

DS SOLUTION
'B' CERT EXAM

PAPER – I (10 Marks)

DRILL – 10 Marks

- Q1. **State true or false :-** (Sahi/Galat likho) **(05 Marks)**
- (a) Dragging one foot during drill is bad habit (Paon ko ghasit kar chala drill main buri adat hain) (T)
- (b) Correct Pitch is not reqd for word of command (Durust word of command ke leye sahi pitch jaruri nahi hain) (F)
- (c) Drill is foundation of discipline (Drill discipline ki buniyad hain) (T)
- (d) When Str for drill is more than nine cadets are made to fall in three lines (Jab nafri nau(09) se jayada ho to teen line banane ki kawari ki jati hain) (T)
- (e) In slow march length of one step is 32 inches (Dhire chal main kadam ki lambai 32 inch hoti hain) (F)
- Q2. **Fill in the Blanks :-** (Rikt sthaan bharo) **(05 Marks)**
- (a) Drill is of **two** types. (Drill **do** prakar ke hote hain).
- (b) For doing **Baju Shastra** rif is brought down from Bagal Shastra (**Baju Shastra** ke liye Bagal Shastra se rif ko niche laya jata hain).
jata hain)
- (c) General Salute is given to **Maj Gen and above**. (General salute **Maj Gen and above** ko diya jata hain).
- (d) During Guard of honour for President str is **150**. (Rastrapati ko guard of honour ka nafri **150**hota hain).
- (e) Governor of State is given **National Salute** in his/her state. (Ek rajya ke governor ko apne rajya mein **National Salute** diya jata hain).

PAPER – II (35 Marks)**WEAPON TRAINING – (35 Marks)**Q3. **Match the following:-****(05 Marks)**

- | | | |
|---|---|---------------|
| (a) Normal rate of fire per .22 wpn
(.22 hathiyar ka normal rate of fire) | - | 25 Yards |
| (b) Bullets are brought to point of aim by
(Bullets ko point of aim main lane ki kawari kya jata hain) | - | 1 x 1 |
| (c) Effective Range of .22 wpn is
(.22 hathiyar ka kargar range hain) | - | Zeroing |
| (d) Tgt for Short range firing is
(Short range firing ka target) | - | 10 Rds |
| (e) Magazine capacity of .22 rif No II MKIV BA is
(.22 rif ke magazine ke kshmta hain) | - | 05 rd per min |

Q4. **State True or False :-****(05 Marks)**

- | | |
|--|-------|
| (a) Length of .22 Deluxe rif is 45 inches .
(.22 deluxe rif 45 inchies lambai hoti hain) | (F) |
| (b) Characteristic of good firer is that he/she can fill the rif fast.
(Ek acche firer ki khubi hoti hai ki who tezi se rifle ko bhare) | (T) |
| (c) In Short range black colour flag is hoisted
(Short range par kale rang ka jhanda lagaya jata hain) | (F) |
| (d) For cleaning of wpn the size of flentele is 4 x 1.9 inch
(Safai ke liye Chindhi ka size 4 x 1.9 inch hota hain) | (F) |
| (e) In .22 rif barrel the grooves are 06 in number.
(.22 rif ke barrel mein 06 grooves hote hain) | (T) |

Q5. **What documents are kept during range classification? Write any five documents.****(05 Marks)**

(Range classification ke dawran kon se documents rakha jate hain, koiye panch documents ka nam likho)

- Ans:-
- (i) Firing point register.
 - (ii) Butt register.
 - (iii) Range course SAO 12/S/85 (new RANGE course).
 - (iv) No damage certificate.
 - (v) Lead deposit certificate.
 - (vi) Ammunition aur fired case ka detail.

Q6. What do you understand by MPI? (05 Marks)
(MPI se aap kya samajhte hain?)

Ans:- Firing ke dauran yeh janna zaruri hai ki jab hum kabhi bhi ek se jada goli fire karten hai, jin ki shiht, ammunition, weapon ya firing conditions sman hain, to sabhi goli target pe ek hi jagah nahi lagengi. Is men ek pattern banta hai, aur is ke kai karan ho sakte hain. Ek group banane ke liye, paanch goli jo ki ek sath aur ek hi aiming point par fire ki hon, ko liya jata hai. In paanch goliyon ke group ke Kendra Bindu (central point) ko group ka Mean Point of Impact (MPI) kehte hain.

Q7. What are main positions for firing a weapon? (05 Marks)
(Ek hathiyar ko fire karne ke mukhya posn kon se hain?)

Ans:- Sabse pehle target ki sidh mein khare ho jaen, chalti halat mein baen paon ko thora baen aur age len, sath hi rifle kobaen hath men pakren. Iske bad daen hath se zamin ka sahara lete hue, let jaen. Rifle ko dahine rakhen aur bayen haath ki kohni ko tab tak harkat den jab tak ki target, baen kohni, dahina kandha aur dahina paon ek seedh mein na aajae. Ab dahini kohni ko us jagah par rakhen jahan par kohni dahine aur thora kandhe ke niche ho. Dono haathon ki hatheli ko thudi ke neeche lagakar aankhen band Karen aur badan ke tanav ko mahsoos Karen, yadi badan mein tanav hai to kohni usi jagah rakhte hue badan ko aage peechhe karte hue tanav ko door Karen aur kohni ki jagah ko mark kar den.

Q8. Write Characteristic of .22 Rifle. (05 Marks)
(.22 Rif ki vishestayan likhen.)

