

Kurukshetra University Kurukshetra
Undergraduate Programs
Course: VAC

Note: A student can opt this course of 'National Service Scheme (NSS) Activities and Training' once in the UG Programme.

Session: 2023-24			
Part A – Introduction			
Subject	VAC		
Semester	3 rd / 4 th		
Name of the Course	National Service Scheme (NSS) Activities and Training		
Course Code	B23-VAC-305/405		
Course Type: (CC/MCC/MDC/CC-M/DSEC/ VOC/DSE/PC/AEC/VAC)	VAC		
Level of the course (As per Annexure-I)	100-199		
Pre-requisite for the course (if any)	NA		
Course Learning Outcomes (CLO):	After completing this course, the learner will be able to: <ol style="list-style-type: none"> 1. Learn about the Basic Concept of NSS. 2. Learn about the Maintenance of NSS work diary and various dimensions of various NSS camps. 3. Understand the Role of NSS in Personality Development, importance of community services and analyze the community problems and their solutions. 4. Learn about the health education, Healthy life style, various schemes and importance of My Bharat portal. 		
Credits	Theory	Practical	Total
	-	2	2
Contact Hours	-	2	2
Max. Marks: 50 Internal Assessment Marks: 15 End Term Exam Marks: 35		Time:3hrs	

Part B- Contents of the Course

Instructions for Paper- Setter

End term exam will be conducted by NSS Programme Officer (PO) of the HEI. A written examination of 15 marks based on questions from the entire syllabus will be conducted by the NSS PO of the respective Department/College/Institute. The questions may be of objective/short answer type. Students will be evaluated based on the participation/demonstration/outcomes of the activities performed from each unit out of 20 Marks.

Unit	Topics	Contact Hours
I	NSS Activities: History and Philosophy of NSS Aims and Objectives of NSS, NSS Logo, badge, flag, song and Lakshya Geet. Organization Structure of NSS NSS Campaigns: Environment protection awareness, global warming and climate change, Blood donation, digital literacy, drug de-addiction.	7
II	NSS Regular Activity and Programs: Activities based on the following topics:- Concept of regular activities, Methodology of conducting Survey, Maintenance of NSS work diary and calendar of NSS activities. Day Camp, Special Camp and Various dimensions of Day camp, special camp at College/University level.	8
III	NSS Activities for Community Service and Youth Development: Activities based on the following topics:- Community services, blood donation camp, Health checkup camps, problem solving and decision making, Personality Development through NSS, Leadership qualities Development through NSS, debate, declamation activities.	7
IV	NSS Activities for Health, Hygiene and Government Schemes: Activities based on the following topics:- Health education, role of food, nutrition & hygiene for health. Healthy life style, Yoga as a tool for healthy life. Government Scheme: Schemes, programs and campaign announced for NSS by Government. My Bharat portal.	8

Suggested Evaluation Methods

Internal Assessment: > Theory : NA <ul style="list-style-type: none"> • Class Participation: • Presentation/Assignment: • Mid-Term Exam: > Practicum: NA <ul style="list-style-type: none"> • Class Participation/attendance: 05 Marks • Seminar/Demonstration/ Viva-voce/NSS diary records etc: 10 Marks 	End Term Examination: 35 Marks Time : 3hrs
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Part C-Learning Resources

Recommended Books/e-resources/LMS:

1. Revised NSS Manual 2006.
2. <https://mybharat.gov.in/>
3. <https://nss.gov.in/>