

SECTION-11**ASSISTANCE IN REMOVAL OF DEBRIS****(Only for SD/SW cadets)**

Ques 1 - What should be the ideal priority for removal of debris?

- Ans
- (a) **Priority I.** To remove debris that may damage entry and exit for emergency services, public health and safety.
 - (b) **Priority II.** To remove debris that poses a threat to life and safety, e.g. damage to public structures, bridges and road ways.
 - (c) **Priority III.** To remove debris that cause hindrance to the process of rehabilitation of disaster affected area.
 - (d) **Priority IV.** To remove debris on private property.

Ques 2 - What is the likely role of NCC cadets for removal of debris?

Ans - NCC Cadets could be employed as under : -

- (a) Spread public awareness about task in hand to enhance participation.
- (b) Remove debris in conjunction with civil services.
- (c) For identification of disposal areas and as guides.
- (d) Reporting/controlling of illegal dumping activity.

SECTION-12**COLLECTION AND DISTRIBUTION OF AID MATERIAL****(Only for SD/SW cadets)**

Ques 1 - What are the various types of Aid materials required during management of disasters?

Ans - Aid material can be divided into following categories: -

- (a) Personal Clothing and bedding items.
- (b) Medical and Life Saving Equipment
- (c) Housing and Shelters.
- (d) Transportation.
- (e) Debris Clearing Equipment.
- (f) Animals and Live Stock.

- (g) Disposal of the Dead.
- (h) Communication.
- (i) Food, Water and Cooking Facilities.
- (k) Electricity and Lighting Facilities.

Ques 2 – what is the source of supply of aid material?

- Ans -
- (a) Central Government Organisations including Defence Services.
 - (b) State Government Organisations.
 - (c) Non Government Organisations (NGOs).
 - (d) Educational Institutions.
 - (e) Social Welfare Organisations.
 - (f) Resident Welfare Organisations.
 - (g) Red Cross.
 - (h) International Organisations like WHO etc.
 - (j) Individuals.

Ques 3 - What is the role of NCC cadets for collection of aid material?

- Ans -
- (a) Cadets can help at the time of collection and help in maintaining records.
 - (b) Help in the sifting of articles and bulk breaking and packaging.
 - (c) Help in dispatch of items by various means.
 - (d) NCC can establish their own collection and distribution centres as they are closely associated with schools and colleges all over the country and even in the remotest areas of our country. These can be opened at unit/ group level.
 - (e) NCC is working and coordinating with government at the central and also at the state and district level and thus by their disposition they are ideally suited for a parallel net work with other organisations.

Ques 4 - What is the role of NCC cadets for distribution of aid material?

- Ans -
- (a) Can be co-opted with the PDS system.
 - (b) Work along with NGOs or other organisations.
 - (c) Work independently in the chain of NCC collection and distribution system.

- (d) Work along with Defence Forces who are major contributors in crisis management.
- (e) Operate and man various posts established for escorting and guiding delivery agents with adequate signal communications.

SECTION-13

MESSAGE SERVICES (Only for SD/SW cadets)

Ques 1 – What are various methods of communications?

Ans - (a) Messengers.

(b) Telephones including Cell phones.

(c) Two-way radio (VHF).

(d) Field Telephone.

(e) Signal transmission through propagation of waves as follows:-

(i) Ground Wave. Long and Medium waves range upto 30 Kms.

(ii) Space Wave. VHF and UHF waves range upto 50Kms.

(iii) Sky Wave. HF waves making use of ionosphere layer existing upto a height of 150-200 Kms from the surface of the earth, Range from 100 Kms to 1000 Kms.

(iv) Tropospheric Scatter. For forward propagation height range upto 8-10 Kms from the surface of the earth.

(f) Satellite.

(g) Dial-up modems (Internet including e-mail and Fax).

(h) Local Area Networks (LANs).

(i) Signals.

CHAPTER-VII

SOCIAL SERVICE

SECTION-1

WEAKER SECTIONS OF OUR SOCIETY AND THEIR NEEDS

Ques 1 – What are the various weaker sections of Indian society?

- Ans (a) Scheduled Caste (SC)
(b) Scheduled Tribes (ST).
(c) Other Backward Classes (OBC).

Ques 2 -What are various arguments in favour of Reservation Policy?

- Ans - (a) Social diversity is desirable in campuses and work places. It can bring out hidden talent of society.
(b) One way to do it is to provide relaxed entry criteria for under privileged groups.
(c) Hardship faced by those in general category is due to shortage of seats in professional colleges and shortage of employment opportunities and not due to reservation.

Ques 3 What are various points against reservation policy?

- Ans - (a) Economic conditions should be the basis for reservation.
(b) Reservation decisions are taken keeping political interests in mind.
(c) Allocation of quotas on the basis of caste is a form of racial discrimination and thus contrary to right to equality.
(d) Merit is severely compromised by reserving seats for certain caste-based communities.
(e) Caste system is being kept alive by reservation policy.

Ques 4 – Write down contribution of NCC cadets to help the weaker section of our society?

FAKIR MOHAMMAD ANTONOMOUS COLLEGE: BALASORE

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Date 26/10/19

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F.M. Auto. College, Balasore

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Ans - (a) Help colleagues from weaker section of society in studies and to acquire vocational skills.

(b) Do not discriminate on the basis of social status of any one.

(c) Learn the values of equality and social justice.