Ans:- Halka aur sadharan hathiyar
Length - 45/43 inch
Weight- 2.78 kg to 3.93 kg
Effective Range – 25 yards
Calibre - .22"

Q9. What do you understand by Trigger Control? (05 Marks)
(Trigger control se aap kya samjhte hain?)

Ans:- Durust trigger control keliyet artib is parkar se hai :-

(a) Durust trigger operation ke liye kalmiwali anguli (index finger) ka sahi istemal hai. Anguli ka pehla aur dusre jor ke beech ki jagah ko trigger ke upar rakhte hai.

(b) Trigger ke do khichav hai, halka aur sakht khichav. Pahla khichav haasil karne ke baad dusra khichav hasil karen. Trigger dabate samay barrel harkat nahin karni chahiye.

(c) Sahi trigger operation k ikarwai karne ke liye firer ko tin disk ex di jati hai. Is men rifle ko ready karo aur barrel par tin disk rakho aur trigger ko press karo. Agar tin disk niche nahin girti hai to trigger operation ki karwahi sahi hai.

PAPER – III (200 Marks)**NCC – (05 Marks)**

Q10. Write any five objectives of NCC. (05 Marks)
(NCC ke koi panch objectives likhe.)

Ans:- The objectives of the NCC are:-

- (a) Train volunteer youth to become confident, committed and competent leaders in all walks of life.
- (b) Enhance awareness levels of cadets to become responsible citizens of the country.
- (c) Provide opportunities and encourage cadets to enrich their knowledge, develop communication skills and build character.
- (d) Conduct social activities and community development programmes, to make constructive contributions toward society.
- (e) Undertake adventure activities to hone leadership qualities and risk-taking abilities.
- (f) Provide a platform to launch “Goodwill Ambassadors” to project the image of country overseas.
- (g) Conduct military training to develop awareness about Armed Forces, leadership skills and military values thus, provide an environment to motivate cadets to join the Armed Forces.

NATIONAL INTEGRATION (NI) – (30 Marks)

Q11. Write five factors of National Integration. (05 Marks)
(National Integration ke panch factors likhe.)

Ans:- National Integration includes the following:-

- (a) Cultural Integration.
- (b) Economic Integration.
 - (i) Unemployment / Underemployment of People.
 - (ii) Inflation.
 - (iii) Farmer Distress.
- (c) Political Integration.
- (d) Religious Integration.
- (e) Social Integration.

Q12. Write any five measures to achieve National Integration. (05 Marks)
(National integration ko pane ke paanch upay batanyen?)

Ans:- Some measures to achieve National Integration are listed below: -

- (a) Philosophy of Integration
- (b) Culture as a Unifying Factor.
- (c) Promotion of Secularism.
- (d) Role of Politics.
- (e) Economic Unity.
- (f) Dignity of Individuals
- (g) Socio-Economic Reforms
- (h) Education.
- (j) Emotional Unity.
- (k) National Language.
- (l) Nationalism and Patriotism.
- (m) Proper Use of Media.
- (n) Political and Administrative Measures.

Q13. Write any five Fundamentals for Unity in Diversity. (05 Marks)
(Anekta main ekta ko kayam karne main upyogi koie paanch fundamentals likhe)

Ans:- The fundamentals of Unity in Diversity have been listed below:-

- (a) Geographical Unity
- (b) Spirit of Religious Unity.
- (c) Indian Philosophy.
- (d) Ethnic Coexistence
- (e) Cultural Unity.
- (f) Social Unity.
- (g) Political Unity
- (h) Emotional Unity

Q14. Write any five measures by which a cadet can contribute in Nation Building. (05 Marks)
(Rastra Nirman ke liye ek cadet dwara koi paanch contribution likhe)

Ans:- Every NCC Cadet as an individual can contribute substantially in the process of nation building by adopting the following measures: -

- (a) Contributing to Adult Education.
- (b) Social Service Activities.
- (c) Promoting the National language
- (d) Treating All Human Beings as Equal.
- (e) Respecting All Religious Institutes.

Q15. **Write any Internal threats affecting India.** (05 Marks)

(Desh ko affect karne wale koi paanch antarik khatro ko likhe)

Ans:- There are various reasons, both historical and non-historical, which cause problems for our internal security. However, a few root causes are mentioned below:

- (a) Poverty
- (b) Unemployment
- (c) Inequitable growth
- (d) Widening gap between haves and have nots
- (e) Failure on administrative front or Governance deficit
- (f) Increasing communal divide
- (g) Increasing caste awareness and caste tensions
- (h) Rise of contentious politics based on sectarian, ethnic, linguistic or other divisive criteria
- (j) Porous borders
- (k) Poor criminal justice system and large-scale corruption leading to nexus between criminals, police and politicians with the result that organised crime goes on unabated.

Q16. **Write any five key attributes of National Security.** (05 Marks)

(National security ke koi paanch kye attributes likhe)

Ans:- The main attributes of National security are:

- (a) Secure territorial integrity and protect internal sovereignty
- (b) Maintain domestic peace
- (c) Prevalence of law and order
- (d) Rule of law and equality before law—law of the land should protect everyone irrespective of status
- (e) Absence of fear from the feared implying individual freedom for people as guaranteed by the Constitution
- (f) Peaceful co-existence and communal harmony.

PERSONALITY DEVELOPMENT AND LEADERSHIP – (65 Marks)

Q17. **Fill in the blanks:-** (05 Marks)

(Rikth sthaan bharo)

- (a) There are **10** Core life skills.
(Core life skills **10** प्रकार के होती हैं)
- (b) Ability to analyse info is called **Critical Thinking**
(Info को analyse करने के ability को **Critical Thinking** कहते हैं)
- (c) **Decision Making** is to choose from varied options based on existing knowledge.
(Apne gyan ke aadhar par kai vikalpo mei se ek ko **Decision Making** lena kehata hai).

