NCC DIRECTORATE (TN, P & AN) CHENNAI- 600 009 CERTIFICATE 'C' EXAMINATION - 2020 COMMON SYLLABUS (SD / SW) - KEY

PART- I DRILL (10 Marks)

| | | marko) | | | |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--|--|--|
| 1. | Write true/False: | (5 Mks) | | | |
| | (a) Guard mounting is inspected by orderly (b) Blank file is always kept on the right side (c) In Guard mounting the guard falls in four (d) Guard of Honour for President of India ween. TRUE (e) Salami shastra is used for all officers of | e of squad. FALSE (Left) ranks. FALSE (Two) vill be 150 rank and file and 3 division | | | |
| 2. | Fill in the blanks :- | (5 MKs) | | | |
| | (a) The strength for guard of honour of Print (b) General Salute is used for all officers at (c) We make four files when the strength is (d) In Guard of honour, guard commander (e) Strength of guard mounting is (2+6) | ove the rank of . (Major General) more than 12 | | | |
| PART- II WT (10 Marks) | | | | | |
| 3. | Write true/False : | (5 Mks) | | | |
| | (halved)(d) Maximum marks in advance shooting a | effect on MPI of target is doubled. FALSE re 50. FALSE (25) of correct aim and procedure bullet hits | | | |
| 4. | Fill in the blanks:- | (5 MKs) | | | |
| (a (b (c (d (e | Short range firing conducted at yard Short range firing done at size ta The normal rate of fire of rifle point 22 De | rget (1'X1') fluxe BA is rds per minute.(Five) | | | |

PERSONALITY DEVELOPMENT AND LEADERSHIP (70 MARKS)

Write True or False: -

(10x1= 10 Marks)

(a) Team work is the ability to work together towards a common vision. True

(b) Your personality is your identity.

True

- (c) Self awareness is called the mother of all skills. True
- (d) Discipline is behavior according to essential rules and norms. True

(e) Ethics means a standard of behavior.

False

(f) Self esteem includes recognition of "ourselves". False

True

- (g) Environment is the way we perceive our mind. False (h) Creativity is the ability to imagine or invent something new.
- (j) Courage is a logical thought process is essential for solving a problem. False
- (k) Loyalty is the ability to appreciate the many amusing or lighter moment. False TTTEFFTEF

6. Fill in the blanks: -

(10x1= 10 Marks)

(a) Self Esteem includes a person's subjective appraisal of himself.

(b) Aggressive is a style of communication.

(c) The quality of being impartial and consistent in exercising command is Justice

(d) Negotiation is treated as an important way of resolving a conflict.

Attitude is a mindset the 'way' we think and look at things. (e)

(f) Ethics is a set of moral principles that govern a person's behaviour.

Carpentry and tailoring are an example of vocational skills. (g)

Empathy is the ability to be sensitive to others concern. (h)

Self control is the ability to control your thoughts, emotions & desires. (j)

The decision of two individual to stay together forever is called commitment (k)

7. MCQ: -

(10x1= 10 Marks)

(i) A feeling of admiration because of their qualities.

(a) Trust (b) Support (c) Purity (d) Respect

(ii) A collective qualities of a person including his reputation, morals and will power. (a) Experience (b) Morality (c) Character (d) Justice

(iii) Which etiquette is important for an individual to behave in the society?

(a) Mannerism (b) Wedding etiquette (c) Social etiquette (d) Mess etiquette

(iv) Which Skills is related to reading, writing and arithmetic skills? (a)Literacy Skills (b) Language Skills (c) Functional Skills (d) Vocational Skills

(v) Which Personality can be influenced by the genes? (a)Hereditary (b) Self-Development (c) Environment (d) Education

(vi) Which Play Significant role on our Personality (a)Self-Development (b) Hereditary (c) Education (d) Environment

(vii) What is a mental state, It gets its Strength from Spiritual and Intellectual Sources (a) Bearing (b) Courage (c) Decisiveness (d) Alertness

(viii) The willingness to offer well recommendations in the absence of orders. (a)Initiative (b) Integrity (c) Honesty (d) Justice

(ix) The tendency to remain non committal or neutral.

