

**NAGALAND UNIVERSITY**  
**SYLLABUS OF NSS (COMMON VALUE ADDED COURSE) AT UG LEVEL**

**Course Code : NSS01**

**Course Name : NSS**

**Total Credit: 3**

**Objective**

1. To help learners to know about NSS in the context of youth, community and voluntary services
2. To appreciate the importance of health, hygiene and sanitation for a healthy nation.
3. To learn a healthy life style and to learn Yoga as a way of healthy living

**Outcome**

1. Learners will have the knowledge about NSS and its role in the fields of health, hygiene and sanitation so as to build a strong country.
2. They will be able to use Yoga for healthy living,

**UNIT I INTRODUCTION TO NSS**

Basic Component, Orientation, Organization, NSS Programme and Activities Directed by the Central and State Govt, and Volunteerism and Shramdan.

**UNIT II LIFE COMPETENCIES AND YOUTH LEADERSHIP**

Definition and Importance of Life Competencies, Communication and soft skills, using internet, Importance and Role of Youth Leadership

**UNIT III HEALTH, HYGIENE, SANITATION AND YOGA**

Importance of health, hygiene, and sanitation, various Govt., Programmes, Healthy life style, HIV /AIDS, drugs and substance abuse, First Aids, Yoga for healthy living

**SUGGESTED READINGS:**

1. NSS Manual
2. Nation Youth Policy Document
3. Communication skills by N Rao & RP Das (HPH)
3. Light on Yoga by BK Iyenger (Thorons)
4. National Service Scheme: A Youth Volunteers Programme for Under Graduate Students as Per UGC Guidelines (Jain, Amit Kumar, Brijesh Kumar Rathi & J D S Panwar) Published by Astral International (P) Ltd Daya, 2018.