Assam University, Silchar

Four Year Undergraduate Programme Value Added Course VAC 101 NSS

Course Code **VAC101** Name of Course Introduction to National Service Scheme Learning Level 100-199 Credits 3 Contact hours 45 **Total Marks** 100 **ESM** 70 Internal 30

Rationale:

This course is an orientation for the social work about the National Service Scheme and it's significance in personality development through community work. Students are introduced to the scope of the NSS in rural areas and slums. Levels and contexts of intervention, the range of theory and knowledge that informs community engagement, and the code of ethics that guides volunteerism among students.

Objectives: The main objectives of this course are:

- To help learners know about NSS in the context of youth, community and voluntary service.
- To appreciate the importance of volunteerism for community development
- o To promote community engagement activities in the rural areas.
- o To acquire awareness on various programmes relating youth development.
- o To develop an understanding of the role youth in national integration and nation building.

Credits 2

Learning Outcome: Learners will have the knowledge about NSS and its role in thefields of community engagement to address the community problems.

Unit	Contents	L	F
1.	Introduction and Basic concepts of NSS: History, Philosophy, aims &		
	objectives of NSS, Emblem, flag, motto, song, badge etc.		
	Organizational structure, roles and responsibilities of various NSS	2	0
	functionaries.		
2.	NSS Programmes and Activities: Concept of regular activities, special		
	camping, Day camps; Adoption of Village/ slums, methodology of	3	0
	conducting survey; Financial pattern of the scheme; Coordination with		
	different agencies		
3.	Understanding Youth: Definition, Demographic Profile of youth; Youth		
	Development Programmes in India: Youth related Issues, Challenges and	2	5
	Opportunities for youth; National Youth Policy; Youth-focused and Youth-		
	led organizations; Development of life competencies among Youth; Youth		
	as social change Agent.		
4.	Community Mobilisation: Mapping of community stakeholders; Designing		
	the message in the context of the problem and the culture of the community;	2	5
	Identifying methods of mobilisation; Youth-adult partnership		
5.	Volunteerism and Shramdan: Role of youth in nation building; Indian	2	12
	Tradition of volunteerism/Shramdan; Needs & importance of volunteerism;		
	Motivation and Constraints of Volunteerism; Role of youth in Disaster		
	Management, Environmental Conservation.		

L = Lecture

F = Field Activities

Suggested Readings:

- 1. NSS Manual
- 2. National Youth Policy Document
- National Service Scheme-A Youth Volunteers Programme For Under Graduate Students As Per UGC Guidelines by JDS Panwar, A K Jain & B K Rathi (Astral)
- 4. Communication Skills by N Rao & RP Das (HPH)
- 5. Lighton Yoga by BK Iyenger (Thorsons)