

Raja Narendra Lal Khan Women's College (Autonomous)

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

[Choice Based Credit System]

Subject : NSS (General)

Semester : I

Paper : GCC1T1 Credit 4

[Introduction to NSS]

Unit – I : Introduction and Basic Concept of NSS

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

Unit – II : NSS Programmes and Activities

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

Unit – III : Volunteerism and Shramdan

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

Paper: GCC1P1 (Practical) Credits 02

1. Socio Economic Survey on the adopted villages

- a) Design of Questionnaire (Population, Literacy, Family)
- b) Design of Interview, Education, Income
- c) Data Analysis (Introduction of Different Tools).
- d) Report Writing

2. Campus Development and Beautification

- a) Campus development, tree planting maintenance and greening the campus cleaning.
- b) Campus development activities – clean environment campaign, formation of plastic free zones.
- c) Campus improvement activities.

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Semester : II

Paper : GCC2T2 Credit 4

[Youth & Social Issues in India]

Unit – I : Youth

- a) Youth: Definition and categories. Issues, challenges and opportunities of youth. Factors influencing youth crime. Juvenile Justice.
- b) National Youth Policy and National Youth Development Programmes. Youth-focused and Youth-led organization.
- c) Meaning and types of leadership. Qualities of good leaders. Importance and role of youth leadership.

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

- a) Concept of family, society, community.
- b) Concept of Ethics and values.
- c) Concept of Gender Justice and Caste system.

Unit – III : Citizenship Social Harmony and National Integration

- a) Basic features of Constitution of India. Fundamental rights and Duties of Indian Citizens
- b) Concept of Social Harmony and National Integration. 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

Paper: GCC2P2 (Practical) Credits 02

1. Community Mobilisation

- a) Mapping of community stakeholders.
- b) Designing the message in the context of the problem and the culture of the community.
- c) Identifying methods of mobilization.

2. Organization visits:

Visit to Youth-focused / Youth-led organization and field report preparation.

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Semester : III

Paper : GCC3T3 Credit 4

[Health Issues in India]

Unit – I : Health, Hygiene and Sanitation

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

Unit – II : Population Dynamics

- a) Concept of Demography, Demographic cycle, Population pyramid and Vital statistics.
- b) World population trends and Demographic trends in India.
- c) Population explosion and its social problem. Approaches for population control.

Unit – III: First Aid and Home nursing

- a) Checking of circulation of blood, opening of air passage, checking of breathing, commencement of ERC, giving artificial respiration.
- b) Control of bleeding: Nose bleeding, Ear bleeding and management of different types of fractures.
- c) Burns and scalds: First aid in heart attack, stroke, fainting, poison, shock, dog and snake bite, diabetes and unconsciousness.

Paper: GCC3P3 (Practical) Credits 02

1. Health Assessment & Yoga:

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

2. Assignment programme on public health, nutrition and disease – covering any one of the following fields:

- a) Health Education on awareness development in the field of personal health.
- b) Health status assessment of the community people.

3. Agency visits:

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

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Subject : NSS (General)

Semester : IV

Paper : GCC4T4 Credit 4

[Role of NSS in Environmental Issues and Disaster Management]

Unit – I: Environmental Issues

- a) Concept of Environmental ethics.
- b) Environmental conservation, Enrichment and sustainability. Climate change. Global efforts for environmental conservation
- c) Natural resource management (Rain water harvesting, Waste land development, soil conservations and afforestation). Waste management

Unit – II: Environmental Pollution

- a) Concept and types of Pollution. Natural versus man made pollution.
- b) Major issues involved in pollution of India.
- c) Important movement to generalize the environmental pollution in India.

Unit – III: Disaster Management:

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

Paper: GCC4P4 (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. 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.

3. Regular and Special Activities:

Different activities under Regular and Special Activities

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Subject : NSS (General)

Semester : V

Paper : DSE1T1 Credit 4

[Rural India]

Unit – I: Vocational skill development programmes

- a) Vocation and training programmes
- b) Concept of Digital India.
- c) Concept of Aatmanirbhar Bharat.

Unit – II: Rural Resource Mobilization and Ideal Village

- a) Gandhian Concept of “Ideal Village”
- b) Resources Mobilization – Meaning. Concept of Eco – Village, Eco – Tourism, Agro – Tourism
- c) Hurdles in the Development of Small Scale Industries .Government Policies to encourage Small Scale Industries. Role of Small Scale Industries in development process.

Unit – III: Entrepreneurship Development

- a) Definition & Meaning. Qualities of good entrepreneur.
- b) Procedure of starting an enterprise.
- c) Role of financial and support service institutions.

Paper: DSE1P1 (Practical) Credits 02

1. Entrepreneurship Development

Market Research Report on Consumer Goods.

2. Traditional Culture and Folk Dance

- a) Historical background of Indian traditional culture and folk dance
- b) Tradition and life and folk dance. Traditional costumes used.
- c) Different types of traditional culture and folk dance in West Bengal

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Semester : VI

Paper : DSE2T2 Credit 4

[Gender Sensitivity and Women Empowerment]

Unit – I: Gender Sensitivity

- a) Concept of Gender equality. Socio-economic factors behind gender inequality and solutions.
- b) Status of women in society.
- c) Feminism and Womens' Movement in India and the world.

Unit – II: Gender Sensitivity and Women Empowerment

- a) Concept of Women Empowerment. Significance of Women Empowerment.
- b) Obstacle to Women Empowerment.
- c) Various Schemes and Policies for Woman Empowerment in India

Unit – III: Civil/Self Defense

- a) Civil defense services: background and importance
- b) Needs of self defense training.
- c) Civil defense awareness programme in school, college, university and community with practical exercise

Paper: DSE2P2 (Practical) Credits 02

1. Project:

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

- a) Concept of data. Collection of data and analysis of the data
- b) Preparation of documentation reports
- c) Dissemination of documents and report