(a) Negotiation (b) Neutral Attitude (c) Optimism (d) Honest

(x) Groups created to accomplish certain organization goals

(a) Formal groups (b) Task groups (c) Informal groups (d) effective groups

What is Loyalty?

(2 Marks)

The quality of being faithful to the country, the army, the unit, subordinates, colleagues and superiors. It is given by sub-sub-superiors the leader gives the superiors. It is given by subordinates to a leader, in the manner in which the leader gives the same to them and to his own leaders. A leader must never take shelter behind the shortcomings

What is a decision making?

(2 Marks)

Decision making is to choose from the varied options based on the existing knowledge of the topic under consideration keeping in mind the positive or negative consequences of each of the

10. What is literacy skill and sports skill?

(2 Marks)

Literacy Skills: Reading, writing and arithmetic skills.

Sports Skills: Capable of playing on the field as part of a team or as a single player.

What are the ways of communication?

(2 Marks)

- (a) One Way Communication. Communication from a single channel. There is no opportunity for clarifying doubts. For example, Principal announces- Saturday is a working day and student, can wear colored dresses
- (b) Two Way Communication. Communication between two channels. Opportunity for clarifying doubts. For example, parents deciding on the duration of the vacation to a hill station after discussion with the children

12 What is character? (2 Marks)

This is defined as the collective qualities or characteristics that distinguish a person, including his reputation, morals and ill power.

Explain Self Esteem. 13

(3 Marks)

Self-esteem or self-worth includes a person's subjective appraisal of himself or herself as intrinsically positive or negative to some degree. Developing high self-esteem would improve our self-confidence, the way we look at ourselves, what we can do for ourselves, our well-being, our relationships and our happiness.

Write the factors to tackle the poor body image.

(3 Marks)

- (a) Enhance Self-Esteem.
- (b) Build Up Critical Thinking.
- (c) Build up Positive Qualities
- (d) Understand Cultural Variation.
- (e) Dispel Myths Like.
- (f) Utilise Life Skills.

Explain the conduct to be followed during the interview? 15.

(3 Marks)

- (a) Try to remember persons' names, and call each person by his or her name.
- (b) Always focus on the person asking the question.
- (c) If you don't have an answer to a specific question, respond honestly

(d) Be aware of your tone of voice and your body language (e) Don't try to answer a question immediately. (f) Always answer each question honestly. 16 What are the tips to improve social skills? (3 Marks) (a) Be Yourself. (b) Be Responsible. (c) Be Open & Approachable. (d) Be Attentive. (e) Be Polite (f) Be Aware. (g) Be Cautious. 17. What are the types of Etiquettes? (4 Marks) (a) Social Etiquette. (b) Bathroom Etiquette (c) Corporate Etiquette (d) Wedding Etiquette (e) Meeting Etiquette. (f) Telephone Etiquette. (g) Eating Etiquette (h) Business Etiquette What are the important human values to be followed in day to day life? (4 Marks) (a) Honesty - not to steal, cheat or lie. (b) Integrity - uprightness. (c) Purity - no duplicity, insincerity in thought, word or deed. (d) Discipline - behaviour according to essential rules and norms which is self-imposed. (e) Selflessness - rise above selfish or self-centered individualism, self-sacrifice. (f) Loyalty - true, faithful to duty, love or obligation to person/institution, faithful in allegiance to the nation or mother country. (g) Fairness - being impartial, give right decision. (h) Equality - treat everyone equally (i) Trust - firm belief in the reliability, ability, strength of someone or something (k) Support - give help, encouragement, or approval. (I) Respect - a feeling of admiration for someone because of their qualities. (a) Write the stress management techniques? (4 Marks) (a) Take Deep Breath. (b) Talk It Out. (c) Take A Break (d) Create a Quite Place in Your Mind. (e) Pay Attention to Physical Comfort (f) Move. Physical activity can help reduce and prevent stress. (g) Take Care of Your Body. Healthy eating and adequate sleep fuels you mind as well as your (h) Laugh. Maintain your sense of humour (i) Mange Your Time.

(a) Alertness. In battle a Commander is offered fleeting opportunities by the enemy, which if seized and exploited can bring decisive victories to his force. (b) Bearing. Denotes desirable physical appearance, dress and deportment.

