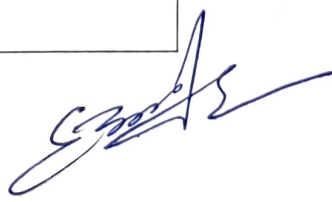


S.S. Jain Subodh P.G. College, Jaipur
(Autonomous)
VALUE ADDED COURSES
B.A/B.Sc./B.Com./ All Specializations / BBA/BCA
Semester III

	Title of Courses	National Service Scheme (NSS)
	Nodal Department to run course	NSS Coordinator
	Hours	60 hours per Semester
	Maximum marks Minimum marks	50 20
	Name of proposed outside partners/ Institutions/ Industries/ Govt. organization etc.	Regional Directorate, National Service Scheme Jaipur, Rajasthan
	National Service Scheme (NSS): The National Service Scheme (NSS) is an Indian government sector public service program conducted by the Ministry of Youth Affairs [1] and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage. Objectives of NSS: The main objectives of National Service Scheme (NSS) are • To understand the community in which they work • To understand themselves in relation to their community • To identify the needs and problems of the community and involve them in problem-solving • To develop among themselves a sense of social and civic responsibility • To utilize their knowledge in finding practical solutions to individual and community problems • To develop competence required for group-living and sharing of responsibilities • To gain skills in mobilizing community participation • To acquire leadership qualities and democratic attitudes • To develop capacity to meet emergencies and natural disasters and • To practice national integration and social harmony Theory Weight -15 Practical/Project work – 30 hours + 15 hours (Any one project work, Field Visits/ Trainings) Unit-01: Health, Hygiene and Sanitation (3) • Introduction to hygiene and sanitation • Importance of hygiene and sanitation in maintaining personal health • Various central/ state government programmes Unit-02: Youth and Yoga (4)	





- History of yoga
- Types of yoga and their benefits, Managing Mental Health problems through Yoga & Meditation
- National yoga day: History, Achievements & Challenges
- Dreams of developed India: Contribution of yoga

Unit-03: Youth and Ayurveda (4)

- Principles of Ayurvedic diet: Aharavidhividhan, Sattvic, Rajasi & Tamasic foods
- Viruddha, Pathya, Apathya & Viprita Ahaar
- Dincharya and ritucharya
- Managing Examination Stress, Depression and Anxiety through Ayurvedic

Unit-04: Environment (4)

- Waste management
- Natural resource management
- Biodiesel
- Green building

Suggested books/ references/ websites

- NSS Manual
- <https://nss.gov.in>
- yas.nic.in

Programme Specific Outcomes

Volunteership: To make students understand the role of a volunteer and need of volunteership in Society. **Community participation:** Adoption of slum under this scheme is a better way to

connect students with the society through which they can understand the society at grass root level

Youth development: Various activities undertaken under scheme support overall development of youth, Participation of youth at various District, state, national and international camp supports that.

Leadership skills: Promoting volunteership skills amongst students develops leadership skills in them.

Social awareness: Activities like blood donation camp, Swachhbharatabhiyan, run for unity, HIV/ AIDS awareness, betibachao betipadhao, voter awareness etc. builds social awareness among students.

Social harmony and community development: Participation of students in community awareness activities promotes better connect with the society and developing understanding and builds harmony.

Integration: Various camps like National Integration Camp and Youth Exchange Programmes integrate youth and understand culture.

Know your culture: Activities that promote better understanding of heritage and culture is also a major concern of the syllabus.

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