- (d) Every person perceives one self in **three** aspects.
(Pratyek vyakti apne aap ko **three** pahluo se samajhta hain).
- (e) There are **three** ways of communication
(Communication ke **three** tarike hain)

Q18. Write any five factors influencing/shaping personality. (05 Marks)
(Personality ko prahabit karne wale koin paanch factors likhe)

Ans:- Traditionally, modern psychological studies suggest that factors such as the ones below have a lasting effect on an individual's personality:-

- (a) Hereditary.
- (b) Self-Development.
- (c) Environment.
- (d) Education.
- (e) Life-situations.
- (f) Past Experiences.
- (g) Dreams and Ambitions.
- (h) Self-Image.
- (j) Values.

Q19. Write any five components of Empathy. (05 Marks)
(Samvedna ke koi paanch components ko likhe)

Ans:- Empathy has the following components:-

- (a) Putting oneself in the other's shoes.
- (b) To see things from the other's point of view.
- (c) Understanding and feel the other person's feelings.
- (d) Being able to communicate this understanding to the person, in action or by words.
- (e) Being non-judgmental and not agreeing or disagreeing with the person, but accepting the person and their behaviour.
- (f) Not taking the issue on one's own shoulders.

Q20. Write any five points required for Critical thinking. (05 Marks)
(Gahar soch ke liye jaruri koi paanch points likhe)

Ans:- Critical thinking requires skills in:-

- (a) Analyzing the information and examining it in detail.
- (b) Thinking about different perspectives and possibilities
- (c) Problem solving - considering available information before making an appropriate decision.
- (d) Reasoning - thinking logically; making links between ideas and information.
- (e) Evaluating - examining information, to assess whether it is useful, relevant, and reliable.

Q21. Write any five core life skills.
(Koi paanch mul life skills likhe)

(05 Marks)

Ans:- There are ten core Life skills which help in enhancing the personality of an individual. They are as follows: -

- (a) Self Awareness.
- (b) Empathy.
- (c) Critical Thinking.
- (d) Creative Thinking.
- (e) Problem Solving Skills.
- (f) Decision Making.
- (g) Interpersonal Relationship.
- (h) Effective Communication.
- (j) Coping with Emotions.
- (k) Coping with Stress

Q22. Write any five charactersticks of creative persons.
(Ek Rachnatmak vyakti ke koi paanch khasiyat likhe)

(05 Marks)

Ans:- A creative person has the following characteristics: -

- (a) Curious.
- (b) Seeks problems.
- (c) Enjoys challenge.
- (d) Optimistic.
- (e) Able to suspend judgment.
- (f) Comfortable with imagination.
- (g) Sees problems as opportunities.
- (h) Sees problems as interesting.
- (j) Problems are emotionally acceptable.
- (k) Challenges assumptions.
- (l) Doesn't give up easily: perseveres, works hard.

Q23. Write any five listening barrier.
(Koi paanch sunne main avarodh likhe)

(05 Marks)

- Ans:-
- (a) Interrupting the speaker.
 - (b) Not maintaining eye contact with the speaker.
 - (c) Rushing the speaker to complete what he has to say.
 - (d) Making the speaker feel as though he is wasting the listener's time.
 - (e) Being distracted by something that is not part of the ongoing communication.
 - (f) Getting ahead of the speaker and completing his thoughts.
 - (g) Ignoring the speaker's requests.
 - (h) Topping the speaker's story with one's own set of examples.
 - (j) Forgetting what is being discussed.

Q24. Write any five points to reduce communication gap. (05 Marks)
(Communication gap ko kam karne ke liye koin paanch points likhe)

Ans:- The following steps will help in reducing the communication gap:-

- (a) Plan ahead.
- (b) Involve others to contribute to planning.
- (c) Listen to the suggestions made by others.
- (d) Speak with purpose and be specific.
- (e) Justify your stand without upsetting others.
- (f) Have sense of humour.
- (g) Have empathy.
- (h) Do not be judgmental.
- (j) Do not underestimate the ability of others to contribute.
- (k) Observe the body language or the non-verbal communication of others.
- (l) Be transparent to inform others of the planned activities and get feedback.
- (m) Make modification in the plan to suit the need.
- (n) The words 'yes' and 'no' are very powerful. Learn to use them appropriately

Q25. Write any five points for stress management. (05 Marks)
(Tanav ko manage karne ke koin paanch upay likhe)

- Ans:-
- (a) Take Deep Breath.
 - (b) Talk It Out.
 - (c) Take A Break.
 - (d) Create A Quiet Place in Your Mind.
 - (e) Pay Attention to Physical Comfort.
 - (f) Move.
 - (g) Take Care of your Body.
 - (h) Laugh
 - (j) Manage your Time.
 - (k) Know your Limits.
 - (l) Do you have to be Right Always?
 - (m) Have a Good Cry.
 - (n) Look for the Good Things around You.
 - (o) Talk Less, Listen More.

Q26. Write any five points for maint of Etiquette. (05 Marks)
(Shishtaachar ko banaye rakhne ke liye koin paanch points likhe)

- Ans:-
- (a) Etiquette makes you a cultured individual who leaves his mark wherever he goes.
 - (b) Etiquette teaches you the way to talk, walk and most importantly behave in the society.
 - (c) Etiquette is essential for an everlasting first impression. The way you interact with your superiors, parents, fellow workers, friends speak a lot about your personality and up- bringing.
 - (d) Etiquette enables the individuals to earn respect and appreciation in the society.

