

# 21COCA100 NSS / NCC / PHYSICAL EDUCATION & YOGA PRACTICES

Hours Per Week :

L	T	P	C
0	-	4	2

Total Hours :

L	T	P
-	-	60

## Course Description and Objectives:

This course impart knowledge to the students on cooperation, developing leadership, inculcating the spirit of helping others and make them physically and mentally stronger

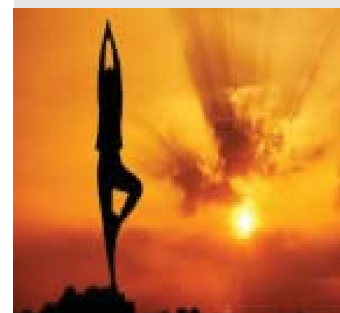
## Course Outcomes:

Upon completion of the course, the student will be able to achieve the following outcomes:

COs	Course Outcomes
1	Enable the students to exhibit leadership qualities and able to work in a cooperative environment
2	To have emerged as the young citizen to do various welfare activities for the society

## SKILLS:

- ✓ *Leadership qualities*
- ✓ *Team work in a Cooperative and Harmonious Manner*
- ✓ *Actively participated in welfare activities of the society*
- ✓ *Improved physical and mental health*



Source :

<https://www.jagranjosh.com/current-affairs/role-of-yoga-in-education-what-does-research-say-1498020271-1>

**ACTIVITIES:**

- o NSS camp in village
- o Involve in maintaining hygiene conditions in rural areas and create awareness to rural people
- o Participate in Blood donation camps
- o Play sports, games and practice yoga / meditation
- o NCC

**COURSE OUTLINES (NON-GRADIAL COURSE)**

Introduction and basic components of NSS, NSS programmes and activities, Understanding youth, Community mobilization, Social harmony and national integration, Volunteerism and shramdan, Citizenship, constitution and humanrights, Family and society, Importance and role of youth leadership, Life competencies, Youth development programmes, Health, hygiene and sanitation, Youth health, life style, HIV AIDS and first aid, Youth and Yoga , Vocational skill development, Issues related environment, Disaster management, Entrepreneurship development, Formulation of production oriented project, Documentation and data reporting, Resource mobilization, Additional life skills, Activities directed by the Central and State Government

**LECTURE AND PRACTICAL OUTLINE**

- 1 Introduction and basic components of NSS – Orientation - History, objectives, principles, symbol, badge; regular programmes under NSS, organizational structure of NSS, code of conduct for NSS volunteers, points to be considered by NSS volunteers awareness about health
- 2 NSS programmes and activities - Concept of regular activities, special camping, day camps, basis of adoption of village/slums, conducting survey, analysing guiding financial patterns of scheme, youth programme/ schemes of GOI, coordination with different agencies and maintenance of diary
- 3 Understanding youth - Definition, profile, profile, categories, issues and challenges of youth; and opportunities for youth who is agent of the social change
- 4 Community mobilization -Mapping of community stakeholders, designing the message as per problems and their culture; identifying methods of mobilization involving youth-adult partnership
- 5 Social harmony and national integration - Indian history and culture, role of youth in nation building, conflict resolution and peace-building
- 6 Volunteerism and shramdan - Indian tradition of volunteerism, its need, importance, motivation and constraints; shramdan as part of volunteerism
- 7 Citizenship, constitution and human rights - Basic features of constitution of India, fundamental rights and duties, human rights, consumer awareness and rights and rights to information
- 8 Family and society - Concept of family, community (PRIs and other community based organisations) and society
- 9 Importance and role of youth leadership - Meaning, types and traits of leadership, qualities of good leaders; importance and roles of youth leadership
- 10 Life competencies - Definition and importance of life competencies, problemsolving and decision-making, inter personal communication
- 11 Youth development programmes - Development of youth programmes and policy at the national level, state level and voluntary sector; youth-focused and youth ledorganstions.
- 12 & 13. Health, hygiene and sanitation - Definition needs and scope of health education; role of food, nutrition, safe drinking water, water born diseases and sanitation (Swachh Bharat Abhiyan) for health; national health programmes and reproductive health.
- 14 Youth health, lifestyle, HIV AIDS and first aid - Healthy lifestyles, HIV AIDS, drugs and substance abuse, home nursing and first aid

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- 15 & 16. Youth and yoga - History, philosophy, concept, myths and misconceptions about yoga; yoga traditions and its impacts, yoga as a tool for healthy lifestyle, preventive and curative method
  - 17 & 18. Vocational skill development - To enhance the employment potential and to setup small business enterprises skills of volunteers, a list of 12 to 15 vocational skills will be drawn up based on the local conditions and opportunities. Each volunteer will have the option to select two skill-areas out of this list
  - 19 Issues related environment - Environmental conservation, enrichment and sustainability, climatic change, natural resource management (rain water harvesting, energy conservation, forestation, waste land development and soil conservations) and waste management.
  - 20 & 21. Disaster management - Introduction and classification of disaster, rehabilitation and management after disaster; role of NSS volunteers in disaster management
  - 22 Entrepreneurship development - Definition, meaning and quality of entrepreneur; steps in opening of an enterprise and role of financial and support service institution
  - 23 Formulation of production oriented project - Planning, implementation, management and impact assessment of project
  - 24 Documentation and data reporting - Collection and analysis of data, documentation and dissemination of project reports
  - 25 Youth and crime - Sociological and psychological factors influencing youth crime, cyber crime, peer mentoring in preventing crime and awareness for juvenile justice
  - 26 Civil/self defence - Civil defence services, aims and objectives of civil defence; needs and training of self defence.
  - 27 & 28. Resource mobilisation - Writing a project proposal of self fund units (SFUs) and its establishment.
  - 29 & 30. Additional life skills - Positive thinking, self confidence and esteem, setting life goals and working to achieve them, management of stress including time management

