

**TEMPLATE
COURSE CURRICULUM**

For Introducing
NATIONAL SERVICE SCHEME (NSS)
As an elective subject in Higher Education

**Submitted by
Ministry of Youth Affairs and Sports
Govt. of India**

**NSS SYLLABUS FOR HONOURS/PASS/GENERAL COURSES
(Four Common Semesters)**

SEMESTER-I

PAPER-01

Theory Weight - 60
Practical/Project work - 40

No. of Lectures (35)

- Unit - 01: Introduction and Basic Concepts of NSS (4)**
- a) History, philosophy, aims & objectives of NSS (1)
 - b) Emblem, flag, motto, song, badge etc. (1)
 - c) Organizational structure, roles and responsibilities of various NSS functionaries (2)
- Unit - 02: NSS Programmes and Activities (10)**
- a) Concept of regular activities, special camping, Day Camps (3)
 - b) Basis of adoption of village/slums, Methodology of conducting Survey (2)
 - c) Financial pattern of the scheme (1)
 - d) Other youth prog./schemes of GOI (2)
 - e) Coordination with different agencies (1)
 - f) Maintenance of the Diary (1)
- Unit - 03: Understanding Youth (5)**
- a) Definition, profile of youth, categories of youth (2)
 - b) Issues, challenges and opportunities for youth (2)
 - c) Youth as an agent of social change (1)
- Unit - 04: Community Mobilisation (9)**
- a) Mapping of community stakeholders (3)
 - b) Designing the message in the context of the problem and the culture of the community (1)
 - c) Identifying methods of mobilisation (3)
 - d) Youth-adult partnership (2)
- Unit - 05: Volunteerism and Shramdan (7)**
- a) Indian Tradition of volunteerism (1)
 - b) Needs & importance of volunteerism (2)
 - c) Motivation and Constraints of Volunteerism (2)
 - d) Shramdan as a part of volunteerism (2)

Project work/Practical

40 Marks

**NSS SYLLABUS FOR HONOURS/PASS/GENERAL COURSES
(Four Common Semesters)**

SEMESTER-II

PAPER-02

Theory Weight - 60
Practical/Project work - 40

No. of Lectures (35)

- Unit - 01: Importance and Role of Youth Leadership (6)** (2)
- a) Meaning and types of leadership (2)
 - b) Qualities of good leaders; traits of leadership (2)
 - c) Importance and role of youth leadership (2)
- Unit - 02: Life Competencies (11)** (2)
- a) Definition and importance of life competencies (3)
 - b) Communication (3)
 - c) Inter Personal (3)
 - d) Problem-solving and decision-making (3)
- Unit - 03: Social Harmony and National Integration (9)** (2)
- a) Indian history and culture (5)
 - b) Role of youth in peace-building and conflict resolution (2)
 - c) Role of youth in Nation building (2)
- Unit - 04: Youth Development Programmes in India (9)** (3)
- a) National Youth Policy (4)
 - b) Youth development programmes at the National Level, State Level and voluntary sector (2)
 - c) Youth-focused and Youth-led organisations (2)

Project work/Practical

Conducting surveys on special theme and preparing a report thereof.

40 Marks

**NSS SYLLABUS FOR HONOURS/PASS/GENERAL COURSES
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SEMESTER-III

PAPER-03

Theory Weight - 60
Practical/Project work - 40

No. of Lectures (35)

Unit - 01: Citizenship (7)

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|--|-----|
| a) Basic Features of Constitution of India | (2) |
| b) Fundamental Rights and Duties | (2) |
| c) Human Rights | (1) |
| d) Consumer awareness and the legal rights of the consumer | (1) |
| e) RTI | (1) |

Unit - 02: Family and Society (6)

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|---|-----|
| a) Concept of family, community, (PRIs and other community-based organisations) and society | (2) |
| b) Growing up in the family - dynamics and impact | (1) |
| c) Human values | (1) |
| d) IV) Gender justice | (2) |

Unit - 03: Health, Hygiene & Sanitation (7)

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|---|-----|
| a) Definition, needs and scope of health education | (1) |
| b) Food and Nutrition | (1) |
| c) Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan) | (2) |
| d) National Health Programme | (2) |
| e) Reproductive health | (1) |

