

Raja N L Khan Women's College (Autonomous)
B.A (General) in National Cadet Corps (NCC)
[Choice Based Credit System]
Semester-II

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
CC1 [DSC-1B]		DSC1BT: Personality Development, Human Health, Social & Environmental awareness and Community Development.	Core Course -1	4	0	0	6	75
		DSC1BP: Practical		0	0	4		
Semester Total							6	75

Semester-II

DSC-1B: Personality Development, Human Health, Social & Environmental awareness and Community Development. **Credits 06**

DSC1BT: Personality Development, Human Health, Social & Environmental awareness and Community Development. **Credits 04**

Course Contents:

Module -I: Personality Development and Leadership

1. Personality Development introduction. Factors Influencing /shaping Personality: Physical, social, psychological and philosophical.
2. Self-Awareness – Know yourself/ Insight. Self Defense- Theory and practice, prevention of untoward incidence. Self defense mechanisms. Change your mind set.
3. Interpersonal relationship and communication.
4. Leadership Traits. Types of Leadership and perception. Effects of Leadership with historical examples. Attitude – Assertiveness and negotiation.
5. Time management. Stress management.
6. Importance of Group /Team Work.
7. Influencing Skills. Sociability: Social Skills. Values / Code of Ethics.

Module-II: Health and Hygiene

1. Structure & functioning of the human body. Hygiene & sanitation (Personal &

- Food hygiene). Physical & Mental Health. Infectious & Contagious Diseases & its prevention. Preventable diseases, fractures and types of treatments.
- Basics of home nursing. First aids: methods and Practice. First aids in common medical emergencies. Snake bites. Wounds & Fractures. Dressing of wounds.
 - Yoga & Exercises – introduction. Role on physical and mental health.

Module-III: Environmental Awareness and Conservation

- Natural Resources – Conservation & Management. Water Conservation & Rainwater harvesting. Waste Management.
- Environment and ecology – pollution and its control; Water, Air, Noise and Soil. Wild life conservation. Energy Conservation.

Module-IV: Social Awareness and Community Development

- Basics of Social Service, weaker sections of our society and their needs. Social / Rural Development Projects: MNREGA, SGSY, NSAP etc. NGOs: Role & Contribution. Social service – family planning.
- Drug Abuse & Trafficking. Causes & Prevention of HIV/AIDS; Role of youth
- Social Evils - Dowry/Female Foeticide /Child abuse & trafficking, etc. Provisions of Protection of Children from Sexual Harassment Act 2012.
- Traffic Control Organization and Anti-drunken driving. Traffic rule and road signs.
- Counter Terrorism. Corruption
- Contribution of youth towards social welfare. Civic Responsibilities.
- NCC cadets and civil administration.

DSC1BP: Practical

Credits 02

1. Drill :

Drill without Arms: i) Sizing, forming up in three ranks, numbering, open and close order march and dressing, ii) Getting on parade, dismissing and fall out, iii) Saluting at the halt, iv) Marching, length of space and time of marching, marching in quick time and halt, v) Turning at the march and wheeling, vi) Saluting at the march, vii) Side space, pace forward and to the rear, viii) Marking time, forward and halt in quick time and changing step, ix) Formation of squad and squad drill.

2. First Aids

- Principles of First aids.
- First aids for Snake bite, Burns and Scalds, Drowning, Poisoning, Dog bite.

3. Tactical exercise without troops

- Sand model on the following: a) attack, b) defense
- Outline organization of infantry Battalion in Lab Note Book
- Chart showing Organization, weapons at equipments at platoon level
- Verbal order at platoon level
- Movement without arms and section battle drill
- Message writing

4. Field reports

Students will be submitted a Field Reports on any Health & Hygiene, / Environment Awareness Program organized by the Institution.

5. News paper clippings

News paper clippings on relevant defense related topics and a short essay on the basis of clippings to be produced.

6. Field visit: Field visit to defense establishment/ places of military interests.

Students will submit a field report.

7. Laboratory Note Book

Students will be required to maintain records of all works done in connection with the topics taught in this paper.