

**Vidyasagar University**  
**Curriculum for B.Sc (General) in**

**National Service Scheme (NSS)**  
**[Choice Based Credit System]**

**Semester-III**

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
<b>DSC-1C</b>		<b>DSC1CT:</b> Social work, Family, Community, Society & Youth and Life competencies, additional life skills & Civil/Self Defense.	Core Course	4	0	0	6	75
		- Practical		0	0	4		
<b>DSC-2C</b>	TBD	<b>DSC-2C (other Discipline)</b>	Core Course				6	75
<b>DSC-3C</b>	TBD	<b>DSC-3C (other Discipline)</b>	Core Course				6	75
<b>SEC-1</b>		<b>SEC-1:</b> Personality Development & Communication Skills Or Computer Applications Or News and News Contents	Skill Enhancement Course-1	1	1	0	2	50
<b>Semester Total</b>							<b>20</b>	<b>275</b>

**L** = Lecture, **T** = Tutorial, **P** = Practical, **CC** = Core Course, **TBD** = To be decided, **SEC** = Skill Enhancement Course.

**DSC-1** = Discipline Specific Core of Subject-1, **DSC-2** = Discipline Specific Core of Subject-2,

**DSC-3** = Discipline Specific Core of Subject-3.

**Semester-III**  
**Core Course (CC)**

**DSC-1C (CC-3): Social work, Family, Community, Society & Youth and Life competencies, additional life skills & Civil/ Self Defense. Credits 06**

**DSC1CT: Social work, Family, Community, Society & Youth and Life competencies, additional life skills & Civil/ Self Defense. Credits 04**

**Course Contents:**

**Unit- I: Family, Community & Society**

- a. Concept of Family and society. Growing up in the family - dynamics and impact. Community (PRIs and other community-based organizations). Human Values-Concept & importance. Gender justice: concepts & needs. Old age problems and care. Impact of modernization on family: Definition, nature and effects of modernization.
- b. Organisation of Family and Child Care: Philosophy of family and child Care programme. Nutrition: calories, protein and vitamin requirements of the child during development stages. Balanced diet. Nutrition education. Prevention of diseases caused by some deficiency. Common ailments of infancy and childhood, infectious diseases, immunization, booster doses. Role of Government and voluntary agencies in the development of Family and child care programme with special reference to: Integrated Child Development Service (ICDS), applied nutrition programme, mid-day meal programme, and special nutrition programme. Maternity and child care: Mother mental and physical health care during pregnancy and delivery. Child development from conception till maturity – role of parents. Peer groups, school community in socialization of the child health programme. Common ailments of infancy and childhood, infectious diseases, immunization, booster doses.
- c. Population dynamics and family planning; Population problems, goals of family planning, methods of family planning, methods and media of communication in family planning. Population education and the role of NSS.
- d. Prevention and control of communicable diseases: infectious diseases, mass communication and the role of NSS.
- e. **Community Mobilization**: Mapping of Community Stakeholders. Designing the message in the context of the problem and the culture of the community. Identifying methods of Mobilization. Youth-Adult Partnership.

**Unit –II: Society and youth**

1. Definition and Profile of youth. Importance of youth for society. National youth policy. Other youth programme / schemes of GOI.

2. Current issues and social problems. Poverty, ill health, illiteracy, rapid population growth, youth employment and under employment. Nature of social deviance, delinquency and crime, beggary, corruption, adulteration hoarding, profiteering, dowry system, etc. Problems of physically and mentally handicapped. Problems of socially/ educationally backward communities' i.e. Schedule castes Schedule tribes and Denitrified Tribes. Problem resulting from regional on national catastrophes – draught, flood, etc.
3. **Youth leadership:** Meaning and types of leadership. Qualities of good leaders; traits of leadership. Importance and role of youth leadership.
4. **Social harmony, National Integration and youth:** Indian History and culture. Role of youth in peace building and conflict resolution. Role of youth in Nation building.
5. **Youth and Crime:** Sociological and Psychological factors influencing Youth Crime. Peer mentoring in preventing crimes. Awareness about anti ragging. Cyber crime and its prevention. Juvenile Justice: concepts & needs

### Unit - III: Social Work

1. Social Work- History, philosophy, ideology. Social service and its need. Weaker sections of our society and their Needs.
2. Relationship of social work with social services, social welfare, social security & social reforms.
3. Family planning, HIV/AIDS: Causes & Prevention and contribution of Youth towards prevention of AIDS. Cancer, its causes and preventive measures. Drugs and substance abuse. Drug trafficking and crime.
4. Contribution of Youth towards social welfare. NGOs and their contribution to society.

