

**Vidyasagar University**  
**Curriculum for B.Sc (General) in National Service Scheme (NSS)**  
**[Choice Based Credit System]**

**Semester-IV**

Course	Course Code	Name of the Subjects	Course Type/ Nature	Teaching Scheme in hour per week			Credit	Marks
				L	T	P		
<b>DSC-1D</b>		<b>DSC1DT:</b> Method of Organising Human Service to the Nation through students and youths	Core Course	4	0	0	6	75
		- Practical		0	0	4		
<b>DSC-2D</b>	TBD	<b>DSC-2D (other Discipline)</b>	Core Course				6	75
<b>DSC-3D</b>	TBD	<b>DSC-3D (other Discipline)</b>	Core Course				6	75
<b>SEC-2</b>		<b>SEC-2: TBD</b>	Skill Enhancement Course-2	1	1	0	2	50
<b>Semester Total</b>							<b>20</b>	<b>275</b>

**L** = Lecture, **T** = Tutorial, **P** = Practical, **CC** = Core Course, **TBD** = To be decided, **SEC** = Skill Enhancement Course.

**DSC-1** = Discipline Specific Core of Subject-1, **DSC-2** = Discipline Specific Core of Subject-2,

**DSC-3** = Discipline Specific Core of Subject-3.

**List of Core Course (CC) and Electives**

**Core Course (CC)**

**DSC-1D: Method of organising Human Service to the Nation through students and youths.**

**Skill Elective Courses (SEC)**

**SEC-2: Value System & Gender Sensitivity**

**Or**

**SEC-2: Health and Education Program**

**Or**

**SEC-2: Methods and Techniques of working with people and program planning**

**Semester-IV**  
**Core Course (CC)**

**DSC-1D (CC- 4): Method of Organising Human Service to the Nation through students and youths. Credits 06**

**DSC1DT: Method of organising Human Service to the Nation through students and youths. Credits 04**

**Course Contents:**

**Unit – I: Special Camping Program**

Nature, objectives and types. Concept of camp: identification of community problems – importance of group living – team building. Ice breaking and team building activities. Adaptation of village. Selection of camp site and physical arrangement. Identification of specific theme. Planning for camp - pre, during and post campaigning activities. Organization of NSS camps through various committees and discipline in the camp. Co-ordination with local planning Government and other agencies. Healthy Programmes and activities to be undertaken in the camp. . Use of mass media in NSS activities. Feedback /Evaluation : post camping activities.

**Unit –II: Special program:** **a.** Legal awareness, Health awareness, Environment awareness. **b.** First aid, Career guidance. **c.** Leadership training – cum- cultural guidance. **d.** Globalization and its economic, social, political and cultural impacts.

**Unit –III: Rural work under NSS - i)** Nature of rural society, **ii)** Problems in rural and tribal areas: Agricultural problems – low productivity tenancy, problems of bonded labours; Rural migration to towns and cities; Rural medical health services – prevention of diseases environmental sanitation through disposal of garbage, construction of soak pits, drains, roads etc. And provision of safe drinking water supply; Need for subsidiary occupation for the poor organization of village industries; Difficulties in organizing the literacy programmes and rural libraries, **iii)** Rural Youth Programme organization youth club, Young Farmers club, Mahila Mandal, **iv)** Integrated Rural Development- concept, **v)** Structure of Extension Agencies in rural areas **vi)** Credit facilities in rural areas, **vii)** Land reforms and tenancy, **viii)** Programme for weaker sections of the society in relation to the 20- point Economic Programme, e.g. allotment of house sites to schedule castes/schedule tribes, legal aid to the rural poor etc. **ix)** Re-cycling of waste and use of gobar gas plants **x)** NSS and other youth programmes.

**Unit –IV: Urban work under NSS - i)** NSS work in urban slums – housing projects, health services, **ii)** Medical social service work and community health programme, **iii)** NSS programme in Welfare Institutions, **iv)** NSS programme in primary schools.

