

**Shree Manibhai Virani and Smt. Navalben Virani Science College, Rajkot
(Autonomous)**

Affiliated to Saurashtra University, Rajkot

For Students Admitted From A.Y.2021-2022 and Onwards

Department: NSS

Co-Curricular Course

Semester – I		
Course Code	Course Title	Credits
21AECO01	National Service Scheme (200 Hrs)	1
	Semesters I, II, III & IV	

Course Description:

The NSS course shall have a curriculum comprising theory and activities with a specified syllabus. The curriculum of course is a blend of theory topics and activities as regular and individual. The course shall extend over a period of two years comprising of four semesters with two semesters in one academic year. Each semester normally consists of 5-6 theory lectures and minimum 3 regular and 2 Individual activities and one special camp is compulsory only in fourth semester.

Course Purpose:

New generation of students are increasingly unaware of local rural realities surrounding their Higher Education Institutions, as rapid urbanisation has been occurring in India. A large percentage of Indian population continues to live and work in rural and peri-urban areas of the country. By doing various activities they will engage themselves in creative and constructive social work and gain skills in the exercise of leadership to enrich their personality. Such a course will enable students to learn about rural challenges and develop understanding of rural wisdom and life-style in a respectful manner.

Course Outcomes: Upon completion of this course, the learner will be able to

CO No.	CO Statement	Blooms taxonomy Level (K₁ to K₆)
CO ₁	Gain an understanding of rural life, culture and social realities.	K ₂
CO ₂	Develop a sense of empathy and bonds of mutuality with local community, society and nature.	K ₂
CO ₃	Appreciate significant contributions of local communities to Indian society and Economy and practice leadership quality.	K ₃

CO ₄	Learn to value the local knowledge and wisdom of the community and society.	K2
CO ₅	Identify opportunities for contributing to community's socio-economic, health and hygiene Improvements.	K2

Course Content	Hours
Divided into four Modules, and activities are part of each module. One module for each semester.	
Module-I : Introduction to NSS	8
<ol style="list-style-type: none"> 1. NSS-History and Objectives & Aspects of NSS Programme 2. Emblem, flag, motto, song, symbol, badge etc. 3. Definition, profile of youth 4. Issues, challenges and opportunities for youth 5. Youth as an agent of social change 6. Concept of regular activities, special camping 	
Module-II: Leadership & Youth Development	8
<ol style="list-style-type: none"> 1. Meaning and types of leadership 2. Qualities of good leaders 3. Traits of leadership 4. Importance and role of youth leadership 5. National Youth Policy 6. Youth Development Programmes at national level, State level and Voluntary sector 	
Module III: Family, Community and Society	8
<ol style="list-style-type: none"> 1. Individual as an entity 2. Individual as a member of a family 3. Individual as a member of a community and 4. Individual as a member of a society. 5. Role of individual to safeguard nature 6. Rights & Responsibilities as citizen of India 	
Module IV: General Health Awareness	8
<ol style="list-style-type: none"> 1. Hygiene and sanitation 2. Healthy Lifestyles 3. First Aid 4. Basics of Home Nursing 5. Yoga as a tool for healthy lifestyle 6. Safe drinking water, water borne diseases and sanitation 	

Sr No	List of All Activities	Hrs
1	Orientation Program-NSS Song & various types of clapping	2
2	National Days-Celebration -15th August- & 26th January	2
3	Festival celebrations, New Year celebrations	2
4	Visit to various places eg. mentally challenged children's school, old age Home	2
5	Charity programme	2
6	24th Sept.-NSS Day Celebrations with juniors.	2
7	Tree plantation ,	3
8	Various Days Celebrations with significance Eg 6th August- Anti Atomic/Hiroshima Day,14th November-Children's Day, 7th Dec. Flag Day Celebrations	1
9	2nd October-Gandhi Jayanti-Swachh Bharat Abhiyan	3
10	Health Awareness , HIV Awareness	3
11	Notice Board activity for auspicious days –and its significance	2
12	Presentation on Indian National leaders	
13	Small skits on leadership	3
14	Activity where Family is involved	2
15	Activity where Society is involved	2
16	Interaction with juniors	2
17	Balanced Diet, Yoga practice	3
18	Various Awareness Programs	
19	Special Activity at district and state level	
20	Special Camp compulsory for all the NSS Cadets	7 days

Text Books:

- 1. NSS Manual**
- 2. Army NCC Cadet Handbook Specialised Subject SD/SW**
- 3. Gaur R.R, Sangal R. and Bagaria G.P. *Universal Human values & professional Ethics.* Excel Books.**
- 4. Public Health and Hygiene- Saras Publication**

Reference Books:

1. Seemiller, C. (2013). The student leadership competencies guidebook: Designing intentional

leadership learning and development. John Wiley & Sons.

2. Shankman, M. L., & Allen, S. J. (2010). Emotionally intelligent leadership for students: facilitation and activity guide. John Wiley & Sons.

3. Covey, S. R. (2004). The 7 habits of highly effective people: Powerful lessons in personal change. Simon and Schuster.

4. General Hygiene and preventive medicine: A text book for college students, medical students, nurses, public health workers and social workers.--by John Weinzirl (Author), Publisher : Lea & Febiger

Pedagogic tools:

- Chalk and Board
- Power Point Presentation
- Videos
- Handouts
- Field visit
- Activities

Methods of Assessment & Tools:

Components of CIE: **100** marks

Sr. No.	Component	Content	Duration (if any)	Marks	Sub Total
A	Attendance		All 4 Semesters	10	10
B	Test 1	Sem I & Sem II	2 hours	10 (Set for 20)	10
	Test 2	All 4 Semesters	2 hours	20 (Set for 40)	20
	NSS Register	All 4 Semesters	-	10	10
C	Activities	Group-20 Individual-20	-	20+20	40
D	Special Camp	Sem IV	-	10	10
Grand Total					100
B: NSS Register and written Test					
C : Activities- Active Participation, Responsibility and report Writing					

- **At the end of the course a separate certificate on completion of course will be issued by the CoE having only remarks as follows:**

Letter Grade	Grade Point
O (Outstanding)	10
A+(Excellent)	9
A (Very Good)	8
B+(Good)	7
B (Above average)	6
C (Average) 5	5
P (Pass) 4	4
F (Fail) 0	0
Ab (Absent)	0