

|                                              |           |           |                   |                                                  |                                         |
|----------------------------------------------|-----------|-----------|-------------------|--------------------------------------------------|-----------------------------------------|
| Programme: All First Year Programmes         |           |           |                   | Semester: I &II                                  |                                         |
| Course: Foundation Course In NSS             |           |           |                   | Code:                                            |                                         |
| Academic Year: 2026-27    Batch: 2026-29     |           |           |                   |                                                  |                                         |
| Teaching Scheme                              |           |           | Evaluation Scheme |                                                  |                                         |
| Lectures                                     | Practical | Tutorials | Credits           | Internal Continuous Assessment (ICA) (weightage) | Term End Examinations (TEE) (weightage) |
| 30                                           | Nil       | Nil       | 02                | 40 % of total marks                              | 60 % of total marks                     |
| Particulars                                  |           |           |                   | %                                                |                                         |
| Class Tests/Presentation/Class Participation |           |           |                   | 40%                                              |                                         |
| Class Tests/Presentation/Class Participation |           |           |                   | 10+5+5= 20 Marks                                 |                                         |

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Learning Objectives:</b> | <ul style="list-style-type: none"> <li>To introduce students to the philosophy and objectives of the National Service Scheme (NSS).</li> <li>To inculcate social responsibility and a sense of service in students.</li> <li>To develop leadership qualities, teamwork skills, and problem-solving abilities.</li> <li>To provide students with hands-on experience in community service activities.</li> </ul>     |
| <b>Learning Outcomes:</b>   | <ul style="list-style-type: none"> <li>Students will understand the philosophy and objectives of the National Service Scheme (NSS).</li> <li>Students will develop social responsibility and a sense of service.</li> <li>Students will cultivate leadership qualities, teamwork skills, and problem-solving abilities.</li> <li>Students will gain hands-on experience in community service activities.</li> </ul> |
| <b>Pedagogy:</b>            | <ul style="list-style-type: none"> <li>Interactive lectures and discussions</li> <li>Case studies and group activities</li> <li>Guest lectures from NSS volunteers and community leaders</li> <li>Film screenings and discussions</li> <li>Field visits to ongoing NSS projects</li> <li>Project work and presentations</li> </ul>                                                                                  |

### **Detailed Syllabus: (per session plan)**

#### **Session Outline for FOUNDATION COURSE IN NSS**

**Each lecture session would be of one hour duration (15 lectures).**

| Module | Module Content                                                                                                                                                                                                                                                                                                                                                                       | Module Wise Pedagogy Used                                                                                                                                                                                                                                                                                                                                                                                       | Module Wise Duration |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| I      | <b>Introduction to NSS</b> <ul style="list-style-type: none"> <li>History and philosophy of NSS</li> <li>Aims and objectives of NSS</li> <li>Structure and organization of NSS units</li> <li>NSS motto and badge symbolism</li> <li>Regular activities and special camping programs</li> </ul>                                                                                      | <ul style="list-style-type: none"> <li>Interactive Lectures &amp; Discussions</li> <li>Group Activities &amp; Case Studies</li> <li>Student Presentations &amp; Q&amp;A</li> <li>Video Presentations &amp; Poster Making Activities</li> <li>Film Screenings &amp; Discussions</li> </ul>                                                                                                                       | 15 Hrs               |
| II     | <b>Understanding Community and Service (5 sessions)</b> <ul style="list-style-type: none"> <li>Importance of community service</li> <li>Identifying community needs and problems</li> <li>Planning and implementation of community service projects</li> <li>Teamwork and leadership skills for effective service</li> <li>Reflection on service experiences and learning</li> </ul> | <ul style="list-style-type: none"> <li>Interactive Lectures on Social Responsibility &amp; Brainstorming Local Issues</li> <li>Field Visits (Optional) &amp; Group Research on Community Needs</li> <li>Case Studies &amp; Group Project Proposals</li> <li>Role-Playing Activities &amp; Discussions on Teamwork</li> <li>Individual Reflection Papers &amp; Class Discussions on Lifelong Learning</li> </ul> | 15 Hrs               |

### REFERENCE BOOKS

1. National Service Scheme Manual, Government of India.
2. Training Programme on National Programme scheme, TISS.
3. Orientation Courses for N.S.S. Programme officers, TISS.
4. Case material as Training Aid for field workers, Gurmeet Hans.
5. Social service opportunities in Hospitals, Kapil K. Krishan, TISS.
6. Social Problems in India, Ram Ahuja.

