

Course Title: Introduction to National Service Scheme and Community Services

Credit: 2

Total Marks:50

Assessment: Internal

Activity participation=20 marks

Field Report/Assignment/Presentation/Viva-Voice=30marks

Mode of evaluation

The performance of the students will be evaluated by internal examiner on the basis of activity participation, regular activities, project/assignment/field report. For successful completion of the course students have to secure 50% marks in the evaluation

Course Learning Outcomes: On successful completion of the course, students will be able to:

1. Demonstrate the knowledge about the organization of NSS and various incentives available to volunteers.
2. Understand the importance of having community problems and their solutions, spread health awareness and learn disaster management skills.
3. Visit for a social community course, opening opportunities in different social activity related department.

UNIT-I

Introduction and Basic Concept of NSS: History and Philosophy, Aims and Objectives, NSS Logo, NSS badge, NSS flag, NSS song, Lakshya Geet.

Organization of NSS Regular/ Special Activities and Programs: Organization Structure of NSS, Concept of regular activities, Methodology of conducting Survey, Maintenance of NSS work diary and calendar of NSS activities. Day Camp, Special Camp and Various dimensions of Day camp, special camp at college/university level.

UNIT-II

Community Services and Youth Development: Definition and importance of Community Services, problem-solving and decision-making.

Health, Hygiene and Sanitation: Definition, need and scope of health education: role of food, nutrition.

Healthy Youth: Healthy life style, HIV/AIDS, drugs and substance abuse, Yoga as a tool for healthy life, Youth and Yoga style.

Importance and Role of Youth Leadership in Personality Development: Meaning, types and traits of Leadership qualities of good leaders.

