

Raja Narendra Lal Khan Women's College (Autonomous)

Curriculum for B.A. (Generic) in National Service Scheme (NSS)

[Choice Based Credit System]

w.e.f. 2019-2020

Subject : NSS (Generic)

Semester : I / III / V

Paper : GE1T1 / GE3T3 Credit 4

[Aims and Objectives of NSS]

Unit – I : Introduction and Basic Concept of NSS

- a) History and Objectives of NSS
- b) Significance of Emblem, Flag, Motto, Song, Badge etc.
- c) NSS hierarchy from National level to College level
- d) NSS Functionaries: Roles and Responsibilities

Unit – II : NSS Programmes and Activities

- a) Concept of Regular Activities, Special Camping, Day Camps
- b) Basis of adoption of Village/Slums.
- c) Methodology of conducting Survey. Maintenance of the Diary
- d) Financial pattern of the scheme. Coordination with different agencies.

Unit – III : Youth

- a) Youth: Definition and categories
- b) National Youth Policy and National Youth Development Programmes
- c) Factors influencing youth crime. Juvenile Justice. Peer Mentoring in preventing Crime
- d) Issues, challenges and opportunities of youth

Unit – IV : Health, Hygiene and Sanitation

- a) Basic concept of Health, Nutrition, Hygiene and Sanitation. Definition, needs and scope of Health education.
- b) Safe drinking water, Water borne diseases.
- c) Reproductive health: Adolescent Pregnancy, HIV/AIDS, Menstrual Health.
- d) Healthy lifestyles: Preventing Substance abuse; Food and Yoga as a preventive, promotive and curative method.

Unit – V : Volunteerism and Shramdan

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

Paper: GE1P1 / GE3P3 (Practical) Credits 02

1. First Aids

- a) Principles of First aids. Importance of First Aids.
- b) First aids for Snake bite, Burns, Drowning, Poisoning, Dog bite.

2. Health Assessment & Yoga

- a) Estimation of BMI, WHR, PBF. Determination of Pulse rate.
- b) Yoga & Health

3. Regular and Special Activities

- a) Different activities under Regular and Special Activities

4. Agency visits:

Visit to old age home / ICDS Centre / Rehabilitation Centre and field report preparation.

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Paper : GE2T2 / GE4T4 Credit 4

[Role of NSS in Social and Environmental Issues]

Unit – I: Citizens duties, Human Rights

- a) Basic features of Constitution of India
- b) Fundamental rights and Duties of Indian Citizens
- c) Right to Information Act. 2005 (RTI). Legal Rights of the Consumers.

Unit – II : Family, Society and Social Issues in India

- a) Concept of family, community, society. Modern family: Functions and characteristics
- b) Concept of Gender Justice and its need
- c) Regionalism and Caste System. Tribes of India: Classification and Culture.

Unit – III: Social Harmony and National Integration

- a) Concept of Social Harmony and National Integration
- b) Various obstacles in the way of National Integration; such as caste, religion, language and regionalism etc.
- c) Role of Youth in Peace-building, Conflict resolution and Nation-Building

Unit – IV: Environmental Issues

- a) Environmental conservation, Enrichment and sustainability. Climate change. Global efforts for environmental conservation
- b) Natural resource management (Rain water harvesting, Waste land development, soil conservations and afforestation)
- c) Waste management: Control measures of Municipal, biomedical and e-waste

Unit – V: Disaster Management: Concept and Definition

- a) Understanding meaning, characteristics, nature, causes and types of disasters
- b) Impact of disaster on environment and society
- c) Role of youth in disaster management

Paper: GE2P2 / GE4P4 (Practical) Credits 02

1. Environmental issue

- a) Measurement of pH in water, noise (dB) at different places.
- b) pH and temperature in soil water. Biological oxygen demand.

2. Special Camp:

Prepare a report during the special camp based on the various activities undertaken for the need of adopted village.

3. Training Programme / Higher Institute visit:

Students will submit a report on the basis of their visit cum training in some advanced Institute that deals with the National Service Scheme, Rural Development, Youth Development such as IIT, ETI, RGNIYD etc.

4. Project:

Project report will be based on the field work assignments in rural areas/ urban slums of NSS interests.