Q27. Write any five tips to improve social skills. (05 Marks)

(Saamaajik kaushal ko improve karne ke liye koin paanch tips likhe)

Ans:- Having sound social skills is extremely important in the present times, given to the fact that interaction and conversation forms the basis for everything we do. Following are few tips on how to improve social skills.

- (a) Be Yourself.
- (b) Be Responsible.
- (c) Be Open & Approachable.
- (d) Be Attentive.
- (e) Be Polite.
- (f) Be Aware
- (g) Be Cautious

Q28. Write any five points which help management of time. (05 Marks)

(Samay ka upyog karne ke liye koi paanch points likhe)

Ans:- Time management helps you to: -

- (a) Reduce or eliminate wasted time and effort so you'll have more productive time each day.
- (b) Improve your productivity so you can accomplish more with less effort.
- (c) Focus your time and energy on what is most important and make time for the things you want and value. Thus, help you find greater balance and fulfilment.
- (d) Improve your performance while reducing stress.
- (e) Set and achieve your long-term goals.

Q29. Write five points to improve public speaking. (05 Marks)

(Saarvajanik bol ko improve karne ke koi paanch points likhe)

Ans:- Public speaking skills are valuable both in your personal life and in your career. Even if you don't regularly engage in public speaking, developing skills in this area will increase your confidence and reduce anxiety about situations in which you may be called upon to speak in public. The following point should be kept in mind to improve public speaking skills:

- (a) Stage Presence.
- (b) Voice Control.
 - (i) Tone (quality)
 - (ii) Pitch (high or low)
 - (iii) Volume of your voice
- (c) Body Language.
- (d) Delivery.
 - (i) Speak slowly and deliberately
 - (ii) Pause between ideas
 - (iii) Carefully articulate and pronounce your words.
 - (iv) Avoid filler sounds like "Um" and "ah."
 - (v) Vary the pitch and volume of your voice
- (e) Audience Relations.

DISASTER MANAGEMENT – (15 Marks)

Q30. **Fill in the blanks:-** (05 Marks)
(Rikth sthan bhara)

- (a) NDMA is headed by **Prime Minister**
(NDMA ke sarvopari **Prime Minister** hain).
- (b) Cyclones are **wind related** natural disaster.
(Chakravaat ek **wind related** Prakitik Vipada hain).
- (c) There are **12** Bns of NDRF
(NDRF main **12** Bn hain).
- (d) **Soda Acid** Extinguishers are used for fires involving ordinary combustible material.
(Sadharan jwalanshil aag par kabu pane ke liye **Soda Acid** extinguisher ka istemal kiya jata hain).
- (e) Civil defence corps has **12** services.
(Civil defence corps main **12** services hoti hain).

Q31. **List out three natural and two manmade disasters.** (05 Marks)
(Teen prakritik aur do mavav nirmit vipdayan likhe)

Ans:- Natural - Earthquakes, Tsunamis, Landslides, Floods , Storms, Cyclones

Manmade – Road Accident, Explosion, Gas leaks , air accident, building collapse etc.

Q32. **What all parties are there in fire fighting?** (05 Marks)
(Fire fighting ke partiyon ka nam likhe)

Ans:- House Fire Parties. It consists of four persons who carry stirrup pumps and water buckets. They act as fire watchers and work under the orders of the wardens. They carry one stirrup pump, two buckets, one torch and one hand axe. One steel helmet and one whistle per member are envisaged as personal equipment.

Auxiliary Fire Services. This consists of eight persons with Trailer Pump which can throw water at the fire from a distance. The members of this Service are drawn from the Home Guards.

SOCIAL AWARENESS AND COMMUNITY DEVELOPMENT – (30 Marks)

Q33. **Fill in the blanks :-** (05 Marks)
(Rikth sthaan bhara)

- (a) **Virus** are a type of malware programs designed to damage computer.
(**Virus** Ek prakar ke dushit program hai jo computer ko kharab karne ke liye banaye gaye hain).

- (b) Mission **Indradhanush** is a health mission of Govt of India.
(Mission **Indradhanush** Bharat sarkar ka swastha mission hain).
- (c) Digital India was launched on **01 Jul** 2015.
(Digital India **01 Jul** main launch hua tha)
- (d) MGNREGA is an important **rural** devp programme.
(MGNREGA ek mahatpurna **rural** vikas programme hain).
- (e) Pollution are of **05** types.
(Pradushan **05** prakar ke hoti hain).

Q34. Write any five types of Social Service activities undertaken in India. (05 Marks)
(India main Social service ke liye ki jane wali koi paanch gatividhiyan likhe)

Ans:- There can be many social service activities. Some of the social service activities which can be undertaken are as under:-

- (a) Education.
- (b) Family Welfare, Medical Care, Family Planning and Nutrition.
- (c) Provision of Water and Cooking Fuel, Roads, Electricity and Sanitation.
- (d) Old Age Support Systems.
- (e) Employment.
- (f) Social Assistance, Social Security and Care & Protection.
- (g) Housing and Rehabilitation.
- (h) Recreation, Sports and Social activities.

Q35. Write any five Rural Development Programmes. (05 Marks)
(Gramin Vikas ke koi paanch programme likhe)

- Ans:-
- (a) MGNREGA.
 - (b) Pradhan Mantri Gram Sadak Yojana (PMGSY).
 - (c) National Social Assistance Programme (NSAP).
 - (d) Sansad Adarsh Gram Yojna.
 - (e) Pradhan Mantri Awas Yojna.
 - (f) Jeevan Jyoti Bima Yojna.
 - (g) Pradhan Mantri Krishi Sinchai Yojna (PMKSY).

