

## 25SP103: National Service Scheme (NSS)

<b>w. e. f. Academic Year:</b>	<b>2025-26</b>
<b>Semester:</b>	<b>1/2</b>
<b>Category of the Course:</b>	<b>Sports/NCC/NSS</b>
<b>Prerequisite:</b>	Basic awareness of community service and interest in social and environmental activities.
<b>Rationale:</b>	To develop socially responsible engineers with leadership skills and a commitment to health, environment, and community welfare.

### Course Outcomes:

After Completion of the Course, Student will be able to:

	<b>Course Outcome (CO)</b>	<b>RBT Level (Cognitive Domain)</b>
CO1	Describe the importance of youth leadership and life competencies in social development.	Understand
CO2	Demonstrate basic first aid, yoga practices, and healthy lifestyle habits to promote youth well-being.	Apply
CO3	Organize and participate in Fit India Movement activities and university-level volunteering events.	Apply Analyze
CO4	Plan and execute environmental conservation activities like tree plantation, water and bird conservation campaigns.	Apply Evaluate
CO5	Coordinate community health initiatives including blood donation drives and health checkup camps.	Apply
CO6	Conduct a residential camp, engage with rural communities, and report on social development activities.	Analyze Evaluate Create

### Teaching and Evaluation Scheme:

<b>Teaching Scheme</b>					<b>Examination Scheme</b>				
<b>L</b>	<b>T</b>	<b>P</b>	<b>C</b>	<b>Hrs/Week</b>	<b>IE</b>	<b>Theory</b>	<b>CIA</b>	<b>Practical</b>	<b>Total Marks</b>
-	-	2	0	2	-	-	30	20	50

IE: Internal Evaluation

Theory: Theory Exam (End Semester)

CIA: Continuous Internal Assessment

Practical: Practical Exam (End Semester)

### Detailed Syllabus:

Topic		Hrs.	% of Weightage
UNIT: 1	Introduction to NSS, Youth Leadership & Development	4	14
Importance and Role of Youth Leadership			
Life Competencies and Youth Development Program			
Youth 'Shibir' (Camps) Overview			
Activities: Group discussions, role plays on leadership and life skills			
UNIT: 2	Health, Hygiene, Lifestyle, and Yoga	6	20

Health, Hygiene and Sanitation. Youth Health and Lifestyle, Nutrition and Diet. First Aid Basics, Injury Management. Youth and Yoga (including International Yoga Day) <b>Activities: Awareness campaigns, first aid demos, yoga sessions</b>			
<b>UNIT: 3</b>	<b>Fit India Movement, University Activities &amp; Self-Defence</b>	<b>6</b>	<b>20</b>
Fit India Movement and Volunteering University Activities: LAKSH, National Sports Day Self-Defence Training for Youth. <b>Activities: Organizing fitness challenges, participating in university events, self-defence practical, Traffic Awareness Program.</b>			
<b>UNIT: 4</b>	<b>Environmental Awareness and Conservation Activities</b>	<b>6</b>	<b>20</b>
<b>Save Environment Activities (6 activities):</b> Ek Ped Maa Ke Naam (Tree Plantation) Save Bird Save Water Nature Walk Meri Mitti Mera Desh (Soil Conservation) <b>Activities: Tree Planting, Bird Conservation Awareness, Water Saving Drives, Nature Walks, Climate Change Awareness.</b>			
<b>UNIT: 5</b>	<b>Community Health Initiatives</b>	<b>2</b>	<b>06</b>
Blood Donation Drive Thalassemia Checkup Camp <b>Activities: Coordinate with hospitals, conduct camps, create awareness on blood donation, thalassemia and cancer awareness.</b>			
<b>UNIT: 6</b>	<b>Residential NSS Camp and Course Review</b>	<b>6</b>	<b>20</b>
Residential Camp (Village-based activities per NSS Manual) Community development work, surveys, sanitation drives Camp report presentations and course feedback <b>Activities: Camp fieldwork and presentations</b>			
		<b>30</b>	<b>100</b>

**List of Activity:**

	<b>Topic</b>	<b>Hrs</b>
<b>1</b>	Team-building exercises and youth leadership discussion.	2
<b>2</b>	Role-play on communication and planning a youth camp.	2
<b>3</b>	Create hygiene awareness posters and conduct peer surveys.	2
<b>4</b>	Practice basic first aid and discuss healthy lifestyle habits, nutrition and diet.	2
<b>5</b>	Participate in guided yoga and learn its health benefits.	2
<b>6</b>	Organize a campus Fit India Walkathon and volunteer tasks.	2
<b>7</b>	Take part in university events like LAKSH and Yoga Day.	2
<b>8</b>	Attend a practical self-defence training and traffic awareness workshop.	2
<b>9</b>	Conduct a tree plantation drive and make awareness signboards.	2
<b>10</b>	Build bird feeders and lead a water conservation campaign.	2

11	Go on a nature walk and do a soil conservation and climate change awareness drive.	2
12	Coordinate and assist in blood donation, health camps and cancer awareness drive.	2
13	Start residential camp with village health and hygiene sessions.	2
14	Continue camp with sanitation drives and environmental projects.	2
15	Present camp reports and conduct course review and feedback.	2
<b>Total</b>		<b>30</b>

**Course Outcomes Mapping:**

CO	Course Outcome (CO)	POs/ PSOs Mapped	Cognitive Level (RBT)	Knowledge Category	Activity Sessions (Hrs)
CO1	Describe the importance of youth leadership and life competencies in social development.	PO6, PO9, PO10, PSO2	Understand	Conceptual	04
CO2	Demonstrate basic first aid, yoga practices, and healthy lifestyle habits to promote youth well-being.	PO1, PO6, PSO1	Apply	Procedural	06
CO3	Organize and participate in Fit India Movement activities and university-level volunteering events.	PO6, PO9, PO11, PSO2	Apply Analyze	Procedural	06
CO4	Plan and execute environmental conservation activities like tree plantation, water and bird conservation campaigns.	PO3, PO6, PO7, PSO2	Apply Evaluate	Conceptual Procedural	06
CO5	Coordinate community health initiatives including blood donation drives and health checkup camps.	PO6, PO9, PSO2	Apply	Procedural	02
CO6	Conduct a residential camp, engage with rural communities, and report on social development activities.	PO4, PO6, PO9, PO10, PSO2	Analyze Evaluate Create	Procedural	06

**Mapping of COs with POs & PSOs:**

CO	PO												PSO	
	1	2	3	4	5	6	7	8	9	10	11	12	1	2
CO1	-	-	-	-	-	3	-	-	2	2	-	-	-	3
CO2	2	-	-	-	-	3	-	-	-	-	-	-	3	-
CO3	-	-	-	-	-	3	-	-	2	-	2	-	-	3
CO4	-	-	3	-	-	3	3	-	-	-	-	-	-	3

<b>CO5</b>	-	-	-	-	-	3	-	-	2	-	-	-	-	3
<b>CO6</b>	-	-	-	3	-	3	-	-	3	2	-		-	3

**3: High, 2: Medium, 1: Low**