- (c) Courage Courage is a mental state. It gets its strength from spiritual and intellectual
- (d) Decisiveness. A logical thought process is essential for solving a problem or making a plan. (e) Dependability. You cannot get very far in any sphere of activity without reliability. Set yourself high standards both for the amount of worry you get through and the quality of work

(f) Endurance. A time comes in battle when both the opposing forces feel that probably they are fighting a losing battle. It is a time when battles are won or lost. The side which has that little

extra endurance wins.

(g) Enthusiasm. It is the display of genuine interest and zeal in the performance of duties.

(h) Initiative. Initiative is the willingness to act or offer well considered recommendations in the absence of orders.

(i) Integrity. As a leader one has to be honest, not only to oneself but with the men one leads and the people with whom one works

(k) Judgment. This is the power of the mind to assess various factors and values quickly and often under difficult circumstances and arrive at a wise decision.

(I) Justice. The quality of being impartial and consistent in exercising command. Dispense justice quickly.

(m) Knowledge. A leader must know more than the men he commands.

DISASTER MGMT (20 Marks)

20. Fill in the Blanks: -

(05 Marks)

(a) 58.6 % of the Indian landmass is prone to earthquakes of moderate to very high intensity.

NDRF stands for National Disaster Response Force. (b)

- The State ADG / DDG will be the decision maker to carry out disaster rescue and (c) emergency relief operations readily with utmost speed.
- It is essential that everyone should be aware of how to prevent fire hazards and / or provide assistance in Fire Fighting.
- The fire can be extinguished by starvation, cooling and smothering.

21. Write True or False: -

(05 Marks)

- Over 40 million hectares of land is prone to floods and river erosion. (True)
- The Government of India took a defining step by enacting the Disaster (b) Management Act of India on 23 Dec 2015.
- Ordinarily participation of Natural Disaster should be restricted to 2nd / 3rd year SD / SW cadets.
- During the floods, evacuate low lying areas and shift to safer places. (True) (d)
- During Tsunami, know whether you are in a tsunami hazard zone or not. (e)

TETTT

Write Short Answers? 22.

(04 Marks)

What are the precautionary Measures to be followed by NCC cadets? (Name Any Four)

Ans. To perform multifaceted duties during disaster under the guideline of **District Disaster Management Authorities**

JD /JW cadets are young and may not be considered suitable for such operations SW cadets may be used for softer jobs like providing medical assistance or manning exchanges during strikes of nurses or telephone operators

Only SD cadets may be found suitable for helping in natural calamities like earthquakes, land-slides and floods

Prior to sending cadets on such tasks, suitable bonds would be required to be obtained from parents of cadets

Cadets to be given suitable training for specialized tasks during the institutional training

23. Write Long Answer: -

(06 Marks)

(a) What all items will be there in the Disaster Emergency Kit? (Any Six)

Battery operated troch with extra batteries

Battery operated radio

First Aid Kit and manual

Emergency food (dry items) and water (packed and sealed)

Candles and matches in a waterproof container

Knife

Chlorine tablets or powdered water purifiers

Can opener

Essential medicines

Cash and Credit Cards

Thick ropes and cords

Sturdy shoes

SOCIAL SERVICE

Fill in the blanks 24.

(10 marks)

- (a) APY stands for Atal Pension Yojana
- (b) PMJJBY stands for PradhanMantriJeevanJyotiYojana
- (c) Sauchh mission is aimed to construct individual sanitary latrines for household purpose.
- (d) The Beti Bachao campaign is also supported by the Indian Medical Association.
- (e) Mission Indradhanush is a health mission of the government of India
- (f) POCSO stands for The Protection of Children from Sexual Offences Act 2012
- (g) POCSO defines a child as any person below the age of eighteen years.
- (h) A road accident, also called a motor vehicle collision.
- (i) Make in India initiative is to encourage manufacturing in India.
- (j) Start up India initiative is for encouraging new businessmen.

Answer the following

(5 x 2=10 marks)

(a) Name few Social Security Schemes of Government.

(a) Atal Pension Yojana (APY).

