in Nation Building. 08  
b) Discuss the various need of weaker section. 07
- Q.4. a) Discuss the various preventive measures of HIV / ADIS. 08**  
b) Explain in detail about Swarnajayanti Yojna 07
- OR**
- a) Discuss the various functions and duties of NCC cadets during and after disaster. 08  
b) Differentiate between manmade disaster and natural disaster.
- Q.5. Write a short note. (Any Three) 15**
- 1) GPS
  - 2) Personal Hygiene
  - 3) Ranks if Army.
  - 4) Types of adventure camp in NCC.
  - 5) First Aid Box