Q36. Write a short note on Contribution of NCC towards Swachh Bharat Abhiyan (in 30 words). (05 Marks)

(Swachh Bharat Abhiyan main NCC ka kya kya bhumika hain? (30 shabdon mein))

Ans:- NCC, through its mass base in rural and urban areas, took up the task of Swachata during the Swachata Pakhwada. The National Cadet Corps has been a major part of the Swachh Bharat Mission initiative and the NCC Cadets have been carrying out these activities as part of social responsibility and community development. The activities carried out by the cadets were cleanliness drive at historical sites and a mass pledge by cadets. The NCC also held awareness rallies, street plays, lectures and seminars across the country. The cadets distributed public health material with the help of civil administration, cleaned statues of national leaders and made posters to spread awareness about swachata.

Q37. **List out five ways to prevent dowry.** (05 Marks)
(Dahej protha ko rokne ke koi paanch upay likhe)

- Ans:- (a) Not to offer or accept any dowry.
(b) Educate the members of the family with law - that accepting or giving dowry is an offence.
(c) Educate the members of the family and the neighbours to respect a woman's rights and privileges.
(d) Encourage women to fight for their rights.
(e) Educate the girl child to become economically independent.
(f) Strict law enforcement on dowry.

Q38. **List out five causes of Road accidents.** (05 Marks)
(Sadak durghatna ka koi paanch karan likhe)

- Ans:- (a) Distracted Driving.
(b) Drunk Driving.
(c) Speeding.
(d) Rain.
(f) Running Red Lights.
(g) Night Driving.
(h) Tailgating.
(j) Wrong-Way Driving/ Improper Turns.
(k) Teenage Drivers.
(l) Drugs.

HEALTH AND HYGIENE – (25 Marks)

Q39. **Fill in the blanks:-** (10 Marks)
(Rikth sthaan bharo)

- (a) **26 Jun** is declared as International Yoga Day.
(**26 Jun** ko antarraashtreey yog divas ke roop mein ghoshit kiya jaata hai.)
- (b) Surya namaskar is combined sequence of **12** positions
(Surya namaskar **12** positions se pura hoti hain)
- (c) **Lacerated** wound is caused by blunt instruments.
(**Lacerated** Ghaav kund saadhan ke dawara hota hain).
- (d) Dizziness and weakness is sign of **Asphyxia**
(Chakkar aana aur kamajoree **Asphyxia** ka sanket hai.)
- (e) There are **04** stages of unconsciousness.
(Behoshee ke **04** charan hote hain.)
- (f) In dog bite case the patient and dog to be kept under observations for **10** days.
(Kutte ke kaatane ke maamale mein mareej aur kutte ko **10** dinon tak nigaraanee mein rakha jaata hai.)
- (g) Most common method of artificial respiration is **mouth to mouth** respiration.
(Krtrim shvasan kee sabase aam vidhi **mouth to mouth** shvasan hai).

- (h) While handling electrical shocks wear **rubber soled** shoes.
(Bijalee ke jhatake se nipatane ke dauraan **rubber soled** jooto pahanate hain.)
- (j) Soakage pit should be **6 feet** deep.
(Soakage pit **6 feet** gahara hona chahie).
- (k) In fish the gills are **red** in colour.
(Machliwon ke galaphada **Lal** rang ka hota hain).

Q40. Give any five points to ensure hygiene of eating place. (05 Marks)
(Khaane ki jagah ke hygiene ke liye koin paanch points likhe)

- Ans:- (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.

Q41. Write any five ways for keeping food safe from contamination. (05 Marks)
(Khana ko dushan se bachane ka koi paanch upay likhe)

Ans:- Food hygiene is the condition and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Lack of adequate food hygiene can lead to foodborne diseases and death of consumer. The five keys to safer food are listed below:-

- (a) Keep clean.
- (b) Separate raw and cooked items.
- (c) Cook thoroughly.
- (d) Keep food at safe temperatures.
- (e) Use safe water and raw materials.

Q42. Write any five things required for dressing of wounds. (05 Marks)
(Ghav ko patti karne ke liye jaruri koi paanch chigon ko likhe)

- Ans:- (a) Anti septic (A/S) lotion.
- (b) Cotton / Gauze piece
- (c) Scissors.
- (d) Bandages of different size and band aid.
- (e) A/S ointment or powder.

ADVENTURE ACTIVITIES – (15 Marks)

Q43. Write five types of adventure trg. (05 Marks)
(Adventure trg ke koi paanch prakar likhe0)

- Ans:- (a) Rock Climbing
(b) Cycle expedition
(c) Treacking
(d) Para Sailing
(e) Slithering

Q44. Write any five useful tips for trekking. (05 Marks)
(Trekking ke liye jaruri koi paanch tips likhe)

Ans :- Before setting out for a trek, following hints and tips are required to be considered during the planning phase:-

- (a) Keep toilet items handy. This will ensure that no germs/infection enters the body through consumption of water or food.
- (b) Carry all possible essentials in the ruck sack with the expedition. Heavy items could be ferried by road.
- (c) Carry sleeping mattress or durries for `night halts.
- (d) Carry adequate woollens for the period of the trek.
- (e) Take off your shoes at drink and lunch halts. This will give relaxation to your feet.
- (f) Take small steps when ascending up slope.
- (g) Ensure good consumption of water at regular intervals.
- (h) Carry essential medicines to cater for minor injuries or disorders.
- (j) Acclimatization is a must for high altitude marches.