- (b) PradhanMantriJeevanJyotiYojana (PMJJBY).
- (c) PradhanMantriSurakshaBimaYojana (PMSBY).
- (b) What is the aim of Swachh Bharat mission?

The Swachh Bharat mission aims to involve each and every Indian from all walks of life in the mission of cleanliness. It is a mass movement that seeks to create a Clean India.

(c) List types of social security

Social security is of three types:-

- (a) Social Insurance.
- (b) Services.
- (c) Basic Security.
- (d) What is child abuse?

Child abuse constitutes all forms of physical and / or emotional ill-treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity.

(e) Define Cyber security

Cyber security refers to the body of technologies, processes, and practices designed to protect networks, devices, programs, and data from attack, damage, or unauthorized access.

26. Answer the following

(5 x 3=15 marks)

(a) What is MGNREGA?

Stands for the Mahatma Gandhi National Rural Employment Guarantee Act. It was the first ever law internationally, that guarantees wage employment. MGNREGA aims at improving livelihood and security of households in rural areas of the country. It guarantees of least one hundred days of wage employment in a year to every household whose adult member volunteers to do unskilled manual work.

(b) What is the objective of Swachh Bharat mission?

The objectives of Swachh Bharat are to reduce or eliminate open defecation through the construction of individual, cluster and community toilets. The Swachh Bharat mission will also make an initiative of establishing an accountable mechanism of monitoring latrine use.

What are the sources of Air Pollution? (c)

A major source of air pollution results from the burning of fossil fuels. Vehicle and factory emissions are common sources of this type of air pollution. The burning of fossil fuels contributes to the formation of smog, a dense layer of particulate matter that hangs like a cloud over many major cities and industrial zones.

List 4 of safety laws for women in India. (d)

Dowry Prohibition Act 1961, Maternity Benefit Act 1861, Foreign Marriage Act 1969, Indian Divorce Act 1969, Medical Termination of Pregnancy Act 1971, Christian Marriage Act 1872, Code of Criminal Procedure 1973, Equal Remuneration Act 1976, Married Women's Property Act 1874, Births, Deaths & Marriages Registration Act 1886, Indecent Representation of Women (Prevention) Act 1986, Muslim women (protection of rights on divorce) Act 1986, Commission of Sati (Prevention) Act 1987, National Commission for Women Act 1990, Prohibition of Sex Selection Act 1994, Protection of Women from Domestic Violence Act 2005, Prevention of Children from Sexual Offences Act 2012, Sexual Harassment of Women at Work Place Act 2013, etc.

(e) What is make in India scheme?

Make in India scheme is a Government initiative to facilitate and augment the manufacturing industry in India. In other words, it can also be said that this program is intended to increase the GDP of the Indian economy. Besides promoting manufacturing and employment sector in the country it has set wide array of targets which are meant to change the entire economy of the country positively.

Answer the following 27.

(3 x 5=15 marks)

Write short notes on Aadhar. (a)

Aadhar is a Unique Identification Number issued by UIDAI to individuals for the purpose of establishing unique identification of every single person. Aadhar is actually a 12-digit number and not a card. The Unique Identification Authority of India (UIDAI) is the regulatory body for this. Aadhar is meant for individuals of any age (including children) for the purpose of establishing identities. Since Aadhar is for only individuals, it is different for all the members of a family. For deciding uniqueness of every individual, the demographic details (residence address information) of the person and his/her biometric information (photograph, iris-scan, fingerprints) is collected which is stored in a centralized database.

List few practical steps that will help you minimize the exposure of your mobile device to digital threats.

(a) Use strong passwords/biometrics.

(b) Ensure public or free Wi-Fi is protected.

(c) Utilize VPN

(d) Encrypt your device

- (e) Install an Antivirus application.
- (f) Update to the latest software. (g) Avoid turning on autofill.

(h) Log out.

(j) Use only trusted stores.

Name few Contribution of NGOs in social service activities. (C)

Contribution by NGOs could be in the following activities undertaken by them:-

- (b) Adult Literacy.
- (c) Anti Dowry Drive.
- (d) Anti-Leprosy Drive.
- (e) Anti-Drug Drive.
- (f) Tree Plantation.
- (g) Environmental Programmes.
- (h) Help in natural calamities such as Flood, Earth-quake.
- (i) Educating people about the ill-effects of AIDS and education for prevention of the same.
- (j) Family Planning Programmes.

