

Vidyasagar University

Curriculum for B.Sc. (General) in National Service Scheme (NSS) [Choice Based Credit System]

Semester-I

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
CC1 [DSC-1A]		C1T: History, Philosophy, Aims & Objectives of NSS	Core Course-1	5	1	0	6	75
CC2 [DSC-2A]	TBD	DSC-2A (other Discipline)	Core Course-2				6	75
CC3 [DSC-3A]	TBD	DSC-3A (other Discipline)	Core Course-3				6	75
AECC		English	AECC (Elective)	1	1	0	2	50
Semester Total							20	275

L=Lecture, **T**=Tutorial, **P**=Practical, **CC** = Core Course, **TBD** = To be decided, **AECC**= Ability Enhancement Compulsory 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 – I
Core Course (CC)

CC1: History, Philosophy, Aims & Objectives of NSS

Credits 06

C1T: History, Philosophy, Aims & Objectives of NSS

Unit-I : Basic concept of NSS

- a. History and Objectives
- b. Significance of Emblem, Flag, Motto, Song, Badge, Discipline
- c. Organisational Structure of NSS: National, State, University, college
- d. NSS Functionaries: Roles and Responsibilities

Unit- II : Concept of the Nation, Community, Family And Nature

- a. What is Nation and National integration
- b. Communities and intervention of Caste, Religion and Language
- c. Family as primary Unit and Community
- d. Man and Nature

Unit-III : From Campus to Community

- a. Concept of Activities: Regular and special camping & day camp
- b. Kinds of Activities: Legal Awareness, Health Awareness, First Aid, Career Guidance, Child care, Leadership training, Skill development, afforestation, Old-age care, Blood donation, Disaster Management, Swachh Bharat, Campus Development.
- c. Understanding Youth as an agent of social Change: Definition and categories of youth, Challenges and opportunities of youth.

Unit-IV : Volunteerism

- a. Indian Tradition of Volunteerism
- b. Needs and Importance of volunteerism
- c. Motivation and constraints of volunteerism
- d. Shramadan as a part of volunteerism.

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Semester-II

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
DSC-1B		DSC1BT: Management of NSS Programme in Society	Core Course	4	0	0	6	75
		DSC1BP: Practical		0	0	4		
DSC-2B	TBD	DSC-2B (other Discipline)	Core Course				6	75
DSC-3B	TBD	DSC-3B(Other Discipline)	Core course				6	75
AECC		ENVS	AECC (Elective)				4	100
Semester Total							22	325

L=Lecture, **T**=Tutorial, **P**=Practical, **CC** = Core Course, **TBD** = To be decided, **AECC**= Ability Enhancement Compulsory 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 – II
Core Course (CC)

DSC-1B (CC-2): Management of NSS Programme in Society **Credits 06**

DSC1BT: Management of NSS Programme in Society **Credits 04**

Course Contents:

Unit –I: Citizenship

- a. Basic features of Constitution of India
- b. Fundamental Rights and Duties
- c. Human Rights, Human values and personality Development.
- d. Consumer awareness and the legal rights of the consumer
- e. RTI

Unit –II: Health, Hygiene and Sanitation

- a. Definition needs and scope of health education.
- b. Food and Nutrition.
- c. Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan)
- d. National health programme.
- e. Reproductive health.
- f. Youth Health: Healthy lifestyles. HIV, AIDS, Drugs and substance abuse. Home nursing. First Aid

Unit – III: Youth Development Programme : Yoga and Sports

1. Youth Development Programme in India

National Youth Day. Youth Development Programme at the National level, State level and voluntary sector. Youth focused and Youth-led organizations

2. Yoga and Sports

History, philosophy and concept of yoga and sports. Different yoga traditions and their impacts. Yoga as a preventive, promotive and curative method. Yoga and sports as tools for healthy lifestyle.

Unit – IV: Environment Issues and Disaster management

- a. Environment conservation, enrichment and sustainability.
- b. Climate change.
- c. Waste management.

- d. Natural resource management (Rain water harvesting, energy conservation, waste land development, soil conservations and afforestation)
- e. Energy conservation programme: concept of conservation - conventional and non-conventional energy.
- f. Introduction to Disaster Management, Classification of disasters. Role of youth in Disaster Management.
- g. Afforestation and tree plantation: Creation of tree consciousness among community. Prevention of soil erosion. Establishment of nurseries. Plantation of trees and preservation and upkeep of trees. Weed control, pest management and rodent control.

Unit –V: Methodology of conducting survey

- a. Need for action oriented surveys in NSS
- b. Identification and selection community problem for investigation
- c. Methods of collecting information
- d. Analysis of collected data and preparation of report
- e. Application of survey findings in problem solving process

DSC1BP: Practical

Credits 02

a. First Aids

- i. Principles of First aids. Importance of First Aids.
- ii. First aids for Snake bite, Burns, Drowning, Poisoning, Dog bite.

b. Social Activity

- i) Tree plantation , ii) Blood Donation, iii) Participation in Social Awareness Programme, iv) Participation in Environment Awareness Programme, v) Participation in Health and Hygiene Awareness Programme. vi) Participation in awareness campaign programme on welfare schemes of the central and state government.

c. Campaigning Programme

Campaigning on awareness of i) Water harvesting techniques, ii) Soil conservation techniques, iii) Community health programme of central and state government , iv) Gender equality and women empowerment, v) Child health care programme , vi) Blood donors club, vii) AIDS awareness campaign, viii) Self employment opportunities as per local needs and feasibility, ix) Animal health care programme Dairy and poultry farming, x) Total literacy, xi) Road safety, xii) Biogas and smock less chulah.

- d. **Field reports:** Students will be asked to submit a Field Report on any social Awareness Programme organized by the Institution.

- e. **Laboratory Note Book and Viva -voce**