Q45. Write five safety measures during rock climbing. (05 Marks)
(Rok climbing ke dawran koi paanch surakhsa ke upay likhe)

Ans:- Use the following 10 tips to keep safe when you're out rock climbing:-

- (a) Always Check Harnesses.
- (b) Always Check Knots.
- (c) Always Wear a Helmet.
- (d) Always Check the Rope and Belay Device.
- (e) Always Use a Long Rope.
- (f) Always Bring Enough Gear.
- (g) Always Climb with the Rope Over Your Leg.
- (h) Always Properly Clip the Rope.
- (j) Always Use Safe Anchors.

ENVIRONMENT AWARENESS AND CONSERVATION – (10 Marks)

Q46. Write any five points for rain water harvesting. (05 Marks)
(Varshajal sangrahon ke liye koi paanch points likhe)

Ans:- India is in a state of water crisis, both in rural and urban areas. Floods and droughts go hand in hand in our country, which causes water shortage. Rainwater is a pure form of water if stored properly and can greatly reduce the pressures on treated water supply. Rainwater harvesting is therefore extremely essential for the following reasons: -

- (a) It helps to recharge sub soil and groundwater thus increasing the level of the water.
- (b) It helps to create large quantity of pollution free clean water that can be stored in huge tanks or ponds for use later on. In cities, it reduces the dependency on treated water supply to a great extent.
- (c) It ensures ready supply of water on the land surface thereby reducing dependence on the ground water.

Q47. Write any five energy conservation measures. (05 Marks)
(Urja sanrakshan ke koi paanch upay likhe)

- Ans:-
- (a) Energy Saving Building Designs.
 - (b) Use of Energy Efficient Equipment / Implements.
 - (c) Public Lighting.
 - (d) Usage Habits.
 - (e) Public Transport System.
 - (f) Energy Efficient Infrastructure.
 - (g) Preventing Pilferage.
 - (h) Use of Non-Conventional Sources of Energy:-
 - (i) Solar Energy.
 - (ii) Wind Energy.
 - (iii) Biogas.

OBSTACLE TRAINING (05 MARKS)

Q48. Write any five benefits of obstacle trg. (05 Marks)
(Badha training ka koi paanch fayada likhe)

Ans:- Benefits of Obstacles courses are as under:-

- (a) Ensures physical fitness.
- (b) Ensures flexibility.
- (c) Ensures mental strength.
- (d) Coordination and balance of mind and body.
- (e) Improves risk taking ability.
- (f) Evaluating problem solving skills.
- (g) Over all team spirit.

PAPER – IV (110)

ARMED FORCES - (20)

Q49. **Write the Supporting Arms/Services of Indian Army?** (05 Marks)
(Bharatiya sena ke supporting services kon se hain?)

Ans:- Supporting Arms- Artillery, Engineers, Army Aviation, Army Air Defence and Signals.

Supporting Services – Army Service Corps, Army Medical Corps, Army Ordnance Corps, Corps of Electronic and Mechanical Engineers etc.

Q50. **Write full form of following :-** (05 Marks)

- (a) AVSM - Ati Vishisht Seva medal
- (b) PVC - Param Vir Chakra
- (c) SSB - Short Service Commission
- (d) ASC - Army Supply Core
- (e) NDA - National Defence Academy

Q51. **Fill in the blanks:-** (05 Marks)
(Rikth sthan bharo)

- (a) Regional Command is commanded by an officer of the rank of **Lt General**
(Kshatriya Command ko **Lt General** rank ke ek adhikaaree dvaara nirdeshit kiya jaata hai).
- (b) Western Naval command is located at **Mumbai**.
(Western Naval Command **Mumbai** par sthit hain).
- (c) Infantry is also called **Queen** of the battle.
(Infantry ko yudh ki **Queen** kaha jata hain).
- (d) IMA is located at **Dehradun**.
(IMA **Dehradun** par sthit hain).
- (e) The Air force is organized into **Seven(07)** commands.
(Vayn sena ko **Seven(07)** commands me vibhajit kiya gaya hain).

Q52. **Write any five names of Central Investigation and Intelligence Agencies.** (05 Marks)
(Bharat ke koi paanch Central investigation aur Intelligence sangathaon ka nam likhe)

- Ans:-
- (a) Central Bureau of Investigation.
 - (b) Indian Income-tax Department.
 - (c) Directorate of Revenue Intelligence.
 - (d) Central Economic Intelligence Bureau.
 - (e) Directorate General of Central Excise Intelligence.
 - (f) National Investigation Agency.
 - (g) Narcotics Control Bureau.
 - (h) Bureau of Police Research and Development (BPRD).
 - (i) National Crime Records Bureau (NCRB).
 - (j) Central Forensic Science Laboratory.
 - (k) National Institute of Criminology and Forensic Sciences.

MAP READING – (25 Marks)

Q53. Match the following:-

(05 Marks)

(a) Roads-unmetalled

(b) Camping Ground

(c) Railway broad gauge

(d) Mandir/Temple

(e) Heights triangulated

The diagram shows five map symbols on the right and five labels on the left. Arrows connect the labels to the symbols: (a) Roads-unmetalled to a triangle, (b) Camping Ground to a temple icon, (c) Railway broad gauge to a dashed line, (d) Mandir/Temple to a box labeled 'CG', and (e) Heights triangulated to a horizontal bar with vertical stripes.