Health & Hygiene

28. Fill in the blanks (8 marks)

- (a) The most common urinal used for camps is the Funnel Urinals which are constructed over a simple soakage pit.
- (b) Sanitation means keeping the living area and its surroundings neat and clean
- (c) Wounds can be defined as a break in continuity of the skin or muscles membrane.
- (d) Inside Wound is caused by a sharp instrument like knife, razor and so on and its edges are
- (e) Suryanamaskara is a combined sequence of 12 positions.
- (f) Shavasana aim is releasing the mind from the body.
- (g) Vajrasana helps digestion and eliminates gas troubles
- (h) Closed Wound/ Contusion is an injury or a bruise in which some of the tissues or a part is irregularly torn or ruptured but, the skin may not be broken.
- Answer the following 29.

(4x3 = 12 marks)

- What are the main components of personal hygiene. (a)
 - (a) Sleep about 7 to 8 hours a day.
 - (b) Bathing, Wash your body regularly.
 - (c) Brush your teeth twice a day.
 - (d) Keeping finger and toe nails trimmed and in good shape
- What is Fish Hygiene? (b)
 - Fish for human consumption should be fresh. In fresh fish, the gills are bright red and the eyes are clear and prominent. Consumption of contaminated fish may give rise to fish poisoning.
- List First Aid Treatment for Rabid Dog Bite. (C)
 - (a) Immediately wash the bite area with lots of water and soap.
 - (b) Wound should be cleaned with available antiseptic.
 - (c) Patient should be sent to hospital for an anti-rabies injection course.
 - (d) Dog and the patient should be kept under observation for at least 10 days.
- List First Aid Treatment for Foreign Body in Eye. (d)
 - (a) Ask the patient not to rub the eyes.
 - (b) Wash the eye with water repeatedly for a minute or two.

(c) Search for the foreign body by lifting the upper eyelid and parting the lower eyelid down The patient should face the light. If the foreign body is seen it can be wiped off with the moistened corner of hand kerchief, cloth or cotton swab (d) If foreign body is fixed to the eye-ball, patient should be sent to the hospital with a

30 Answer the following

(2x5 = 10 marks)

- (a) List Hygiene of Eating Places
 - (i) Eating places should not be located near filthy places, open drains, animal, sheds, manure/soakage pits and other such places.

(ii) Floors should be easy to clean, and should be preferably tiled.

(iii) Room for storage of food should be well ventilated, insect and rat proof and should have adequate lighting.

(iv) Perishable and non-perishable items should be kept separately.

(v) Furniture should be strong and easy to clean.

- (vi) Refuse should be collected in covered bins and removed regularly.
- (vii) Water supply should be independent, adequate and safe.
- (viii) Proper place for cleaning of utensils should be provided
- How will you give Mouth to Mouth Respiration? (b)

This is the most common and simple method and is given immediately. If given timely, it can save many lives. This can be given by following way:-

(a) Casualty should be in supine position.

- (b) Clean the mouth and throat to maintain clear air passage.
- (c) Extend the neck to straighten the air passages.
- (d) Cover the patient's mouth with clean gauze and blow directly and slowly into it. (10 - 12 times per minutes).

ENVIORNMENT AWARENESS & CONSERVATION (20 Marks)

(05 Marks) Write True or False -31

Water is a very important and precious resource for life (True) (a)

Solar energy is a non-renewable energy which is released by the sun. (b)

To conserve water, close the shower tap while soaping your body (True)

Wind energy is conventional source of energy. (False) (d)

Harvesting Rain Water helps in reducing soil erosion. (e)

(True)

32

(09 Marks)

Write Short Answers

75 76 7

What are the other practices for Water Conservation? (a)

Water conservation practices for water utilities Agricultural water conservation practices Industrial and commercial water conservation practices

(b) Why Rain Water Harvesting is essential in today's scenario?