SECTION-2

SOCIAL SERVICE AND ITS NEED

Ques 1 - What are the various types of social services?

Ans - (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, Care & protection.

(g) Housing and Rehabilitation.

(h) Recreation, Sports and Social activities.

SECTION-3

FAMILY PLANNING

Ques 1 - Define family planning?

Ans - Family planning is defined as the voluntary, responsible decision made by individual and couples as to the desired family size and timing of birth.

Ques 2 - What are the various methods of family planning?

Ans - (a) Vasectomy.

(b) Tubectomy.

(c) Conventional contraceptives like condoms and diaphragms.

(d) Oral pills.

Ques 3 - What are the suggested measures to ensure success of family planning policy of the Govt?

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Ans - These are as under :-

- (a) Voluntary encouragement of family planning for healthy children.
- (b) Stringent laws and massive campaign through the electronic and print media to create conducive environment.
- (c) Take steps encouraging a two-child norm.
- (d) Educating women particularly in backward areas.
- (e) Early marriage be strictly checked and efforts be made to raise the living standard and improve literacy rate.
- (f) Couples adopting family planning should be given all possible assistance.
- (g) Provide basic health care facilities in the backward areas.
- (h) Involvement of religious leaders in the programme.
- (i) Development of rural areas.

SECTION-4

HIV/AIDS: CAUSES & PREVENTION

AND

CONTRIBUTION OF YOUTH TOWARDS PREVENTION OF AIDS

Ques 1 - Define HIV?

Ans - HIV (Human Immuno-deficiency Virus) is a virus that gradually destroys the body's immune system.

Que 2 - Define AIDS?

Ans - AIDS (Acquired Immuno Deficiency Syndrome) is a condition wherein various diseases affect the body because of the body's weak natural defence mechanism - the immunity.

Note - AIDS is an acquired condition in which a person may have various diseases that cause similar symptoms, all of which are due to the body's diminished ability to fight diseases. Anyone who has HIV infection will develop AIDS over a period of time.

Ques 3. - How does HIV/AIDS spreads

Ans - (a) Sexual transmission

- (b) Blood transfusion.
- (c) Sharing needles and syringes for intravenous drug use.
- (d) Mother-to-child transmission during pregnancy, delivery or breastfeeding

Ques 4 - Is there any risk of HIV/AIDS infection due to blood donation?

Ans - Blood donation has no risk of getting HIV infection because the needles and other equipment used for collecting blood are safe.

Ques 5 - What are various methods to prevent HIV/AIDS?

Ans - There are four main methods which are as under :-

- (a) Being in a mutually faithful sexual relationship.
- (b) Checking all the blood and blood products for HIV infection before transfusion.
- (c) Avoiding drug abuse, especially sharing needles and syringes for injecting drugs.
- (d) Reducing the risk of mother-to-child transmission by following recommended guidelines for preventing parent to child transmission of HIV infection.

Ques 6 . What is the role of youth in preventing HIV infection?

- Ans -
- (a) Preventing HIV infection/re-infection at individual/community level.
 - (b) Spread awareness and educate the under privileged section of society.
 - (c) Promote responsible behaviours, especially those related to sexual behaviours and drug abuse.
 - (d) Imbibe values and play active role to address gender imbalance.
 - (e) Educate general public that the HIV can not be transmitted by the following modes:-
 - (a) Shaking Hands.
 - (b) Sharing of Clothes.
 - (c) Sharing of Food and Utensils.
 - (d) Sharing of Toilets.
 - (e) Insect Bites.
 - (f) Hugging or Kissing.
 - (g) Working in the same office or travelling in the same vehicle.

- (h) Playing or swimming with the infected person.
- (j) Coughing, sneezing or in routine patient-care activities (bed-making, feeding etc).

SECTION-5

CANCER, ITS CAUSES AND PREVENTIVE MEASURES

Ques 1 - What are the causes of cancer?

Ans - Main causes of cancer are:-

- (a) Prolonged chewing of tobacco, zarda, pan and pan masala.
- (b) Heavy smoking.
- (c) Excessive drinking.
- (d) Poor oral hygiene and inadequate dental care.
- (e) Air and water pollution.
- (f) Deficiency of balanced diet.

Ques 3 - What are the preventive measure against cancer? Ques 2 - What are the early signs of cancer amongst Gutka and tobacco users?

Ans - (a) Any sore and ulcer on tongue, cheek or gums that does not heal within a fortnight.

- (a) Red and white patches on the lips or mouth.
- (b) A lump of swelling anywhere in the mouth or neck.
- (c) Difficulty in walking.
- (d) Difficulty in speech.
- (e) Repeated bleeding in the mouth.
- (f) Numbness in the mouth.

Ans -

- (a) Avoiding smoking.
- (b) Avoiding tobacco in any form.
- (c) Good oral hygiene.
- (d) Avoiding diet high in processed and preserved meat, smoked and salted food.
- (e) Avoiding obesity.
- (f) Handling asbestos and certain dyes with precaution.

- (g) Early treatment on detection.

SECTION-6

CONTRIBUTION OF YOUTH TOWARDS SOCIAL WELFARE

Ques 1 - What is the contribution of youth towards social welfare?

Ans - Contribution of youth is as under :-

- (a) Leadership.
- (b) Community Service.
- (c) National and Cultural Integration.
- (d) Education and Literacy.
- (e) Environment.
- (f) Health Care and Family Welfare.
- (g) Physical Education and Adventure Training.
- (h) Old Age Care.
- (i) Watershed and Waste Land Development.