Q54. **What are the types of North?**
(North kitne prakar ka hoti hain?)

(05 Marks)

Ans:- There are three types of North :-

- (a) True North. The direction of North Pole from the observer.
- (b) Grid North. North as per the Grid on map.
- (c) Magnetic North. It is the point to which a magnetic needle points, when freely suspended.

Q55 **What are types of Bearing?**
(Bearing kitne prakar ka hoti hain?)

(05 Marks)

Ans:- The clock wise angle formed by a straight line joining two points and direction of NORTH, is called the bearing between the two points. A bearing is always measured clockwise. They are three types as given below:-

- (a) Grid Bearing. Measured on the map from the Grid North by the help of a protractor.
- (b) Magnetic Bearing. Measured from Magnetic North by the compass.
- (c) True Bearing. Calculated by finding out the relation of True NORTH and Grid NORTH or Magnetic NORTH.

Q56. **Write definition of Grid and Grid lines.** (05 Marks)
(Grid and Grid lines se aap kya samajhte hain?)

Ans:- The 'Grid' is a systematic pattern on Earth by laying a vertical and horizontal grid over the Earth's layout. The vertical lines are called the longitude and the horizontal lines are known as the latitude. Combinations of these lines are known as Grid Lines.

Q57. **Write methods used to identify objects from map to ground.** (05 Marks)
(Maanachitr se lekar jameen tak vastuon ko indent karane ke lie upayog kee jaane vaalee vidhiyaan likhen.)

Ans:- To find out the details of map on ground is known as map to ground. Following methods are used to identify objects from map to ground:-

(a) Bearing and Distance Method. With the help of bearing and distance, find out own position. Find out the distance of the object to be identified on ground with the help of a scale on the map. Using service protractor, find out the bearing of the object and convert it into magnetic bearing. Set the magnetic bearing on compass and look for the object in the given bearing. Estimating the distance on ground the object will be identified.

(b) Direction and Distance Method. Draw a line on the map between own position and object to be identified. Calculate its distance and using any of the following methods find the direction of the object:-

- (i) With the help of a sight rule find the ground direction of the object.
- (ii) With the help of two points on the map estimate the ground direction.
- (iii) Place a foot ruler /pencil at own position and align it with line of the map.
- (iv) Place a pin each at own position and at the object on the map. Align both pins and find general direction.

(c) By Estimation Method. In this method measuring bearing, distance and direction, object is identified with the help of other details in the proximity of the object.

FIELD CRAFT AND BATTLE CRAFT - (25 Marks)

Q58. **Fill in the blanks:-** (05 Marks)
(Rikth sthaan bhara)

- (a) Key range is a method of **Judging distance**.
(Key range **Judging distance** ka tarika hain)
- (b) There are **04 (four)** types of ground.
(Ground **04 (four)** prakar ke hoti hain).
- (c) Field signals can be passed by **03 (three)** of methods.
(Field signal **03 (three)** tarikon se pass kiya jata hain).
- (d) There are **05 (five)** basic considerations for fire & movement
(Fire and movement ka **05 (five)** siddhanth hain).
- (e) The **Field Signals** used during day are different from ones used at Night
(Din me istemal hone wale **Field Signals** raat me istemal hone wale se alga hain).

Q59. Write types of section formation.
(Section formation ka prakar likhe)

(05 Marks)

Ans:- Various formations are used when troops come in contact with the enemy and the type of formation adopted is entirely dependent on the following four basic factors:-

- (a) Degree of control required to be exercised by the Section Commander.
- (b) Type of ground.
- (c) Necessity of bringing down maximum fire with minimum delay.
- (d) Task.

A Section is the smallest sub unit of an Infantry Battalion and is capable of undertaking independent task. It consists of ten persons who are organized in Rifle group and Support Group. Different types of formations adopted by a section are as under:-

- (a) Single Fire Formation
- (b) File Formation
- (c) Arrow Head Formation
- (d) Spear Head Formation
- (e) Diamond Formation

Q60. Match the following :-

(05 Marks)

<u>Direction</u>	<u>Measuring</u>
(a) Slight Left/Right	Approximately 45 degrees.
(b) Quarter Left/Right	Approximately 90 degrees.
(c) Half Left/Right	Approximately 67 ½degrees.
(d) Three Quarter Left/Right	Approximately 10 degrees.
(e) Full Left/Right	Approximately 22 ½ degrees.

Q61. Describe why things are seen?
(Chije kuin dekhai deta hain)

(05 Marks)

Ans:- Various factors responsible for things to be seen are as follows:-

- (a) Shape.
- (b) Shine.
- (c) Shadow.
- (d) Surface.
- (e) Spacing.
- (f) Smoke.
- (g) Sound.
- (h) Movement.

Q62. **Write the sequence of Fire Control Order.**

(05 Marks)

(Fire control order ka sequence kya hain)

Ans:- Fire control orders must be given in the laid down sequence so as to avoid confusion and misunderstanding. For ease of remembering the sequence for giving fire control orders, remember the catch word 'GRIT'.

(a) G - The Group of the section which is addressed, i.e the LMG group, the rifle group or the whole section. An order starting 'No 1 Section' indicates that the whole section will fire, 'LMG Group' or 'Rifle Group' means that group only is to fire.

(b) R - The range to the target should be given next. It is to ensure accuracy of fire and to draw attention on a limited area of ground (Instructor to explain why range has to be given before indicating the target).

(c) I - The indication of the target by the simplest form of indication.

(d) T - The type of fire to be emp. i.e open fire at once, or on further orders, or when the opportunity arises.

