



Hamball

Avinashilingam Institute for Home Science and Higher Education for Women
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641043, Tamil Nadu, India

**Bachelor's / Bachelor of Vocation / Bachelor of Engineering / B.A. B.Ed.Spl.Ed. (Visual Impairment - Middle Stage) and English / Tamil Degree Examination - November 2025
I Semester**

**Class : I UG / 2023 , 2024 Batch / I B.E./ I B.A. B.Ed. Spl.Ed. English / Tamil
Major / Branch : All Majors**

**Time : 2 Hours
Max. Marks : 60**

23BVBNS1 / 23BVNSS1 / 25EVBNS1 NSS – I

Part A

20 x 1 = 20

Choose the Correct Answer

- Student enrolled in NSS known as
a. NSS volunteer b. NSS student c. NSS candidate d. NSS consultant
- What does the colour Navy blue depict in NSS badge?
a. Cosmos b. Negative c. Positive d. Strength
- The National Anthem was first sung on
a. 26th Dec b. 26th Jan c. 27th Dec d. 21st Oct
- Which of the following is the first charter of Human's rights?
a. Bill of Rights b. Constitution of Media
c. The Cyrus Cylinder d. None of the above
- How many NSS Regional Centers are there in India?
a. 17 b. 15 c. 16 d. 18
- Organizing Rally and Health camping programmes comes under
a. Regular activity b. Special Camping programme
c. Special activity d. Normal activity
- What is NSS Diary?
a. Volunteers day-to-day regular work report and special camping report are recorded in a note book
b. Recording day to day activities
c. Recording NSS activities
d. Recoding camp report
- What is the true meaning of yoga?
a. Spiritual union b. Attaining freedom c. Physical health d. All the above
- What is the pride of NSS Volunteers?
a. NSS Badge, NSS Certificate and Identity card b. NSS Symbol
c. NSS Motto d. NSS logo
- Which one is not taught in yoga?
a. Proper exercise b. Relaxation c. Strength d. None of the above
- First Aid measure of ABC of basic life support are
a. Airway, Bridge, Canal b. Action, Breathing, Circulation
c. Airway, Breathing, Circulation d. None of the above

12. The bread, cereal, rice and pasta group is a good source of
 a. Vitamin C b. Carbohydrate c. Calcium d. Vitamin D
13. Who is the National Head controlling this scheme?
 a. The Programme Director, NSS, New Delhi b. The Programme Adviser, NSS, New Delhi
 c. The Programme Coordinator, NSS, New Delhi d. The Programme consultant
14. Ignoring or failing to address the gender dimensions is called
 a. Gender discrimination b. Gender Blind
 c. Patriarchy d. Gender Oppression
15. Earn thy labour by the sweat of the bro is a saying from
 a. Quran b. Gita c. Bible d. Vedas
16. Where the NSS headquarter is located?
 a. New Delhi b. Calcutta c. Punjab d. Haryana
17. Which process is used to remove dirt and sand from wastewater?
 a. Aeration b. Chlorination c. Sedimentation d. Flocculation
18. What is the Goal of NSS?
 a. Education through community service b. Service through humility
 c. Social work and charity d. Service through mankind
19. What is the full form of ETI?
 a. Empanelled Training Institute b. Environment Training Institutes
 c. English Training Institute d. England Training Institute
20. Which part of the female reproductive system remains blocked after tubectomy?
 a. Fallopian tube b. Cervix c. Uterine cavity d. None of the above

Part B
Answer ALL questions
Each Answer in one or two sentences

5 x 2 = 10

21. List the community development schemes of Govt of India.
22. Write the Philosophy of NSS.
23. List out the health benefits of yoga.
24. Write a short note on youth adult partnership.
25. Write the responsibilities of NSS volunteer.

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

2 x 15 = 30

- 26.a. Discuss the Motto of NSS.
 (or)
- 26.b. Youth as an agent for social change - Discuss.
- 27.a Why NSS is important for community development?
 (or)
- 27.b. Write a detailed note on shramdan.