SECTION-7

NON- GOVERNMENT ORGANISATION AND THEIR CONTRIBUTION TO THE SOCIETY (Only for JD/JW Cadets)

Ques 1 - Define NGO?

Ans - An NGO is a non-profit group or association that acts outside of institutionalised political structures and pursue matters of interest to its members by lobbying, persuasion, or direct action. Their goals are primarily non-commercial. They collect funds both from people and the government.

Ques 2 - What are the various types of NGOs?

- Ans. -
- (a) INGO. International NGOs.
 - (b) BINGO. Business oriented International NGO.
 - (c) RINGO. Religious International NGOs.
 - (d) ENGO. Environment NGO.

Ques 2 - What are the various activities under taken by NGOs?

- Ans:-
- (a) Blood Donation.
 - (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 AIDS.
 - (k) Family Planning Programmes.
 - (l) Community Development Work.
 - (m) Promotion of Social-equality.
 - (n) Wildlife and Animal Care.
 - (o) Human-rights.
 - (p) Awareness Campaign.
 - (q) Child Care.
 - (r) Polio Eradication drive.
 - (s) Providing schooling facilities especially in remote villages and rural areas.
 - (t) Creating and providing health and hygiene infrastructure and facilities.
 - (u) Cottage Industry.
 - (v) Orphanage and Old Age Homes.

SECTION-8

DRUG TRAFFICKING AND CRIME

(Only for SD/SW cadets)

Ques 1 - Define Drug?

Ans - A "DRUG" is a substance—solid, liquid or gas that brings about physical and / or psychological changes. Drugs affect the central nervous system.

Ques 2 - What are the various types of drugs and name the common drugs in each category?

Ans. (a) **Depressants.** Depressants are drugs that slow down the function of the central nervous system. Depressant drugs do not necessarily make a person feel depressed. They include:-

- (i) Alcohol.
- (ii) Cannabis.
- (iii) Barbiturates, including Seconal, Tuinal and Amytal.
- (iv) Benzodiazepines (Tranquilisers), Benzos, Tranx, such as Rohypnol, Valium, Serepax, Mogadon, Normison and Eupynos.
- (v) GHB (Gamma- hydroxybutrate), or Fantasy
- (vi) Opiates and Opioids, including Heroin.

(b) **Stimulants.** Stimulants act on the central nervous system to speed up the messages to and from the brain. They make the user feel more awake, alert or confident. Stimulants increase heart rate, body temperature and blood pressure. Other effects include appetite, dilated pupils, talkativeness, agitation and sleep disturbance. Mild stimulants include:-

- (i) Ephedrine used in medicines for bronchitis, high fever and asthma.
- (ii) Caffeine in coffee, tea and cola drinks.
- (iii) Nicotine in tobacco.

(c) **Hallucinogens.** Hallucinogens affect perception, People who have taken them may believe they see, hear and perceive things that are not really there or what they see may be distorted in some way. The effects of hallucinogens vary a great deal, so it is impossible to predict how they will affect a particular person at a particular time. Hallucinogens include:-

- (i) Dhatura
- (ii) Ketamine

Ques 3 – What is the role of “Narcotic Drugs and Psychotropic Substances (NDPS) Act and Rules”?

Ans - (a) Punishment of upto 20 yrs rigorous imprisonment and fine up to Rupees Two Lakhs for indulging in trafficking of narcotic drugs and psychotropic substances.

- (b) Death sentence in case of repeat of this offence.
- (c) Forfeiture of property of smugglers.
- (d) Regulating of legitimate trade and commerce of NDPS for medicinal and scientific purposes. The “Prevention of Illicit Trafficking in Narcotic Drugs and

Psychotropic Substances" (PITNDPS) provides for detention of persons indulging in trafficking of narcotic drugs for 1 to 2 years by an executive order .

- (d) Care and Cleanliness of Skin, Hand, Hair and Teeth.
- (e) Healthy food and proper rest.
- (f) Exercise.

Ques 3 - What are the various methods of water purification?

Ans - These are as under :-

- (a) Boiling and distilling.
- (b) Filtration.
- (c) Sterilization.
- (d) Pinking.
- (e) Precipitation.

Ques 4 - Describe a soakage pit?

Ans - Essential for the disposal of liquid refuse like greasy water from kitchen and waste water from bathrooms. Dig a pit 4 feet by 4 feet and 5 feet to 6 feet deep. Fill with small stones and broken bricks. Cover the top with oiled sacking and put earth or sand 6 inches above. In the centre keep a perforated empty tin of kerosene oil. Fill this tin with layers of gravel or sand and gravel. In this, fit in a bucket, filled with straw, grass or some other grease retaining material. Remove the strainer daily and replace with fresh one.

SECTION-3

PREVENTABLE DISEASES

Ques 1 - Describe classification of communicable diseases?

- Ans -
- (a) Excremental Diseases
 - (b) Droplet Infection
 - (c) Contact Diseases
 - (d) Inset Borne Diseases
 - (e) Water borne diseases
 - (f) Animal Borne Diseases

Ques 2 - What are the preventive measures to ward off communicable diseases?