### Unit - IV: Life Competencies, additional life skills and Civil/Self Defense

1. **Life Competencies:** Definition and importance of life competencies. Communication - process, types & barriers. Inter personal. Motivation – Concept & Cycle. Problem solving and Decision making.
2. **Additional life skills:** Communication, interpersonal, problem solving and decision making. Positive thinking. Self confidence and self esteem. Setting life goals and working to achieve them. Management of stress including time management.
3. **Civil/Self Defence:** Civil defense services, aims and objectives of civil defense. Needs for Self defence training. NCC, NSS, Home Guard, Scouts, Guide - objectives & role.

### DSC1CP: Practical

Credits 02

1. **Studies on Socio Economic status.**
  - a) Visit to selected villages - gathering basic data on socio - economic status.
  - b) Visit to urban slum - gathering data on socio - economic status.

- c) Visit to tourist places of Medinipur District and gathering data on socio economic status.
2. **Days Observation:**  
NSS Day, Gandhi Jayanti, Ektadiwas, Womens Day, Yoga Day, World Youth Day, World Aids Day, Aranya Saptah and Biographic Inspirational Personalities : Swami Vivekananda, Derozio, Netaji Subhash chandra Bose, Rajnarayan Bose , Mother Teresa.
3. **Field Reports:**
- i. Students will be asked to submit a Field Reports on any Environment/Health Awareness Programme organized by the Institution.
- ii. Students will submit a field report based on participation in NSS visit of nearby places of tourist/ historical importance and campaign on cleanliness and preservation organized by the institution.
4. **Project Work:** Preparation of a Project Report on topics taught in this paper.
5. **Laboratory Note Book:**Students will be required to maintain records of all works done in connection with the topics taught in this paper.

### *Skill Enhancement Course (SEC)*

#### **SEC-1: Personality Development & Communication Skills**

**Credits 02**

#### **SEC1T: Personality Development & Communication Skills**

##### **Course Content:**

##### **Unit I:**

Techniques in Personality development a) Self confidence b) Mnemonics c) Goal setting d) Time Management and effective planning

##### **Unit II:**

Written communication: Basics of Letter writing, memorandum, notice, email, and report writing. Resume writing.

##### **Unit III:**

Communication skills and Personality Development a) Intra personal communication and Body Language b) Inter personal Communication and Relationships c) Leadership Skills d) Team Building and public speaking

**Or**

**SEC-1: Computer Applications**

**Credits 02**

**SEC1T: Computer Applications**

**Course Contents:**

**UNIT-1: Introduction to Computer Application**

Components of computer-input and output unit, storage unit, CPU, ALU, control unit. Starting & quitting windows, setting display, time & date, managing files and folders. Meaning, need and importance of information and communication technology (ICT). Application of computer and computer software in for social service programme.

**UNIT-2: Word**

Introduction to word. Creating, saving and opening a document. Formatting & editing features, drawing table and graphs, page setup, paragraph alignment, spelling and grammar check, bullets and numbering, page number, header and footer, footnote and endnotes, mail merge, printing option and hyperlink. Preparation of word document

**UNIT-3: Excel**

Introduction to Excel. Creating, saving and opening spreadsheet. Format and editing features, adjusting columns width and row height, Creating formulas, short and filter, inserting graph and pictures, printing option. Preparation of Excel worksheet

**UNIT – 4: Power Point**

Introduction to Power Point. Creating, saving and opening a ppt file. Format and editing features, slide show, design, inserting slide number, picture, graph, table, hyperlink and graphics. Preparation of Power Point Presentation

**Or**

## **SEC-1: News and News Contents**

**Credits 02**

### **SEC1T: News and News Contents**

#### **Course Contents:**

**Unit - I: Defining News:** The ingredients of News, Sources of News, Reporting and Editorial Policy.

**Unit - II: News Content:** Headlines, Editorials, Columns, Features (Art, Entertainment, sports etc).

**Unit - III: News Writing Procedures:** The paper and Headings, Brief paragraphing and Readability, Making up the Newspaper and aids to clarity, Unusual or incorrect material

**Unit – IV:** Newspaper, Radio and Writings, Levels of News, Hard and soft News.

**Unit – V:** Characteristics of Newspaper, News Agencies, Types of News dissemination.