



SNDT Women's University, Mumbai

***DEPARTMENT OF STUDENT'S
DEVELOPMENT***

National Service Scheme (NSS)

as per NEP-2020

Syllabus

(w.e.f. 2024-25)



SNDT Women's University, Mumbai

Under Graduate

Co-curricular Course

Course Title: National Service Scheme (NSS) - Practical

Course Credit: 02

Duration: 60 hours

Marks: 50

Mode: Offline / Online

Semester	Course Type	Course Title	Course Credits	Hours	Evaluation		
					Total	C1 (10 Marks)	C2 (10 Marks)
I	CC Practical	Basics of National Service Scheme	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	<ul style="list-style-type: none"> • Participation • Leadership & Responsibility • Report Submission
II	CC Practical	Volunteerism and National Service Scheme	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	<ul style="list-style-type: none"> • Participation • Leadership & Responsibility • Report Submission
III	CC Practical	Social issues Advocacy and Action	2	60	Assignment / Test / Quiz	Assignment / Test / Quiz	<ul style="list-style-type: none"> • Participation • Leadership & Responsibility • Report Submission

IV	CC Practical	Personality and Leadership Development through National Service Scheme	2	60	Assignmen t / Test / Quiz	Assignmen t / Test / Quiz	Participation • Leadership & Responsibility • Report Submission
OR							
		Represented as NSS Volunteers under National service scheme special camp	2	60	Special Camp of 7 days		

Note: Students will earn a government certificate only on completion of 240 hours in two years, 8 credit courses, with a special camp in semester IV.

Semester I

Course Title	Basics of National Service Scheme
Course Credits	02
Course Outcomes	<ol style="list-style-type: none"> 1. Describe the concept of Youth and compare the international definitions of the term Youth. 2. Appreciate the demographic advantage and its role in nation building. 3. Understand the growth and evolution of NSS and its role in Nation building through community service. 4. Visualize the signs, symbols, logo of NSS and understand their broader meaning.
Module 1(Credit 1) : Introduction to NSS	
Learning Outcome	<p>After learning the module, learners will be able to</p> <ol style="list-style-type: none"> 1. Summarize History, Aims and objectives, structure of NSS 2. Recite NSS Song 3. Describe NSS Symbol and its meanings. 4. Define structures, roles & responsibilities of NSS cell.
Content Outline	<p>Unit - 01: Introduction and Basic Concepts of NSS</p> <ul style="list-style-type: none"> • Historical background of NSS in India and its development • Aims and Objectives of NSS • Organizational structures, roles & responsibilities. • Emblem sign, NSS badge, Flag, Clap • NSS Songs :Lakshya Geet, Sadbhavana Geet, Rashtriya Yuva Geet.
Module 2(Credit 1):NSS Programmes and Activities and Role of Youth	
Learning Outcomes	<p>After learning the module, learners will be able to</p> <ol style="list-style-type: none"> 1. Discuss the Concept of Regular Activity and Special Camp. 2. Understand the Roles & responsibilities as a Youth Volunteer.
Content Outline	<p>A. Concept of NSS activities</p> <ul style="list-style-type: none"> • Regular activities • Special camp • Day Camps, • Financial pattern of the scheme • Maintenance of the Diary <p>B. Role of Youth</p> <ul style="list-style-type: none"> • Understanding Youth • Understanding the community. • Youth as an agent of social change • Issues , challenges and opportunities for youth • Youth-adult partnership • Voluntarism need and importance

Semester II

Course Title	Volunteerism and National Service Scheme
Course Credits	02
Course Outcomes	After going through the course, learners will be able to :
Course Outcomes	Appreciate the spirit and purpose of Volunteerism.
Course Outcomes	Understand the organizational structure and its functions at national to Institutional level.
Course Outcomes	Learn the skills of critical thinking and Decision making.
Module 1(Credit 1) : Activity Based Programmes:	
Learning Outcome	After learning the module, learners will be able to
Learning Outcome	Find Practical solutions to individual and community problems.
Learning Outcome	Develop a sense of social and civic Responsibility.
Content Outline	<ul style="list-style-type: none"> • Awareness Programmes – Seminar, workshops, celebration of National and International days, Personality Development programmes, group activities, etc., • Yoga day celebration • Rally • Campus Cleaning • Tree plantation • Blood donation • Medical check up • Health Awareness camp, etc.
Module 2 (Credit 1): NSS Programmes (Government Organisations / Non – Government Organisations)	
Learning Outcomes	After learning the module, learners will be able to
Learning Outcomes	Develop a sense of social and civic Responsibility.
Learning Outcomes	Find Practical solutions to individual and community problems.
Content Outline	<ol style="list-style-type: none"> 1. Implementation of Central, State Govt. and Local governing bodies and NGO Program Activities or Directed by University. <ul style="list-style-type: none"> • Yuva Portal • Voter awareness • Skill Development • Entrepreneurship and Rural development • Youth exchange program • Women Empowerment

Semester III

Course Title	Social issues Advocacy and Action
Course Credits	02
Course Outcomes	After going through the course, learners will be able to :
	Analyze themselves in society
	Utilize their knowledge to protect social environment
	Learn and apply various self Defense techniques
Module 1(Credit 1) : Youth and Social issues 1	
Learning Outcome	After learning the module, learners will be able to
	Analyze the sociological and psychological behavioral aspects influencing youth
	Understand the concept of Crime and apply the knowledge gained to Propose innovative solutions and interventions aimed at reducing of youth Crime rates and promoting positive youth development
	Formulate strategies for youth empowerment community engagement and crime prevention initiative within local contexts
Content Outline	<ul style="list-style-type: none"> • Sociological and psychological factor influencing for youth crime • Awareness about Anti-Ragging and Drug addiction • Cyber Crime and its Prevention Juvenile Justice • Family and Society • Peer Mentoring in preventing crimes • Self defense
Module 2(Credit 1):Youth and Social issues 2	
Learning Outcomes	After learning the module, learners will be able to
	Understand the importance of various Awareness Activities
	Adopt healthy Lifestyle.
Content Outline	<p>A. Environment Issues-</p> <p>B. Health, Hygiene & Sanitation</p> <p>C. Disaster Preparedness & Disaster Management</p>

Semester IV

Course Title	Personality and Leadership Development through National Service Scheme
Course Credits	02
Course Outcomes	After going through the course, learners will be able to : Contribute their ideas for the innovative activities in adopted area. Communicate effectively with the community and with the officials. Develop the overall personality of volunteers and make them as leaders and responsible citizens of our nation.
Module 1 (Credit 1) : Skills for NSS volunteers	
Learning Outcome	After learning the module, learners will be able to Apply the knowledge for decision making and communication skills.
Content Outline	<p>A. Soft Skills for NSS Volunteers – Communication skills, Public speaking skills, Body Language, Content writing, Resume writing.</p> <p>B. Life Skills – problem solving, Empathy, coping with emotions, selfAwareness and interpersonal skills</p>
Module 2 (Credit 1): Project and Special Camp	
Learning Outcomes	After learning the module, learners will be able to Apply knowledge to bring changes in the Society. Contribute their ideas for the innovative activities in adopted area.
Content Outline	<ul style="list-style-type: none"> • The Project work can be carried out independently or in a group. • The project work shall be community based and selected preferably from the adopted villages/ slums/ neighborhoods.

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