

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR
WOMEN, COIMBATORE – 641 043**

CONTINUOUS INTERNAL ASSESSMENT TEST – II, OCTOBER 2018

**Class: UG/Semester I
Major: All Majors**

**Time: 2 hours
Max. Marks: 60**

18BXNS01 NATIONAL SERVICE SCHEME

PART A

20 x 1 = 20

Circle the correct answer

1. National Service Scheme was launched on _____
 - a. 24 October, 1969
 - b. 24 September, 1968
 - c. 24 September, 1969
 - d. 24 October, 1968
2. Identification of needs of people is part of _____
 - a. Programme of work
 - b. Teaching Method
 - c. Step of Demonstration
 - d. Best quality of work
3. Rural Development programme should be planned in accordance with
 - a. People's interests
 - b. National leader's interests
 - c. Specific group's interest
 - d. District Instruction
4. What is the supreme Law of land?
 - a. The Supreme
 - b. The Bill of Rights
 - c. The declaration of Independence
 - d. The Constitution
5. Which of the following is correct form of NSS?
 - a. National Social Service
 - b. National Service Scheme
 - c. National Students Society
 - d. National Service Students
6. Who defined democracy as a "Government of the people, by the people and for the people"?
 - a. Abraham Lincoln
 - b. Plato
 - c. Aristotle
 - d. Ruskin
7. What is the single most effective way to prevent the transmission of disease?
 - a. Antibiotics
 - b. Hand washing with water only
 - c. Hand washing with soap and water
 - d. No way
8. If we want to impress the people about a particular recommended practice suitable for a specific area, then effective extension method is
 - a. Demonstration
 - b. Pamphlets
 - c. Television
 - d. Radio
9. Community Development Programme started in the year
 - a. 1954
 - b. 1951
 - c. 1952
 - d. 1953
10. The NSS Headquarter is located at
 - a. Calcutta
 - b. New Delhi
 - c. Chennai
 - d. Mumbai
11. Which colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind?
 - a. Black
 - b. Navy blue
 - c. Red
 - d. Yellow
12. What are the techniques used in mobilizing the community at village level?
 - a. Street play/ Skit/ Drama
 - b. Campaigning
 - c. Exhibition/ Mela
 - d. All the above
13. Last step in programme planning process is
 - a. Evaluation
 - b. Reconsideration
 - c. Implementation
 - d. Planning
14. A methodology which helps in interacting with local communities, understanding them and learning from them is known as
 - a. E-Mail
 - b. Survey
 - c. Discussion
 - d. PRA

15. Voluntary action indicates
a. Service b. Willingness c. Action d. Decision
16. Which of the following is not a classical dance of India?
a. Kathak b. Sattriya c. Manipuri d. Bhangra
17. Which one of the following gases plays a decisive role in affecting the climate of earth?
a. Oxygen b. Nitrogen c. Carbon dioxide d. Hydrogen
18. Which of the following ancient Indian sages did not make substantial contribution to the Yogachara philosophical tradition?
a. Vasubandhu b. Dinnaga c. Dharmakirti d. Nagarjuna
19. Who are the members of the community mobilization committee?
a. Youth Club Members b. Mahila Mandal/Self Help Groups
c. Panchayat Raj Members c. all of the them
20. Which pranayama has the power of overcoming hunger and thirst?
a. Bhastrika b. Sheetali c. Ujjayi d. Plavini

5X2=10

PART – B

Answer the following in one or two sentences

21. State the motto of NSS and explain it.
22. Write note on Swachh Bharat Mission.
23. What are the features of Indian Constitution?
24. Write the difference between yogic postures and exercise.
25. What do you mean by reproductive health?

2X15=30

PART – C

Answer the following (Answer should not exceed 800 words or 4 pages)

26. a. Explain the concept and the importance of NSS regular and special activities?
(or)
26. b. How the concept of family and community influence the human value? Explain.
27. b. Describe the Consumer awareness and legal rights under consumer protection act, 1986.
(or)
27. b. What are benefits of practicing yoga and explain its impacts on the youth health?