Ans - Preventive measures are as under :-

- (a) Segregate the patient
- (b) Destroy agents (germs) causing infection.
- (c) Dis-infection.
- (d) Control of the food and drink.
- (e) Inoculation and Vaccination

SECTION-4

FIRST AID IN COMMON MEDICAL EMERGENCIES

Ques 1 - What is the first aid treatment for internal injuries?

Ans -

- (a) Keep the patient warm, lying down with feet raised up and head kept low.
- (b) Apply cold application on the suspected injured region.
- (c) Cheer up the patient.
- (d) Arrange medical attention as soon as possible

Ques 2 - What is the first aid treatment for burns and scalds?

Ans

- (a) Protect burnt area by applying bandage or cover exposed part with clean towel or cloth.
- (b) Give complete rest and plenty of fluids to the patient.
- (c) Re-assure the patient.
- (d) Give him morphia if available.
- (f) Evacuate patient to the nearest hospital or dispensary.

Ques 3 - What is the first-aid treatment for snake bite?

Ans

- (a) Make the victim lie down comfortably.
- (b) Give convincing reassurance against fear of death.
- (c) Apply a light constricting tourniquet with handkerchief, bandage or shoe lace above the knee for a bite on the leg and above the elbow for a bite on the arm. So that the poison does not flows to all part of the body.
- (d) Wash with soap and water. Use water freely.

- (e) Incise into the skin 2" x 1/2" across the fang mark with a blade.
- (f) Suck the blood either with mouth or with a suction pump. Be careful that there is no cut or ulcer in the mouth.
- (g) Evacuate the patient quickly to the nearest dispensary or hospital.
- (h) If breathing fails, start artificial respiration.

Ques 4 - What is the first aid treatment for scorpion bite?

- (a) If blood has been drawn, the wound should be cleaned well with antiseptic lotion.
- (b) Evacuate casualty to the nearest dispensary or hospital.

Ques 5 - What is the first aid treatment for rabid dog bite?

- (a) Immediately wash with 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.

Ques 6 - What is the first aid treatment for foreign body in eye?

- (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 a handkerchief, cloth or cotton swab.
- (d) If foreign body is fixed to the eye-ball, patient should be sent to the hospital with a light eye bandage.

Ques 7 - What is the first aid treatment for foreign body in nose?

- (a) Blowing the nose and sneezing may expel the foreign body.
- (b) Make the casualty breath through the mouth.
- (c) Do not try to remove the foreign body.
- (d) Send the patient to the nearest hospital

Ques 8 - What is the first aid treatment for drowning?

Ans

- (a) Wet clothes should be loosened.
- (b) Mouth, throat and nostrils should be cleaned of mucus and of any foreign body.
- (c) Patient should be made to lie down over his belly, face down, head turned to one side, arms stretched beyond the head, tongue pulled out.
- (d) Artificial respiration should be given till he starts breathing.
- (e) Cover the patient with a blanket.

Ques 9 - What is the first aid treatment in case of electric shock?

Ans

- (a) Switch off or break the current if possible.
- (b) Remove the casualty from contact with the current, if possible. Stand on some insulating material such as rubber soled shoes or boots or piles of newspapers.
- (c) Give artificial respiration.
- (d) Treat for shock and burns.

SECTION -5

DRESSING OF WOUNDS

Ques 1 - What is the classification of wounds?

Ans -

- (a) Inside Wound
- (b) Lacerated Wound.
- (c) Punctured Wound.
- (d) Gun Shot Wound.
- (e) Shell Wound.
- (f) Contusion.

Ques 2:- What is the first aid of wounds?

Ans -

- a) Place the patient in comfortable position.
- (b) Stop the bleeding, if any.
- (c) Remove any foreign body if it is easily visible and can be easily removed.

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- (d) Prevent the entry of germs by applying sterilized dressing like first field or shell dressing.
- (e) Give rest to the part by sling.
- (f) Immobilize the part, if wound is large or complicated by fracture.
- (g) Treat the patient for shock.
- (h) Send the patient to nearest hospital.

SECTION-6

YOGA: INTRODUCTION AND EXERCISES

Ques 1 – What are the benefits of yoga?

- Ans - (a) It removes stress, strain, tension and anger.
- (b) Yoga harmonizes all disturbances in the body and eradicates ill effects completely.
- (c) It brings efficiency and mental clarity.
- (d) A person who develops his power of thoughts through Yoga has charming and dynamic personality.
- (e) Yoga helps in purifying the disrupted natural rhythm and harmony of the body, bestows grace, heals and makes one free from all ill effects.

SECTION-7

PHYSICAL AND MENTAL HEALTH

(Only for SD/SW cadets)

Ques 1 – Define physical health?

Ans - Physical health is absence of disease and infirmity and it is assessed by taking health state measurements of the body.

Ques 2 – Define mental health?

Ans - Mental health refers to the successful performance of mental function, resulting in productive activities, fulfilling relationship with other people, ability to adopt to change and cope up with adversities.

Ques 3 - What are the elements of Good Health?

- Ans - (a) Absence of disease.
- (b) Ability to work hard with efficiency and enthusiasm.
- (c) Ability to endure stress and strain.

- (d) Cheerfulness.
- (e) Courage.
- (f) Freedom from anxiety.
- (g) Self control and self confidence.
- (h) Sense of well being.
- (j) Wholesome mental attitude.

Ques 4 - What are the characteristics of healthy mind?

