

Subcom (P)

32

(2 ½ Hours)

(Total Marks : 75)

**N.B. : (1) All the question are compulsory.  
(2) Each question carries 15 marks.**

**1. A) Fill in the blanks using correct option:- (15 Marks)**

- 1) Martina Hingis, the famous ..... player hails from Switzerland.  
(a) Tennis (b) Badminton (c) Table Tennis.
- 2) Andy flower is associated with.....  
(a) Cricket (b) Football (c) Volleyball.
- 3) The Olympic flag was first raised in 1920 at the..... Games.  
(a) Asian Games (b) Antwerp Games (c) Olympic Games.
- 4) The 2008 Olympic games were held at .....  
(a) Beijing (b) France (c) Brazil
- 5) The first Cricket world cup was held in England, .....  
(a) 1976 (b) 1975 (c) 1977
- 6) The first Test Cricket player of India was .....  
(a) K.S. Ranjit Singh (b) Vijay Hajare (c) Kapil Dev
- 7) ..... colours Indicats Olympic Flag Ring.  
(a) 07 (b) 06 (c) 05.

**B) Match the following column (Any five)**

**Column A**

- 1 Rubber
- 2 Smash
- 3 Free Kick
- 4 Castle
- 5 Jab
- 6 Bunting
- 7 Ezar Cup

**Column B**

- 1 Lawn Tennis
- 2 Boxing
- 3 Chess
- 4 Baseball
- 5 Polo
- 6 Football
- 7 Cricket

C) Write the statement true or false

- 1) P. Ganeshan is associated with Kabaddi.
- 2) Dhanraj Pillay is associated with Hockey.
- 3) The term 'Deuce' is associated with Lawn Tennis.
- 4) The length of the Derby Course is 2.4 km.
- 5) The World cup football 1994 was held at USA.
- 6) The terms 'Off-Break' is used in Cricket.
- 7) Mike Tyson is the player of Boxing game.

Q.2. What are the various causes of stress?

(15 Marks)

**OR**

Explain the factors affecting exercise adherence and motivation?

Q.3. Enumerate the pension scheme for meritorious sports person?

(15Marks)

**OR**

What are the principles of Asanas?

Q.4. What is the difference between yogic and non-yogic exercises?

(15 Marks)

**OR**

Explain the impact of lifestyle on health?

Q.5. Explain the coping strategies of stress?

(15 Marks)

**OR**

**Short Notes (Any Three)**

1. Role Conflict.
2. Mahendra Singh Dhoni.
3. Asanas.
4. Imagery.
5. Ashtang Yoga.

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[Time: 2 .30Hours]

[ Marks:75]

Please check whether you have got the right question paper.

- N.B:
1. All questions are compulsory.
  2. All question carry equal marks.
  3. Right to figure indicates full marks

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

08

1. Skill India campaign launched on \_\_\_\_\_  
a) 15 July 2015                      b) 1 July 2015                      c) 2 October 2015
2. Motto of Digital india \_\_\_\_\_  
a) Power to empower.              b) Fund for unfunded.              c) Empowerment of women.
3. Sabia 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. Name of Anna Hazare relates to \_\_\_\_\_ Village.  
a) Anjani                      b) Ralegansiddhi                      c) Hiware bazar
6. NGO 'Search' relates to \_\_\_\_\_  
a) Mohan Dharia.                      b) Vikas Amate.                      c) Abhay Bang
7. Self-sufficient village was dream of \_\_\_\_\_  
a) Dr. B.R. Ambedkar.                      b) M.K. Gandhi.                      c) Indira Gandhi.
8. \_\_\_\_\_ is founder of Snehalaya NGO.  
a) Dr .Shashikant Ahankari.                      b) Dr.Anil Awachat.                      c) Dr. Girish Kulkarni.
9. The village Mendhalekha is an example of \_\_\_\_\_  
a)Government centric development                      b)NGO centric development                      c) People centric development.
10. Khadi Gram Udyog is an example of \_\_\_\_\_  
a) Cottage Industry.                      b) Organized Industry.                      c) Home Industrty

B Write true or false. (any seven)

07

1. NITI Aayog launched for women entrepreneurship .
2. Go to city is slogan of M.K. Gandhi.
3. Open defecation free village is characteristic of ideal village.
4. Rotary club is an example of Non -governmental organization.
5. Eco-tourism means environment friendly-tourism.
6. World Youth Skill Day observed on14 July.
7. Udyam Sakhi Portal launched by women entrepreneurs.

