

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) The weight of .22deluxe rifle is 8 lbs 10 oz..
- 2) In the vishram position the distance between heel to heel is 16 inch.
- 3) Sanjay Malohtra is the national security advisor.
- 4) Lt. Gen Amar Sing is DG of NCC.
- 5) The angle formed between toe to toe in attention is 45 degree
- 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 18 NCC directorates in India.

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

07

- 1) CDS stands for.....
- 2) The angle formed between toe to toe in attention is.....
- 3) India's first Prime Minister.....
- 4)and Discipline is the motto of NCC.
- 5) Highest non gallantry award in the country.....
- 6) Pollution are of..... types.
- 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 Organization .

08

b) Write a brief account on benefits of NCC.

07

OR

a) What are the qualities of a good Citizen?

08

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

07

Q.3) a) Why national Security is important.

08

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

07

OR

a) Explain the role of NCC cadets during the Earthquake .

08

b) 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

a) Explain the safety measures taken during Swimming

08

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

07

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

15

1) kashmir Dispute

2) Environmental Degradation

3) Personality Development

4) Insurgency in Jammu Kashmir

5) Border Dispute

DURATION: 2 ½ HOURS

C41810OPEIII

MARKS: 75

NOTE:

- All questions are compulsory.
- Figures to the right indicate full marks.
- All questions carry equal marks.

Q.1 Match the following (ANY 8)

(8M)

Column A

- 1). First aid
- 2). Lose water
- 3). Normal blood pressure
- 4). Hypertension
- 5). BMI
- 6). Ankle sprain
- 7). Objective of Sports Training First aid
- 8). Milk
- 9). Vegetables, fruits
- 10). Kidney

Column B

1. On a daily basis
2. Immediate care given to an injured
3. Dangerous
4. Sports injury
5. Less than 120/80 mm hg
6. Body Mass Index
7. Personality Development
8. Vitamins, Minerals
9. Protein
10. Urine excretion
11. By breathing

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

(7M)

- 1). Cardio is the important exercise for fat loss is the myths of personal fitness.
- 2). Sports Training is not important.
- 3). BMI stands for Body Mass Index.
- 4). A BMI below 18.5 is considered underweight.
- 5). Drug abuse can hurt all parts of your body and can cause health problems.
- 6). One of the main objective of sports training is the all – round development of personality of all the sportsperson.
- 7). There are two different types of nutrients i.e micronutrients and macronutrients.
- 8). Fats are an essential part of a healthy diet.
- 9). Processed foods are like poison for your body.
- 10). Sweating = Fat loss is a myths of personal fitness.

Q.2. Answer the following:-

A). Explain Dietary guidelines for good health

(8M)

B). Types of nutrients

(7M)

or

C). Principle of nutrients

(8M)

D). Write a short note on carbohydrates, proteins, minerals, vitamins.

(7M)

Q.3. Answer the following:-

A). Explain meaning and concept of holistic health

(8M)

B). Write a short note on blood pressure

(7M)

or

C). Importance of physical fitness

(8M)

D). Advantages and disadvantages of gym.

(7M)

SYBAF (PE)

(11)

Q.4. Answer the following:-

- A). Write a note on management of bone injuries
- B). Explain the types of exercise injuries

(8M)
(7M)

or

- C). Importance of first aid
- D). Explain the application of first aid in exercise injuries.

(8M)
(7M)

Q.5. Answer the following:-

- A). Explain the principles of sports training
- B). Drug abuse and its effects

(8M)
(7M)

or

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

- 1). Role of nutrition in promotion of health
- 2). Advantages of Exercise Sports training
- 3). Objectives of sports training
- 4). Regulation of water in body and factors influencing body temperature
- 5). Management of soft tissue injuries

(15M)

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NOTE:

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All questions carry equal marks.

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

08

1. _____ Health means adequate body weight , height as per age & sex .
a) Mental b) Physical c) Social
2. Concept of empowerment used by _____ firstly.
a) Paulo Friary b) Mahatma Gandhi c) Tolstoy
3. Inequality between male and female is called _____.
a) Caste b) Gender c) Class
4. _____ Level camp Related to One University only
a) State b) National c) University
5. AVHAN camp in June 2017 was held at _____ university.
a) Kolhapur b) Pune c) Solapur
6. The disease that can pass from generation to generation is _____.
a) Dengue b) Cancer c) Hepatitis
7. Wind energy is very well develop in _____ area.
a) Mountain b) Thick forest c) Desert
8. Coal is produce in _____ district in Maharashtra.
a) Beed b) Latur c) Chandrapur
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.'Utkarsh' camp is related to energy conservation.
2. World women conference was held in 1975 at Nairobi.
3. Domestic violence act made in 2005.
4. Bhuj earthquake is natural Disaster.
5. Headquarter of WHO is located at New York.
6. Vanraj NGO is started by Mohan Dharia.
7. Shirpur pattern is related to forest conservation.
8. National Rural Health Mission was started on 5 April 2003.
9. Patriarchy means dominancy of male
10. Sustainable development goals are eight

Q.2 Define values? Discuss the relation between norm and value	15
OR	
a) Features of Health & Hygiene	08
b) Features of Value .	07
Q.3 . Sources of Non – Conventional Energy	15
OR	
a) Give an account of concept of Disaster Management Cycle..	08
b) Write a note on 'Sendai Convention'.	07
Q.4 Need of Sustainability .	15
OR	
a) Discuss causes and effects of Malaria disease.	08
b) Man Made Disaster.	07
Q.5 Explain Concept of Natural Disaster and its types.	15
OR	
a) Give an account of Non-conventional energy.	08
b) Write a note on 'Waste Management.'	07