Ans Characteristics of healthy mind are:-

- (a) Normal appetite.
- (b) Calmness.
- (c) Cheerful outlook.
- (d) Good temper.
- (e) Socially acceptable habits.
- (f) Well regulated instincts.
- (g) Normal physical vitality.
- (h) Receptivity to new ideas.
- (j) Sex consciousness

Ques 5 - What measures will ensure mental health?

- Ans
- (a) Favourable home and school environment.
 - (b) Regular medical examination.
 - (c) Provision of educational and vocational guidance.
 - (d) Provision of co-curricular activities

SECTION-8

FRACTURES, TYPES AND TREATMENT

(Only for SD/SW cadets)

Ques 1 - Define fracture?

Ans - Fracture is a discontinuity or break in a bone, resulting in the dissolution of the supporting frame work of the body.

Ques 2 - What are the first aid measures for fractures?

Ans - The first aid measures are as under:-

- (a) Reassure the patient and make him comfortable.

- (b) Apply splints to immobilize the fracture with any common article like stick, rifle etc.
- (c) Relieve him of discomfort and pain. Keep the patient warm.
- (d) Do not meddle with the fracture.

Ques 3 - What is the first aid for dislocation?

- Ans
- (a) Do not try to reduce the dislocation.
 - (b) Tie sling or bandage to immobilize the joint, apply cold compress to reduce the swelling.
 - (c) Send the patient to the nearest hospital for early treatment.

SECTION-9

EVACUATION OF CASUALTIES (Only for SD/SW cadets)

Ques 1 - How to prioritize casualties for treatment?

- Ans
- (a) Priority I – cases requiring resuscitation and urgent surgery.
 - (b) Priority II – cases requiring early surgery and possibly resuscitation.
 - (c) Priority III – All other casualties who require minor treatment.

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ADVENTURE ACTIVITIES

SECTION 1

INTRODUCTION

Q 1: What do you understand by adventure training?

Ans: The training given to the cadets/ youth by the NCC to develop the quality of leadership, self-confidence, determination and feelings of team spirit.

Q 2: Why NCC conducts the adventure activities?

Ans: To inculcate the quality of leadership & determination in the cadets.

Ques 3 – What are the various land base adventure activities?

- Ans - (a) Mountaineering.
(b) Mountaineering Expeditions.
(c) All India Treks.
(d) Cycle and Motor Cycle Expedition.

Ques 4 – What are the various Naval activities?

- Ans - (a) Sailing expedition.
(b) Scuba Diving.
(c) Boat pulling.
(d) Wind surfing.
(e) Kayaking.

Ques 5 – What are the various air based activities?

- Ans - (a) Para Sailing
(b) Slithering
(c) Para jumps

Ques 6. What are the aims of adventure activities?

- Ans - (a) To develop and enhances the spirit of adventure which is inherent in all human beings.
(b) Inculcate self reliance, confidence, discipline and leadership qualities.
(c) Promote Co-operation and team spirit.
(d) Spread the achievements of NCC and it's importance to remote areas.

SECTION 2

TREKKING

Ques 1 – What are the aims of trekking?

- Ans - (a) Inculcate a spirit of adventure, exploration, inquisitiveness and practical investigation.
- (b) Develop stamina, endurance, self confidence, team spirit and esprit-de-corps.
- (c) Develop love for nature and concern for environmental cleanliness.
- (d) Promote National Integration.

SECTION 3

CYCLE EXPEDITION: PLANNING, ORGANISATION & CONDUCT (JD/JW Cadets Only)

Ques 1 – What are the types of cycle expeditions?

- Ans (a) To places outside the state.
- (b) Places of historical and religious importance.
- (c) Places of natural beauty.
- (d) Distant countryside / remote places
- (d) To visit certain historical places.

Ques 2 - What all points should be borne in mind while planning a cycle expedition?

- Ans (a) Realistic -and not over ambitious.
- (b) Physical standards of cadets.
- (c) Financial constraints.
- (d) Number of cadets.
- (e) Selection of route and halts.
- (f) Logistic plan.
- (g) Selection of cadets.
- (h) Collection of information.
- (j) Liaison with civilian / military authorities.

SECTION 4

PARASAILING EQUIPMENT & CONDUCT
(Only for SD/SW cadets)

Ques 1 – What is the basic equipment required for para sailing?

- Ans: (a) Para sail canopy.
(b) Harness.
(c) Two ropes.
(d) Two Yoke.
(e) Release Mechanism:
(1) The prime Mover (jeep or motor launch).

Ques 2 – What all crew are required for para sailing?

- Ans - (a) Controller
(a) Tow Crew
(b) Launch crew
(c) End Helper

Ques 3 – What all precautions must be taken during para sailing?

- Ans - (a) All the equipment brought for use is in serviceable condition.
(b) The course/track is smooth for the vehicle run and no obstacle exist on it Le. Trees, poles, electric lines, telephone lines etc.
(c) A dummy practice launch should always be carried out.
(d) No launch is to be made when winds are turbulent or dusty.
(e) All the members responsible for conducting para sailing are conversant of their duties.
(f) Take off should always be made directly into the wind.
(g) The canopy will be thoroughly checked for any damage.
(h) At take off, if the para sailor trips or falls, the vehicle will be stopped immediately.
(i) In case para sailor rotates or swings more than 45 degrees, the vehicle will be slowed and landing procedure will be carried out.
(k) The damaged para sail / canopy should not be used.
(l) Helmet must be used by the para sailor.

