



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 its 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
- To promote community engagement activities in the rural areas.
- To acquire awareness on various programmes relating youth development.
- 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 the fields 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 functionaries.	2	0
2.	NSS Programmes and Activities : Concept of regular activities, special camping, Day camps; Adoption of Village/ slums, methodology of conducting survey; Financial pattern of the scheme; Coordination with different agencies	3	0
3.	Understanding Youth: Definition, Demographic Profile of youth; Youth Development Programmes in India: Youth related Issues, Challenges and Opportunities for youth; National Youth Policy; Youth-focused and Youth-led organizations; Development of life competencies among Youth; Youth as social change Agent.	2	5
4.	Community Mobilisation: Mapping of community stakeholders; Designing the message in the context of the problem and the culture of the community; Identifying methods of mobilisation; Youth-adult partnership	2	5
5.	Volunteerism and Shramdan: Role of youth in nation building; Indian Tradition of volunteerism/ <i>Shramdan</i> ; Needs & importance of volunteerism; Motivation and Constraints of Volunteerism; Role of youth in Disaster Management, Environmental Conservation.	2	12

L = Lecture

F = Field Activities

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 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)