

B. Write short notes on **any five** of the following. (1×5=5)

1. NSS Badge
2. Soft Skills
3. Youth Leadership
4. Health
5. Importance of Sanitation
6. Healthy Life Style
7. Spread of HIV
8. YOGA

PART A – DESCRIPTIVE

Answer **any five** questions: (5×5=25)

1. What are the aims and objectives of NSS?
2. Write a detailed note on the different NSS programmes and activities
3. Define communication. Explain the various forms of communication.
4. Explain the importance of hygiene.
5. Elaborate the three Ps' of First aid.
6. Explain the various stages of HIV infection.
7. What are the notable government programs aimed in improving health, hygiene and sanitation?
8. How does yoga help in promoting mental health?
9. How can leadership among college students contribute to personal development and campus improvement?

2025

(FYUGP)

(4th Semester)

VALUE ADDED COURSE

Paper Code : NSS/CP

(NSS)

Full Marks : 37.5

Pass Marks : 40%

Time: 2 Hours

The figures in the margin indicate full marks for the questions.

PART A – OBJECTIVE

A. Multiple choice Questions: (15×½=7½)

1. Which of the following is a key activity under NSS?
 - a) Voting awareness campaigns
 - b) Teaching children in rural areas
 - c) Conducting blood donation drives
 - d) All of the above
2. The term Yoga originated from

a) Hindi	b) Persian
c) Urdu	d) Sanskrit

(2)

3. The full form of HIV is
 - a) Humano Immuno Virus
 - b) Human Immunodeficiency Virus
 - c) Human Immunity Virus
 - d) Humuno Immunodeficiency Virus
4. What is the duration of an NSS volunteer's service in one year?
 - a) 30 hours
 - b) 50 hours
 - c) 100 hours
 - d) 120 hours
5. Life competencies are important because they help individuals:
 - a) Improve physical fitness
 - b) Manage personal and professional challenges effectively
 - c) Memorize academic concepts
 - d) Become experts in technical fields
6. Effective communication is crucial because it:
 - a) Helps in passing exams
 - b) Enhances interpersonal relationships and problem-solving
 - c) Allows one to memorize information faster
 - d) Reduces the need for teamwork
7. Which of the following is a key component of non-verbal communication?
 - a) Writing emails
 - b) Speaking clearly
 - c) Body language and facial expressions
 - d) Giving presentations
8. HIV primarily affects which system in the human body?
 - a) Respiratory system
 - b) Digestive system
 - c) Immune system
 - d) Nervous system

(Continued)

(3)

9. AIDS is caused by:
 - a) Bacteria
 - b) Fungus
 - c) Virus
 - d) Parasite
10. What is the main purpose of yoga?
 - a) Increase competition
 - b) Develop physical appearance
 - c) Unite body, mind, and spirit
 - d) Lose weight quickly
11. Which of the following is a good hygiene practice?
 - a) Skipping showers
 - b) Sharing toothbrushes
 - c) Washing hands before eating
 - d) Wearing dirty clothes
12. Sanitation refers to:
 - a) Cleaning teeth only
 - b) Safe disposal of waste
 - c) Eating healthy food
 - d) Running regularly
13. Improper sanitation can lead to:
 - a) Better environment
 - b) Increased diseases
 - c) More water supply
 - d) Improved education
14. Youth leadership is important because:
 - a) It creates fear
 - b) It helps build strong communities
 - c) It teaches people to fight
 - d) It makes people lazy
15. Which number should you call in an emergency (in most countries)?
 - a) 123
 - b) 100
 - c) 911 or your local emergency number
 - d) 0000

(Turn Over)