## QUESTION PAPER PATTERN

### Sem I

**A) Written Test based on the retention power of the student on the topics taught**

**1. A Class test on True/ False, (10 M)**

**2. Fill in the blanks (10 M)**

**B) Thematic Appreciation Test ( Based on the values – any 1 or 2 , after watching a video or listening a story or reading any newspaper article (10 M)**

**C) Self Rating Test at the Entry and Exit Level (NO MARKS)**

**(To be filled by the learner for knowing self-worth )**

**Please rate yourself on a scale of 1-10 (1 being the lowest & 10 the highest)**

| Sr. No. | Parameters                                          | At the beginning of the Course | At the end of the course |
|---------|-----------------------------------------------------|--------------------------------|--------------------------|
| 1.      | Empathy and understanding of community needs.       |                                |                          |
| 2.      | Sense of civic duty and willingness to serve.       |                                |                          |
| 3.      | Teamwork and communication skills.                  |                                |                          |
| 4.      | Leadership potential and initiative.                |                                |                          |
| 5.      | Personal growth and commitment to lifelong service. |                                |                          |

**The same pattern for evaluation can be repeated for Sem. II also as per the table given below but modules are different.**

## SEM II

|                             |                                                                                                                                                                                                                                                                                                                                                                                                                              |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Learning Objectives:</b> | <ul style="list-style-type: none"><li>• To introduce students to the philosophy and objectives of the National Service Scheme (NSS).</li><li>• To inculcate social responsibility and a sense of service in students.</li><li>• To develop leadership qualities, teamwork skills, and problem-solving abilities.</li><li>• To provide students with hands-on experience in community service activities.</li></ul>           |
| <b>Learning Outcomes:</b>   | <ul style="list-style-type: none"><li>• Students will be introduced to the philosophy and objectives of the National Service Scheme (NSS).</li><li>• Students will develop social responsibility and a sense of service.</li><li>• Students will cultivate leadership qualities, teamwork skills, and problem-solving abilities.</li><li>• Students will gain hands-on experience in community service activities.</li></ul> |
| <b>Pedagogy:</b>            | <ul style="list-style-type: none"><li>• Interactive lectures and discussions</li><li>• Case studies and group activities</li><li>• Guest lectures from NSS volunteers and community leaders</li><li>• Film screenings and discussions</li><li>• Field visits to ongoing NSS projects</li><li>• Project work and presentations</li></ul>                                                                                      |

### Detailed Syllabus: (per session plan)

#### Session Outline for Foundation Course In NSS

Each lecture session would be of one hour duration (15 lectures).

| Module    | Module Content                                                                                                                                                                                                                                                                                                                                                                                                  | Module Wise Pedagogy Used                                                                                                                                                                                  | Module Wise Duration |
|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>I</b>  | <b>NSS and Social Issues</b> <ul style="list-style-type: none"><li>• Role of NSS in addressing social issues (e.g., poverty, literacy, health, sanitation, environment)</li><li>• Awareness campaigns and advocacy for social change</li><li>• Disaster management and preparedness</li><li>• NSS and sustainable development goals (SDGs)</li><li>• Importance of Blood Donation and Tree Plantation</li></ul> | <ul style="list-style-type: none"><li>• Interactive Lectures &amp; Discussions</li><li>• Guest Lectures</li><li>• Case Studies &amp; Group Activities</li><li>• Film Screening &amp; Discussions</li></ul> | <b>15 Hrs</b>        |
| <b>II</b> | <b>NSS and Employability Skills</b> <ul style="list-style-type: none"><li>• Communication skills</li><li>• Problem-solving and decision-making skills</li><li>• Time management skills</li></ul>                                                                                                                                                                                                                | <ul style="list-style-type: none"><li>• Interactive Lectures &amp; Activities</li><li>• Skill-Building Workshops</li><li>• Role-Playing Activities</li></ul>                                               | <b>15 Hrs</b>        |

|  |                                                                                                                                                                                      |                                                                                          |  |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--|
|  | <ul style="list-style-type: none"> <li>• Interpersonal skills and team building</li> <li>• Resume writing and interview skills (focusing on highlighting NSS experiences)</li> </ul> | <ul style="list-style-type: none"> <li>• Mock Interviews &amp; Resume Reviews</li> </ul> |  |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|--|

### **REFERENCE BOOKS**

1. NATIONAL SERVICE SCHEME MANUAL (REVISED) 2006 Government of India Ministry of Youth Affairs & Sports New Delhi
2. National Service Scheme: A Youth Volunteers Programme Jain, Amit, Dr. Rathi, 2016/12/02 .
3. Mukerji B. : Community Development in India
4. Young, P.V. “ Scientific Social Survey and Research”
5. Young Kimball , Hand Book Social Psychology