

PART B – DESCRIPTIVE

(Marks: 25)

Answer **any five** questions.

(5x5=25)

1. Describe the NSS symbol and badge, including their meaning.
2. Explain the incentives and benefits available to NSS volunteers.
3. Define volunteerism and explain its importance in NSS.
4. Explain the importance of life competencies in managing daily life challenges.
5. What are soft skills? Explain its contribution to personality development.
6. Define youth leadership and explain its importance.
7. Define hygiene and explain its importance in disease prevention.
8. Describe the relationship between sanitation and disease prevention.
9. Describe the benefits of yoga for physical and mental health.

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2026

(FYUGP)

(4th Semester)

VAC

Paper Code : NSS01

(NSS)

Full Marks : 37.5Pass Marks : 40%*Time: 2 Hours**The figures in the margin indicate full marks
for the questions.***PART A – OBJECTIVE**

A. Multiple Choice Questions:

(½ x 15=7½)

1. The National Service Scheme (NSS) was launched in:

- a) 1950 b) 1965 c) 1969 d) 1975

2. NSS was initially started under which ministry?

- a) Ministry of Youth Affairs
b) Ministry of Education and Culture
c) Ministry of Social Welfare
d) Ministry of Rural Development

3. NSS Day is celebrated on:

- a) 15 August b) 2 October
c) 24 September d) 26 January

(2)

4. Who is the head of NSS unit at college level?
 - a) Principal
 - b) Programme Officer
 - c) Vice Chancellor
 - d) District Officer
5. Shramdaan means:
 - a) Donation of money
 - b) Donation of clothes
 - c) Voluntary physical labour
 - d) Paid service
6. Life competencies include:
 - a) Knowledge, skills, and abilities
 - b) Knowledge, skills, abilities, and behaviour
 - c) Knowledge, abilities, and behaviour
 - d) Skills, Abilities, and behaviour
7. Skill is developed through:
 - a) Birth
 - b) Repeated practice
 - c) Learning
 - d) Observation
8. Ability refers to:
 - a) Learned knowledge
 - b) Innate potential
 - c) External behaviour
 - d) Social interaction
9. Interpersonal communication occurs between:
 - a) One person and machine
 - b) Two or more people
 - c) Large audience
 - d) Talking to animals
10. Soft skills are:
 - a) Technical skills
 - b) Industry-specific skills
 - c) Non-technical personal skills
 - d) Computer software skills

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(3)

11. First aid is:
 - a) Final treatment
 - b) Immediate help before medical care
 - c) First investigation reports
 - d) Medicine production
 12. In ABC of first aid, “A” stands for:
 - a) Action
 - b) Airway
 - c) Alert
 - d) Assistance
 13. HIV attacks the:
 - a) Digestive system
 - b) Immune system
 - c) Nervous system
 - d) Respiratory system
 14. HIV does NOT spread through:
 - a) Blood
 - b) Breast milk
 - c) Physical contact
 - d) Unprotected sex
 15. Swachh Bharat Abhiyan focuses on:
 - a) Education
 - b) Cleanliness and sanitation
 - c) Employment
 - d) Transport
- B. Write Short notes on **any five** of the following: (1x5=5)
1. NSS Motto: “Not Me But You”
 2. Administrative structure of NSS.
 3. Importance of life skill
 4. Digital literacy
 5. Non-Verbal communication
 6. Healthy lifestyle
 7. Prevention of HIV/AIDS
 8. Ayushman Bharat (PMJAY)

(Turn Over)