CHAPTER 10ENVIRONMENT AND ECOLOGYSECTION 1-WHAT IS ENVIRONMENT?

Ques 1. Define environment?

Ans - The conditions in which an organism exists make up its environment.

Ques 2. What are the affects of environment degradation?

- Ans - (a) Global warming.
 (b) Acid Rain
 (c) Depletion of ozone layer.

Ques 3. What is the role of NCC cadets towards environmental degradation?

Ans - NCC Cadets can take following actions to curb environmental degradation: -

- (a) Tree plantation.
- (b) Guide and motivate family and friends to control environmental degradation.
- (c) Water conservation
- (d) Disposal of waste
- (e) Educate the people

SECTION 2-WHAT IS ECOLOGY?

Ques 1. Define ecology?

Ans - The science which deals with the study of the eco-system is called ecology.

Ques 2 - What is green house affect?

Ans - It is the effect arising due to increased carbon dioxide content and increase in global temperature and depletion of ozone layer due to chlorofluorocarbons used, poses the greatest threat to the very existence and survival of human beings and flora and fauna around the globe.

SECTION 3- CONSERVATION OF ENVIRONMENT AND ECOLOGY

Ques 1. What measure the youth should adopt to check environmental degradation?

Ans - Following measures must be taken by youth :-

- (a) Keeping air, land, rivers, and water bodies clean and natural.
- (b) Tree plantation and stoppage of indiscriminate felling of trees.
- (c) Prevention of wastage and over-use of all natural resources.
- (d) Re-using industrial wastes.
- (e) Consumption of non-renewable resources by using renewable resources as far as possible.
- (f) Modern sewage disposal techniques.
- (g) Restrictions on using chemical substances and toxins harmful to soil, water and air.
- (h) Fumes, smoke and exhaust gases to be rendered harmless by innovative design of machinery and technology.
- (i) Treatment of effluents.
- (k) Observing strict emission levels.
- (l) Elimination of nuclear waste.
- (m) All waste to be biodegradable.
- (n) Non-biodegradable waste to be recycled.
- (o) Water bodies to be kept chaste.
- (p) Protection of nature in all forms.
- (q) Protection of all life-forms.
- (r) Strict policies, regulations and incentives for protection and conservation of nature and life-forms.
- (s) Impetus to Research and Development for environment-friendly technology.
- (t) All development involving the bio-sphere to be environment-friendly with ecological harmony or "Economic Development on Ecological Principles"
- (u) Management of environmental pollution, at all levels including homes, such as smoke, use of sprays, garbage disposal, non-bio-degradable waste, water-pollution.
- (v) Protection of wild life.

- (w) Checking human population explosion.
- (x) Cleanliness drives for rivers, water-bodies and soil (to remove non-bio-degradable).
- (y) Ensuring environmentally rational behaviour in oneself and others.
- (z) Developing environmental consciousness amongst common people through classroom instructions, posters and hoardings, public and media campaigns.

SECTION 4- POLLUTION AND ITS CONTROL

Ques 1. Define pollution?

Ans - Pollution is defined as imbalance in the atmosphere caused by pollutants.

Ques 2 - What are the various kinds of pollution?

Ans - It is of following kinds :-

- (a) Land Pollution
- (b) Air Pollution
- (c) Water Pollution
- (d) Sound Pollution

Ques 3 - How is water pollution caused?

Ans - It is caused by following means :-

- (a) Discharge of domestic waste.
- (b) Discharge of industrial waste
- (c) Discharge of agricultural waste

Ques 4 - What measures the NCC cadets adopt to control pollution?

Ans - (a) To develop consciousness among common people to control all pollution. Plant more and more trees.

(b) The use of loud horns or mindless blowing of horns by motor vehicles should be banned.

(c) The water bodies should not be used as waste reservoirs.

(d) Various sources of drinking water, and water resources should be well protected so that dirty water does not enter these water bodies.

- (e) Environmental education should be made compulsory in all educational institutions.
- (f) Excessive use of pesticides and insecticides should be avoided.
- (g) In all towns and cities there should be proper arrangement of dustbins to collect garbage being produced in the houses.
- (h) In the factories strict precaution should be instituted to avoid pollution of various types.
- (i) Running of old and pollution emitting vehicle should be banned.
- (k) The pollution control Administrative Authorities must have independent powers to implement their decisions

SECTION 5- FOREST ECOLOGY AND POLLUTION
(Only for SD/SW cadets)

Ques 1 - What is the importance of forests?

Ans - Forests are our natural resources. They have a vital role in maintaining a balanced & healthy eco-system. Forests help in global recycling of water, oxygen, carbon-dioxide and nitrogen in a balanced way.

Ques 2 - What is the influence of forests on ecology and pollution?

- Ans -
- (a) Forests control the pollution of all types and maintains healthy eco-system.
 - (b) Maintains balance between the oxygen and carbon dioxide for quality environment.
 - (c) Carbohydrates synthesised by the forest plants are a major source of energy consumed by herbivores feeding on plants and carnivores feeding on herbivores.
 - (d) Checks floods, draught and soil erosion.
 - (e) Forests control humidity of the environment and regulate the weather conditions.
 - (f) Forests bring down the temperature and maintain favourable weather conditions.
 - (g) The forests protect balance between flora and fauna, thus keep the balance in nature.

SECTION 6- WILD LIFE
(Only for SD/SW cadets)

Ques 1 - What is the main reasons for extinction of certain plant and animal species?

