



*K. Sambal*

## 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 Degree Examination – November 2025 III Semester

**Class: II UG / II B.Voc / 2023 Batch**  
**Major: ALL Majors**

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

**23BVBNS3 / 23BVNSS3 NSS - III**

**Part A**

**20 x 1 = 20**

**Choose the Correct Answer**

- Who is the National Head controlling this scheme?
  - The Programme Director, NSS, New Delhi
  - The Programme Adviser, NSS, New Delhi
  - The Programme Coordinator, NSS, New Delhi
  - The Programme Consultant
- Where the NSS headquarter is located?
  - New Delhi
  - Calcutta
  - Punjab
  - Haryana
- What is the Goal of NSS?
  - Education through community service
  - Service through humility
  - Social work and charity
  - Service through mankind
- The National Anthem was first sung on
  - 26<sup>th</sup> Dec 1911
  - 26<sup>th</sup> Jan 1911
  - 27<sup>th</sup> Dec 1911
  - 21<sup>st</sup> Oct 1911
- How many NSS Regional Centers are there in India?
  - 17
  - 15
  - 16
  - 18
- What is the pride of NSS Volunteers?
  - NSS Badge, NSS Certificate and Identity card
  - NSS Symbol
  - NSS Motto
  - NSS logo
- First Aid measure of ABC of basic life support are:
  - Airway, Bridge, Canal
  - Action, Breathing, Circulation
  - Airway, Breathing, Circulation
  - None of the above
- What does the colour Navy blue depict in NSS badge?
  - Cosmos
  - Negative
  - Positive
  - Strength
- Which one is not taught in yoga?
  - Proper exercise
  - Relaxation
  - Strength
  - None of the above
- Which of the following is the first charter of Human's rights?
  - Bill of rights
  - Constitution of media
  - The Cyrus cylinder
  - None of the above
- Which process is used to remove dirt and sand from wastewater?
  - Aeration
  - Chlorination
  - Sedimentation
  - Flocculation
- What is NSS Diary?
  - Volunteers day-to-day regular work report and special camping report are recorded in a note book

13. Student enrolled in NSS known as  
 a. NSS volunteer                      b. NSS student                      c. NSS candidate                      d. NSS consultant
14. What is the full form of ETI?  
 a. Empanelled Training Institute                      b. Environment Training Institute  
 c. English Training Institute                      d. England Training Institute
15. The bread, cereal, rice and pasta group is a good source of  
 a. vitamin C                      b. carbohydrate                      c. calcium                      d. vitamin D
16. Organizing Rally and Health camping programmes comes under  
 a. Regular activity                      b. Special Camping programme  
 c. Special activity                      d. Normal activity
17. Earn thy labour by the sweat of the bro is a saying from  
 a. Quran                      b. Gita                      c. Bible                      d. Vedas
18. Which part of the female reproductive system remains blocked after tubectomy?  
 a. Fallopian tube                      b. Cervix  
 c. Uterine cavity                      d. None of the above
19. What is the true meaning of yoga?  
 a. Spiritual union                      b. Attaining freedom  
 c. Physical health                      d. All the above
20. Ignoring or failing to address the gender dimensions is called  
 a. Gender discrimination                      b. Gender Blind  
 c. Patriarchy                      d. Gender Oppression

**Part B**

**5 x 2 = 10**

**Answer ALL questions**

**Each answer the following in one or two sentences**

20. Explain how drug abuse/substance abuse affecting youth health.
21. Discuss about Healthy Lifestyles of youth.
22. Write a note on Fundamental Rights and Duties of the citizenship.
23. Write about Food and Nutrition.
24. Discuss about Gender Justice.

**Part C**

**2 x 15 = 30**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 26 .a. What do you know about Human values? Why it is important?  
 (or)
- 26 .b. Yoga as a tool for healthy lifestyle. Discuss.
27. a Who is consumer? Write about consumer awareness.  
 (or)
- 27 .b. Write a shortnote on Swachh Bharat Abhiyan.