

Dibrugarh University

NSS(Skill Based Courses) at UG Level

The NSS subject will be offered in the undergraduate programmes of Dibrugarh University as skill based courses with two courses. The total credits will be 8 (each course will be of 4 credits each). It has been developed on the lines of the UGC regulations for Skill Based Courses. The objectives of the NSS (Skill Based Courses) are:

1. To enable NSS volunteers at the undergraduate level to undergo a formal course of study so as to supplement their voluntary work.
2. To equip NSS volunteers with some necessary skills to volunteer better.
3. To help NSS volunteers to look for other avenues of livelihood in the form of entrepreneurial ventures.

Dibrugarh University

Syllabus of NSS (Skill Based Courses) at UG Level

Course Code : NSS01

Course Name : NSS and Youth Development

Objectives : The main objectives of this course are:

1. To help learners know about NSS in the context of youth, community and voluntary service.
2. To appreciate the importance of health, hygiene and sanitation for a healthy nation.
3. To propagate Yoga as a way of healthy living.

Credit : 4 (3 – 0 – 1)

Outcome : Learners will have the knowledge about NSS and its role in the fields of health, hygiene and sanitation so as to build a strong country. They will be able to use Yoga for healthy living.

Unit	Topics	Contact Hours		
		Lectures	Tutorials	Practicals
1	Introduction to NSS History, philosophy, aims and objectives of NSS; NSS Insignia, Organization of NSS, Funding; Regular Activities; Special Camping; Adopted village; Maintaining records, Collaboration with other Govt. agencies, NGOs	6	0	0
2	Life Competencies & Youth Leadership Definition and importance of life competencies; communication and soft skills; Using the Internet; Youth leadership	8	0	0
3	Health, Hygiene and Sanitation Importance of health, hygiene and sanitation; Various Govt. programmes	5	0	5
4	Youth Health Healthy lifestyles; HIV/AIDS, drugs and substance abuse; First aid	7	0	5
5	Youth and Yoga History and philosophy of yoga; Yoga for healthy living	7	0	12

Total Lectures: **33**

Project: 22 hours of community/volunteer work promoting the issues as mentioned in Units 3, 4 and 5. *The internal assessment will be based on the project.*

Suggested Readings:

1. NSS Manual
2. National Youth Policy Document
3. National Service Scheme - A Youth Volunteers Programme For Under Graduate Students As Per UGC Guidelines by J D S Panwar, A K Jain & B K Rathi (Astral)
4. Communication Skills by N Rao & R P Das (HPH)
5. Light on Yoga by B K Iyenger (Thorsons)

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Syllabus of NSS (Skill Based Course) at UG Level

Course Code : NSS02

Course Name : NSS in Social-economic Development

Objectives : The main objectives of this course are:

1. To help learners know about environmental issues and disaster management.
2. To understand the role of entrepreneurship in social development.
3. To learn documentation and reporting.

Credit : 4 (3 – 0 – 1)

Outcome : Learners will learn to appreciate the concerns regarding the environment. They will have the background information to start a venture. They will also be able to prepare a socio-economic development plan.

Unit	Topics	Contact Hours		
		Lectures	Tutorials	Practicals
1	Environment Issues Environment conservation, Enrichment and Sustainability; Climate Change; Waste Management; Natural Resource Management	4	0	0
2	Disaster Management Introduction; Classification of disasters; Role of NSS in disaster management with more emphasis on disasters specific to NE India; Civil defence	10	0	0
3	Entrepreneurship Definition and meaning; Qualities of a good entrepreneur; Risks; Various policies aiding an entrepreneur	7	0	0
4	Funding a Venture Sources of funding and formalities	5	0	0
5	Documentation and Reporting Collection and analysis of data; Documenting, reporting and their dissemination	7	0	22

Total Lectures: **33**

Project: Developing a socio-economic development plan for a selected locality requiring at least **22 hours** of work. *The internal assessment will be based on the document that is prepared.*

Suggested Readings:

1. Biodiversity, Environment and Disaster Management by Shamna Hussain (Unique Publishers)
2. Environmental Studies by P K Pandey (Mahaveer Publications)
3. Fundamentals of Entrepreneurship by H Nandan (PHI)
4. Guide to Report Writing by Michael Netzley and Craig Snow (Pearson)

To be restructured as 2 Credit Course