- Ans - (a) Destruction of their natural habitats
(b) Over-grazing by domestic animals
(c) Poaching for meat, skin, fur, ivory, rhino horn etc.
(d) Export of some species.

Ques 2 - How to manage and protect the wild life in India?

- Ans - (a) Protection of natural habitats through control of exploitation.
(b) Maintenance of protected areas like parks, sanctuaries, reserve forests.
(c) Protection through legislation .
(d) Impose restrictions on export of rare plants and animals.
(e) Encourage Non-Government Organisations to participate in protection of wild life.
(f) Spread general awareness among the masses.

CHAPTER-XI

SELF DEFENCESECTION-1PRECAUTIONS AND GENERAL BEHAVIOUR OF
BOY AND GIRL CADETS
(JD/JW Cadets Only)

Ques- 1 – What precautions should be taken by boys and girl cadets so that their conduct is never questionable?

Ans - These are as under :-

- (a) Realize their responsibilities and become role model for the youth.
- (b) Keep away from drugs, alcohol and tobacco.
- (c) Must keep good company.
- (d) Develop healthy hobbies like reading, music, painting, gardening etc.
- (e) Do not waste your time.

Ques 2 – What should be the general behaviour of NCC cadets?

Ans - It should be as under :-

- (a) They should be strictly disciplined, peaceful, friendly and co-operative.
- (b) Have a sense of healthy competitiveness and remain free of jealousy
- (c) Maintain positive attitude and have mutual respect.
- (d) Boys should never indulge in eve teasing.
- (e) All must behave elegantly.

Ques 3 – What are the good habits which NCC cadets must imbibe?

Ans - These are as under :-

- (a) Rising early.
- (b) Prayers.
- (c) Morning exercise/PT.
- (d) Cleaning-up and Breakfast.
- (e) School/College/ studies(as applicable).
- (f) Mid-day meal.
- (g) Afternoon short rest /studies.
- (h) Evening sports.

- (j) Relaxation (watching TV, reading informative books and magazines, newspapers).
- (k) Studies.
- (l) Dinner.
- (m) Cleaning and change.
- (n) Adequate sleep at night.

SECTION-2

PREVENTION OF UNTOWARD INCIDENTS

Ques 1 - What are various untoward incidents plaguing the society which must be prevented by cadets?

Ans - These are as under :-

- (a) Road Safety
- (b) Pick-pocketing, Hooliganism, Theft and Robbery
- (c) Eve-Teasing, Molestation and Sexual - Harassment
- (d) Smoking and Alcoholism.

Ques 2 - How to avert road accidents?

- Ans -
- (a) walk carefully on the roads.
 - (b) Follow all safety rules.
 - (c) Take into account all signals.
 - (d) Start early to reach in time.
 - (e) Do not over-speed.
 - (f) Do not mix drinking and driving.
 - (g) Cross roads at zebra-crossing.
 - (h) Where there is no zebra crossing, one should look towards both sides and then cross.
 - (j) Hold children's hands, when they are going to cross roads.
 - (k) Children must be taught all the road safety rules.

Ques 3 - How to prevent Pick-pocketing, Hooliganism, Theft and Robbery?

Ans - Following measures must be taken: -

- (a) To prevent pick-pocketing, one should avoid travelling in crowded places, and should try to carry little cash and valuables.
- (b) Cadets should not indulge in hooliganism.
- (c) If cadets see hooligans indulging in such activities, and if it is a small and manageable group and cadets are in a large number, they can try for a peaceful dispersion.
- (d) If the incident cannot be controlled, cadets should report the same to nearest police-station or to any law & order authority.
- (e) Cadets must ensure prevention of robbery & theft and report any such incidents to law and order authority.
- (f) Cadets must make good contribution in prevention of such incidents in their neighbourhood.

Ques 4 - How to discourage Eve -Teasing, Molestation and Sexual - Harassment ?

Ans -

- (a) Cadets must abide by moral values right from young age.
- (b) They must learn to respect dignity of opposite sex.
- (c) Girls should dress up elegantly so that they don't attract indecent remarks.
- (d) Girls should avoid travelling alone in darkness.
- (e) Work together with the opposite sex in a healthy environment.
- (f) Boy cadets must understand that eve-teasing, molestation and sexual harassment are criminal offences.

Ques 5 - How to discourage Drugs, Smoking and Alcoholism?

Ans - It must be ensured that -

- (a) Cadets should spend time with their families and should introduce their friends to them.
- (b) Cadets must understand that drug addiction, smoking and alcoholism are health hazards, and social evils and these are to be avoided.
- (c) Cadets must spread awareness and positive thinking in the society.
- (d) Cadets must remember that laws are implemented severely to penalize those found guilty of selling drugs or encouraging people to take drugs.

SECTION-3

VULNERABLE PART OF BODY

Ques 1- What are the vulnerable parts of the body?

Ans - Eyes, ears, temples, nose, mouth, chin, front and sides of throat, solar plexus, abdomen, fork (testicles), knees and insteps. Base of skull, spine (specially cervical and lumbar regions), kidneys, coccyx or testicles.

SECTION-4

PHYSICAL SELF DEFENCE/UAC

Ques 1 - What are the essential principles of unarmed combat?