**Unit - IV: Role and Importance of Government Organisations (GO) and Non-Government Organization (NGO):** Meaning, characteristics and functions of NGO. Characteristics and Functions. Structure of Government Organisations and Non – Government Organisations. Co-ordination of National Service Scheme (NSS) with Government Organisations (GO) and Non-Government Organisations (NGO)). Grants for NSS from GO's for activities- Regular Activities, Camping activities, Other Programme Development Scheme - e.g. HIV-AIDS, Blood Donation. Studies on UNICEF (United Nations Children's Emergency Fund), WHO (World Health Organization).

**DSC1DP: Practical**

**Credits 02**

**1. Campus development program:**

- a. Campus development, tree planting maintenance and greening the campus cleaning.
- b. Campus development activities – clean environment campaign, formation of plastic free zones.
- c. Campus improvement activities.

**2. Agency visits:** Specified by the respective institution.

**3. Special camp:** Students will attend one special camp in the selected village and undertake various activities based on the need of that village. Students will submit a report based on the NSS camps.

**4. Project:** Project report will be based on field work assignments in nearby village or urban slums of NSS interests.

**5. Laboratory note book and Viva Voce:** Students will be required to maintain records of all works done in connection with the topic taught in this paper

***Skill Enhancement Course (SEC)***

**SEC-2: Value System & Gender Sensitivity**

**Credits 02**

**SEC2T: Value System & Gender Sensitivity**

**Course Contents:**

**Unit –I: Value System**

1. Meaning of Values, Types of Values.
2. Human Values & Social Responsibilities.

3. Indian Value System – the Concepts and its Features.
4. Eleven Vows.

## **Unit – II: Gender Sensitivity and Women Empowerment**

1. Concept of Gender.
2. Causes behind Gender related problems and remedial measures.
3. Meaning of Woman Empowerment.
4. Various Schemes for Woman Empowerment in India.

**Or**

## **SEC-2: Health and Education Program**

**Credits 02**

### **SEC2T: Health and Education Program**

#### **Course Contents:**

**Unit-I: First aid, Emergency and transportation of casualties:** **1.** First Aid - Definition, importance and objectives. General rules of First aid. Principles of First aid. Characteristics of First aider. First Aid Box. **2.** Life saving work - concept. Methods of transferring patients. Definition, types and treatment of wound. Bleeding, types of bleeding and pressure points of blood. Checking of Circulation of blood, Control of bleeding: Nose bleeding, Ear bleeding and management of different types of fractures. Opening of air passage, checking of breathing, commencement of ERC, giving artificial respiration. **3.** Dressing – its rules. Bandage – types and methods of bandaging. Fracture, joint sprain, joint dislocation – identification and first treatment. Management of different types of fractures. **4.** Poison- effects and its treatment. Burns and scalds and its first treatment. Sun-stroke and its first treatment. Heart attack, Stroke, fainting, shock, unconsciousness, hysteria - reasons and First aid treatment. First aid in diabetes and unconsciousness. First aid for dog and snake bite. **5.** Disaster management: Definitions and Types. State level Disaster Management Authority: Introduction, Constitution and Function

#### **Unit-II: Blood, eyes, organs and body donation awareness programs**

1. Blood donation awareness programme
2. Eye donation awareness programme
3. Organs donation awareness programme
4. Body donation awareness programme
5. Self-awareness

#### **Unit-III: AIDS/HIV/Stress management through group discussion**

1. AIDS/HIV awareness programme
2. Stress management programme
3. Value education
4. Safety measures: General Discussion

#### **Unit-IV: Awareness program in community and Education Institutions**

1. Road safety programme
2. Food safety programme
3. Cyber safety programme
4. Substrate abuse safety programme
5. Drugs safety programme

**Or**

#### **SEC-2: Methods and Techniques of working with people and program planning**

**Credits 02**

#### **SEC2T: Methods and Techniques of working with people and program planning**

##### **Course Contents:**

**Unit-I:** Working with individuals – skills and techniques required in working with NSS volunteers and adult leaders in the community;

**Unit-II:** Working with groups – group formation, group development, group dynamics, leadership development and working with NSS volunteers;

**Unit-III:** Working with communities – Nature of Communities and their organisations, as method, techniques in human relations and communications, coordination with other agencies/Government Departments.

**Unit-IV:** Program planning and implementation- Importance of program planning ; Principles and methods of program planning ; Factors involved in exploring field placements for NSS volunteers; Selection of time – bound and target oriented program, including adoption of villages/urban slums.

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