8. Baba Amte was founder of 'Anandwan'.
9. Digital India is campaign to connect rural area with networks.
10. BAIF ( NGO)is working for agricultural development.

- Q 2 Define entrepreneurship. Explain the attributes of entrepreneur 15  
**OR**
- a) Write a brief note on NITI Aayog 08
  - b) Give an account of two Indian women entrepreneur. 07
- Q 3 Review the history of cottage Industry in India. 15  
**OR**
- a) Write a brief note on Khadi Gram Udyog. 08
  - b) Suggest the measures for the development of cottage Industry in India. 07
- Q 4 Write an essay on resource mobilization. 15  
**OR**
- a) Write a brie note on Gandhian concept of Ideal village. 08
  - b) Write an account of village Mendhalekha. 07
- Q 5 Write an essay on NGO's and development. 15  
**OR**
- a) Attempt a review the work of halo-medical foundation. 07
  - b) Give an account of Snehalaya (NGO). 08
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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.

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

1. Cadets takes 120 steps in per minute in 'Daud Ke Chal'.
2. General is the highest rank in Indian Army.
3. General Bipin Rawal is Defence Minister of India.
4. Effective range of 0.22 Delux Rifle is 25 yards.
5. There are 5 commands in Indian Navy.
6. Children's day is celebrated on 11<sup>th</sup> December.
7. Adha Bahe Mur involves 45<sup>0</sup> turn.
8. Indo-China war was occurred in 1962.
9. There are two types of compass.
10. Kargil Conflict was occurred in 1997.

Q.1. B) Fill in the blanks (Any **Seven**) (07)

1. ----- is the Defense Minister of India.
2. The word of command consist of ----- parts.
3. Sanjay Gandhi National Park is located at -----.
4. The speed of marching in Girls battalion is ----- steps per minutes.
5. Southern Naval command is located at -----.
6. ----- is the capital of Maharashtra.
7. The word of command 'Thum' is given on ----- foot.
8. There are ----- bones in human body.
9. 'Army Day' is celebrated on ----- every year in India.
10. The total strength of cadets in an Army contingent is -----.

Q.2 a) Explain the role of NCC cadets during and after the disaster. (03)

b) Discus the various fire fighting equipments. (07)

**OR**

- a) Explain the importance of NGO for youth development. (08)
- b) Give an account on Drug Abuse and Trafficking. (07)
- Q.3 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) Discuss the disadvantages of drunk and drive. (08)
- b) List the items included in First Aid Box. (07)
- Q.4 a) Describe in brief the lying position of firing. Give the three basic essentials of effective firing. (08)
- b) Explain the various types of shooting targets. (07)
- OR
- a) Explain the Theory of Group and Snap Shooting. (08)
- b) What precautions should take on firing range. (07)
- Q.5 Write Short note on any **Three** of the following (ONLY FOR ARMY) (15)
1. Setting a Map
  2. Camouflage and Concealment
  3. Types of Field Signals
  4. Methods of finding North
  5. Prismatic Compass

OR

Q.5 Write Short note on any Three of the following (ONLY FOR NAVY) (15)

1. Phonetic Alphabets
2. Wearing of National Flag
3. Types of Anchor
4. Parts of Sailing
5. Securing and Towing a Boat

OR

Q.5 Write Short note on any Three of the following (ONLY FOR AIR) (15)

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

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