INTRODUCTION TO INFANTRY WEAPONS AND EQUIPMENTS – (15 MARKS)

Q63. **Fill in the blanks:-**

(10 Marks)

(Rikth sthaan bhara)

- (a) Effective range of 5.56 INSAS Rif is **400m** .
(5.56 INSAS Rif ka effective range **400m** hoti hain)
- (b) No of rounds that can be filled in the magazine of 5.56 mm rif is **20**.
(5.56 mm rif ke magazine me **20** rounds bharte hain).
- (c) No of person in LMG group are **02**.
(LMG group main **02** log hote hain).
- (d) 7.62 mm MMG is a **Coy Sp** weapon.
(7.62 mm MMG **Coy Sp** prakar hatiyar hain)
- (e) Full form of AGL is **Automatic Grenade Launcher**.
(AGL ka full form **Automatic Grenade Launcher** hain).
- (f) Killing area of Grenade No 36 Hand is **9 Yrds**.
(Grenade No 36 ka killing area **9 Yrds** hota hain).
- (g) **Section** is the smallest fighting unit of an Inf Bn.
(Ek Inf Bn ka sabse chota ladne wala **Section** hain).
- (h) 84 mm RL is an **Anti Tank Wpn**.
(84mm RL ek **Anti Tank Wpn** hatiyar hain).
- (j) 5.56 mm INSAS is **Personal** of a soldier.
(5.56 mm INSAS ek sainik ka **Personal** hatiyar hain).
- (k) 81 mm Mor is a **Bn Supported Weapon**.
(81 mm Mor ek **Bn Supported Weapon** hatiyar hain).

Q64. **Write five capabilities of Infantry Battalion.**
(Infantry Bn ke koi paanch kabiliyat likhe).

(05 Marks)

Ans:- The capabilities of Infantry Battalion are as under:-

- (a) Self Reliance. The Infantry is equipped, trained and organized to fight with the enemy without any outside support. It can fight itself for a long time.
- (b) Ability to Hold Ground. The Infantry Battalion can hold ground effectively with or without outside support.
- (c) Adaptability. An infantry battalion is highly adaptable and can operate over any type of ground, by day or by night and under any difficult climatic conditions. The infantry battalion can be readily shifted by land, sea or air to the battle field.
- (d) Mobility. Infantry battalion has a high degree of mobility. It can go through almost all kinds of obstacles.
- (e) Vulnerability. In battle, an infantry battalion becomes vulnerable in front of tanks, artillery, small arms, air attack and anti-personnel mines.

MILITARY HISTORY – (15 MARKS)

Q65. **Write any five recipients of the Paramvir Chakras**
(Paramvir Chakras prapta koi paanch ka nam likhe)

(05 Marks)

Ans:- (a) Maj Somnath Sharma. (b) Naik Jadunath Singh (c) 2nd Lt Rama Raghoba Rane (d) Company Havildar Major Piru Singh (e) Lance Naik Karam Singh (f) Captain Gurbachan Singh (g) Major Dhan Singh Thapa (h) Subedar Joginder Singh (i) Major Shaitan Singh (j) Lt Col A B Tarapore (k) Company Quartermaster Havildar Abdul (l) Lance Naik Albert Ekka (m) Flying Officer Nirmaljit Singh Sekhon (n) Second Lt Arun Khetarpal (o) Major Hoshiar Singh (p) Naib Subedar Bana Singh (q) Major Ramaswamy Parameswaram (r) Captain Vikram Batra (s) Lt Manoj Kumar Pandey (t) Grenadier Yogendra Singh Yadav (u) Rifleman Sanjay Kumar

Q66. **Answer the following questions:-**

(10 Marks)

- (a) Who is the supreme commander of Indian Armed forces?
(Bharatiya Sena ka supreme commander kon hain?)

Ans:- President of India

- (b) Write the name of Chief of the Army Staff.
(Bharatiya sena ka sarbooch padadhikari ka nam likhe.)

Ans:- Gen Manoj Mukund Naravane

- (c) During 1971 war who was the Chief of the Army?
(1971 ka yudh ke samai Chief of the Army kon tha?)

Ans:- General Sam Manekshaw, MC

- (d) Where is NDA located?
(NDA kaha sthapit hain?)

Ans:- Pune (Maharashtra)

- (e) Who is the DG NCC?
(NCC mein DG NCC ka nam likhe)

Ans:-

Q67. Match the following :-

(05 Marks)

- | | | |
|---------------------|---|-------------------|
| (a) OP Grand slam | - | 1965 |
| (b) OP Catus lily | - | Maj Shaitan Singh |
| (c) Kargil conflict | - | Siachen |
| (d) OP Meghdoot | - | 1999 |
| (e) Rejang la | - | 1971 |
-

COMMUNICATION – (05 MARKS)

Q68. Write a short note on Line Communication?

(05 Marks)

(Line communication par ek sankhkipt note likhe)

Ans:- The invention of telephone by Graham Bell revolutionized the world of communications as individuals were able to speak directly to each other. This is the basic means of signal communications for a force which is static. A telephone is by far the best means of signal communication between individuals following are advantages and disadvantages given below: -

(a) Advantages.

(i) Reliable and practically free from electrical interference.

(ii) Relatively secure.

(iii) Number of circuits and message carrying capacity is more but limited only by availability of material and manpower.

(b) Disadvantages.

(iv) Vulnerable to physical interference and enemy interception along the entire length of the route.

(v) Takes time to construct.

(vi) Inflexible once it is laid.

(vii) Expensive in men and material