- Ans -
- (a) Ruthlessness
 - (b) Determined effort.
 - (c) Attack vulnerable parts of opponent.
 - (d) Efficiency of initial attack.
 - (e) Surprise and speed of attack.
 - (f) Retaining initiative.

CHAPTER-XII

POSTURE TRAINING

SECTION-1

AIM AND PRINCIPLES OF POSTURE TRAINING AND ITS IMPORTANCE
(Only for SD/SW cadets)

Ques 1 – What is the object of posture training for NCC cadets?

Ans -

- (a) Develop the personality of cadets.
- (b) Build their physique and teach them correct postures.
- (c) Make them more self-reliant.
- (d) Coordinate body movements.

SECTION-2

ANATOMY AND RELATIONSHIP OF BODY SEGMENTS

Ques 1 – Define major joints, their location, direction of their movements and their functions?

Ans - These are a under :-

S.No.	Type	Where Joined movements	Directions of	Functions
(a)	Ball & Socket	Hip Shoulder Trunk sideways	Forward Backward and rotation	Bending, straight-ening, extending
(b)	Condy-loid	Head, Neck Wrist Fingers, Toes sideways	Forward Backward	Bending and straightening
(c)	Hinge	Elbow, Knee Ankle Fingers	Forward Backward	Bending and straightening
(d)	Pivot	Fore-arm, Head, Neck	Around	Rotation, right left, in and out
(e)	Irregular	Foot Hand	Gliding	In and out Movement

SECTION - 3ANALYSIS OF GOOD POSTURE

Ques 1 - What are the basic points of correct posture?

Ans - These are as under ; -

- (a) The body is held as tall as possible without strain.
- (b) The head held correct and the chin slightly drawn in (vertical line-chin to sternum).
- (c) The shoulders are slightly posterior to the centre of gravity (Straight line from shoulder to sternum).
- (d) The chest is high (Sub-costal angle of the ribs at least at right angle).
- (e) The abdomen is in (Abdomen flat).
- (f) The spinal curves are not exaggerated (Gentle curves).
- (g) The pelvis is tilted slightly upward in front and downward in back (55 degrees).
- (h) The knees are straight but not still.
- (j) The weight of the body falls back of the middle of the foot on the longitudinal arches. The plumb line through the middle of the patella should fall between the bases of the second and third toes.
- (k) The body is free for movement without strain and with the least expenditure of energy.
- (l) The entire body is in the true anatomical position.
- (m) The vital organs are free for most efficient function.

Ques 2 - How to attain the correct posture?

- Ans -
- (a) The individual possesses sufficient strength and tone of the opposing muscle groups.
 - (b) There is adequate organic vigour and the body is free from infection.
 - (c) There is sufficient strength of ligaments and muscles to permit correct body position without undue strain on these ligaments or muscles.
 - (d) The individual knows what correct body mechanics is.

- (e) The individual has had sufficient practice in the correct position. The muscle sense of the correct position must be fully developed.
- (f) The external conditions for maintaining correct body mechanics are conducive to correct posture i.e. chairs must fit the body.

SECTION-4

CAUSES OF BAD POSTURE, REMEDIAL AND PREVENTIVE MEASURES

Ques 1 - What are the various causes of bad posture?

Ans - These are as under :-

- (a) Due to Muscular and Organic Defects
- (b) Lack of Nourishment.
- (c) Fatigue Due to Over Work
- (d) Due to Illness and Infections
- (e) Due to Bad Habits.
- (f) Due to Poor Hygiene.

SECTION-5

BALANCED ALIGNMENT AND EXERCISE

Ques 1- Describe balanced position when standing.

Ans - These are as under ; -

- (a) Your knees will be free and easy, neither bent nor thrust back.
- (b) Your hips will be under you neither leading nor thrust back.
- (c) Your abdomen will be up and in, neither relaxed nor protruding.
- (d) Your chest will be held up and easy, neither sagging nor too high and leading.
- (e) Your shoulder blades will be drawn down and flat on your back.
- (f) Your arms will hang naturally and relaxed at your sides, neither rigid nor too relaxed.

(g) Your trunk will be with in normal limits of curves, neither too straight and flat nor too rounded and hollow and you will stretch your back straight upward towards the crown of your head. Your head and chin will be easy and centre over your trunk with chin held at right angles to front of your neck.

SECTION-6

BALANCED DIET

Ques 1 - Define balanced diet?

Ans - A diet is Balanced if it contains all the nutrients like Carbohydrates, Proteins, Fats, Vitamins and Minerals in the correct ratio.

SECTION-7

CORRECT STANDING AND EXERCISES

Ques 1 - Define correct standing?

Ans - It is as under :-

- (a) Weight of the body should be on both feet.
- (b) Knees should be relaxed.
- (c) Line of abdomen should be almost straight
- (d) Pelvis should be held squarely over the base of support
- (e) Chest over pelvis
- (f) Shoulders resting easily over rib cage
- (g) Head over shoulder
- (h) Chin should be parallel to feet.

SECTION - 8

CORRECT WALKING AND EXERCISES

Ques 1 - Define correct walking?

Ans - While walking;

- (a) Heel should be in contact with the ground
- (b) Weight of the body should be transferred to the balls of feet
- (c) Inner line of feet should be straight,
- (d) There should be no body bulge in front
- (e) Heel cord seen in rear view is straight

- (f) Not bent inward at ankle level,
- (g) Relaxed arm swing
- (h) Feet swing forward parallel
- (i) The body alignment is good.