Unit - 04: Youth Health (6)

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|--|-----|
| a) Healthy Lifestyles | (1) |
| b) HIV AIDS, Drugs and Substance abuse | (2) |
| c) Home Nursing | (1) |
| d) First Aid | (2) |

Unit - 05: Youth and Yoga (9)

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|---|-----|
| a) History, philosophy and concept of Yoga | (2) |
| b) Myths and misconceptions about yoga | (1) |
| c) Different Yoga traditions and their Impacts | (2) |
| d) Yoga as a preventive, promotive, and curative method | (2) |
| e) Yoga as a tool for healthy lifestyle | (2) |

Project work/Practical

Preparation of research project report.

40 Marks

**NSS SYLLABUS FOR HONOURS/PASS/GENERAL COURSES
(Four Common Semesters)**

SEMESTER-IV

PAPER-04

Theory Weight - 60
Practical/Project work - 40

No. of Lectures (35)

Unit - 01: Environment Issues (11)

- a) Environment conservation, enrichment and Sustainability (2)
- b) Climate change (2)
- c) Waste management (2)
- d) Natural resource management (5)
(Rain water harvesting, energy conservation, waste land development, soil conservations and afforestation)

Unit - 02: Disaster Management (7)

- a) Introduction to Disaster Management, classification of disasters (4)
- b) Role of youth in Disaster Management (3)

Unit-03: Project Cycle Management (10)

- a) Project planning (2)
- b) Project implementation (3)
- c) Project monitoring (2)
- d) Project evaluation: impact assessment (3)

Unit - 04: Documentation and Reporting (7)

- a) Collection and analysis of data (3)
- b) Preparation of documentation/reports (2)
- c) Dissemination of documents/reports (2)

Project work/Practical

Workshops/seminars on personality development and improvement of communication skills

40 Marks

NSS SYLLABUS FOR PASS/GENERAL COURSES

SEMESTER-V

PAPER-05

Theory Weight	- 60
Practical/Project work	- 40

No. of Lectures (35)

Unit - 1: Vocational Skill Development (20)

This Unit will aim to enhance the employment potential of the NSS volunteers or, alternately, to help them to set up small business enterprises. For this purpose, 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 - one such skill in each semester. The education institution (or the university) will make arrangements for developing these skills in collaboration with established agencies that possess the necessary expertise in the related vocational skills.

Unit - 02: Entrepreneurship Development (8)

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|----|--|-----|
| a) | Definition & Meaning | (1) |
| b) | Qualities of good entrepreneur | (2) |
| c) | Steps/ways in opening an enterprise | (3) |
| d) | Role of financial and support service Institutions | (2) |

Unit - 03: Youth and Crime (7)

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|----|--|-----|
| a) | Sociological and Psychological Factors influencing Youth Crime | (2) |
| b) | Peer Mentoring in preventing crimes | (1) |
| c) | Awareness about Anti-Ragging | (1) |
| d) | Cyber Crime and its Prevention | (2) |
| e) | Juvenile Justice | (1) |

Project work/Practical

40 Marks

NSS SYLLABUS FOR PASS/GENERAL COURSES

SEMESTER-VI

PAPER-06

Theory Weight	- 60
Practical/Project work	- 40

No. of Lectures (35)

Unit - 1: Vocational Skill Development (20)

This Unit will aim to enhance the employment potential of the NSS volunteers or, alternately, to help them to set up small business enterprises. For this purpose, 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 - one such skill in each semester. The education institution (or the university) will make arrangements for developing these skills in collaboration with established agencies that possess the necessary expertise in the related vocational skills.

Unit - 02: Civil/Self Defense (5)

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|---|-----|
| a) Civil defense services, aims and Objectives of civil defense | (2) |
| b) Needs for Self defense training | (3) |

Unit-03: Resource Mobilisation (3)

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|-------------------------------|-----|
| a) Writing a Project Proposal | (2) |
| b) Establishment of SFUs | (1) |

Unit-04: Additional Life Skills (7)

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|---|-----|
| a) Positive Thinking | (1) |
| b) Self Confidence and Self Esteem | (2) |
| c) Setting Life Goals and working to achieve them | (2) |
| d) Management of Stress including Time Management | (2) |

Project work/Practical

40 Marks