It helps to recharge sub soil and ground water, thus increasing the level of the water

It helps to create large quantity of pollution free clean water that can be stored in huge tanks or ponds for use later on

It ensures ready supply of water on the land surface, thereby reducing dependence on the ground water

What do mean by Energy Conservation? (C)

Energy conservation refers to various ways and methods of reducing energy consumption by economizing on the use of a particular source of energy. Energy conservation is the management of processes and policies, designed to reduce energy usage. It can be achieved only by reducing consumption of energy by either preventing wasteful use of energy or by using energy efficient products.

Write long Answers 33.

(06 Marks)

What are the ways to conserve water indoors?

Ans. Ensure that there are no leaks in your house

Use water efficient flushes Close taps while brushing your teeth, shaving or soaping your face

Use water from washing of clothes for cleaning floors

Use appropriate amount of detergent for washing clothes

Close the shower tap while soaping your clothes

While washing the dishes by hand, don't let the water run while rinsing

Monitor water bill for unusually high use

Water your lawn and garden in the morning or evening when temperature is cooler

Never throw water unnecessary on roads which can be used for gardening and

Avoid unnecessary flushing the toilets Use minimum amount of water to bathe

install small shower heads to reduce the flow of water

OBSTACLE TRAINING (05 Marks)

Fill in the Blanks -34.

(02 Marks)

Obstacle training develops courage, patience and makes NCC cadets physically (a)

fit

The height of the High Wall is $\underline{6}$ feet and 12 feet long bricked wall with plaster on (b) both sides

Write Short Answers: -35

(03 Marks)

What is the use of Obstacle Course in NCC?

Obstacle course is one such training activity conducted for making the NCC cadets physically fit and mentally strong. Obstacle training develop courage, patience make them physically fit.

GENERAL AWARENESS (30 Marks)

Fill in the Blanks: -36.

(10 Marks)

- Marina Beach is situated at Chennai. (a)
- Mizoram is popularly known as the "Land of the Highlanders" and is one of the Rajasthan is the largest state in India in terms of area. (b) (c)

- Namma Metro Rapid Transport System is operationalized in Karnataka states of the North-East India
- (d) (e)
- Telangana is among the Southern States having the largest area.
- Tripura is the smallest state in the North-Eastern Region of India. (f)
- Uttar Pradesh has the boundaries with most States in India. (g)
- Ajmer is situated on Luniriver. (h)
- Brahmaputra river is the longest river in India. (i)

37.

(10 Marks)

- is also known as "French Riviera of the (i) Write True or False: Puducherry is the Union Territory (a)
- Assam is known for the meeting point of Mongoloids and Caucasoid. (True) East".
- State of Madhya Pradesh is a treasury of places of pilgrimage & anthropological (b)

(True)

- Haryana does have boundary with Pakistan. (c) Bangladesh does have the longest border along with India. value. (d)
 - Chambal River originates as well as ends in the territory of India. (True) (True)
- Tuberculosis is common diseases found in coal field workers due to Methene (e) (f) (g)
- (h)
- The Governor General during India's Independence was Lord Minto.
- TTFFT TTTT gas. (i) (j)

38 Tick the Right Answer

(10 Marks)

| (a) | How many States in India a Coastline | (09/ 10) |
|-----|-------------------------------------------------------------------------|------------------------------------------|
| (b) | Which of these States is surrounded on three sides with Bangladesh? | (Tripura / Nagaland) |
| (c) | Mahe, which is a part of Puducherry is surrounded by which state? | (Kerala / Karnataka) |
| (d) | Sikkim shares its boundary with how many states? | (1 / 2) |
| (e) | Krishna Raja Sagar Dam is located in Karnataka is built on which river? | (Cauvery / Krishna) |
| (f) | Which of the following river is the home for fresh water dolphin? | (Ganga / Yamuna) |
| (g) | Which Indian State is not the producer of Mica? | (Tamilnadu / Rajasthan) |
| (h) | What JB Dunlop invented? | (Pneumatic Rubber Tyre / Air Plane) |
| (i) | Who was the first Prime Minister of India? | (Jawaharlal Nehru / Sardar Patel) |
| (j) | Who appoints the Chief Election Commissioner of India? | (President of India / Prime Minister) |