VIDYASAGAR UNIVERSITY

Midnapore, West Bengal

PROPOSED CURRICULUM & SYLLABUS (DRAFT) OF

BACHELOR OF ARTS WITH NSS

(MULTIDISCIPLINARY STUDIES)

3-YEAR UNDERGRADUATE PROGRAMME

(w.e.f. Academic Year 2023-2024)

Based on

Curriculum & Credit Framework for Undergraduate Programmes

(CCFUP), 2023& NEP, 2020

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

VIDYASAGAR UNIVERSITY
BACHELOR OF ARTS IN SOCIAL SCIENCE with NSS
(*under CCFUP, 2023*)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks		
								CA	ESE	TOTAL
B.A. in Social Sciences with NSS	1st	I	**SEMESTER-I**							
			Major-1 (Disc.-A1)	**NSSPMJ101**	**T: History, Philosophy, Aims & Objectives of NSS** ***(To be studied by the students taken NSS as Discipline-A)***	**4**	**3-1-0**	**15**	**60**	**75**
			SEC	**NSS SSEC01**	**P: News reporting on social perspective**	**3**	**0-0-3**	**10**	**40**	**50**
			AEC	**AEC01**	Communicative English-1 (***common for all programmes***)	**2**	**2-0-0**	**10**	**40**	**50**
			MDC	**MDC01**	Multidisciplinary Course-1 (***to be chosen from the list***)	**3**	**3-0-0**	**10**	**40**	**50**
			VAC	**VAC01**	VAC-01: ENVS (***common for all programmes***)	**4**	**2-0-2**	**50**	**50**	**100**
			Minor-1 (Disc.-C1)	**NSSMI01**	**T: History, Philosophy, Aims & Objectives of NSS** ***(To be studied by the students taken NSS as Discipline-C)***	**4**	**3-1-0**	**15**	**60**	**75**
			Semester-I Total			**20**				**400**
		II	**SEMESTER-II**							
			Major-2 (Disc.- B1)		***To be decided (Same as like A1 for students taken NSS as Discipline-B)***	**4**	**3-1-0**	**15**	**60**	**75**
			SEC	**NSSSEC02**	**P: Health Education Program**	**3**	**0-0-3**	**10**	**40**	**50**
			AEC	**AEC02**	MIL-1 (***common for all programmes***)	**2**	**2-0-0**	**10**	**40**	**50**
			MDC	**MDC02**	Multi Disciplinary Course-02 (***to be chosen from the list***)	**3**	**3-0-0**	**10**	**40**	**50**
			VAC	**VAC02**	VAC-02 (***to be chosen from the list***)	**4**	**4-0-0**	**10**	**40**	**50**
			Minor-2 (Disc.-C2)	**NSSMI02**	**T: Management of NSS Programme in Society** ***(To be studied by the students taken NSS as Discipline-C)***	**4**	**3-1-0**	**15**	**60**	**75**
			Summer Intern.	**CS**	Community Service	**4**	**0-0-4**	**-**	**-**	**50**
			Semester-II Total			**24**				**400**
			TOTAL of YEAR-1			**44**	**-**	**-**	**-**	**800**

PMJ= Major Programme(Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVS = Environmental Studies

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

MAJOR (MJ)

Major A1/B1: History, Philosophy, Aims & Objectives of NSS **Credits 04**

Major A1/B1T: History, Philosophy, And Aims & Objectives of NSS **Full Marks: 75**

Course contents:

Unit-I : Basic concept of NSS

a. History and Objectives
b. Significance of Emblem, Flag, Motto, Song, Badge, Discipline
c. Organisational Structure of NSS: National, State, University, college
d. NSS Functionaries: Roles and Responsibilities

Unit- II : Concept of the Nation, Community, Family And Nature

a. What is Nation and National integration
b. Communities and intervention of Caste, Religion and Language
c. Family as primary Unit and Community
d. Man and Nature

Unit-III : From Campus to Community

a. Concept of Activities: Regular and special camping & day camp
b. Kinds of Activities: Legal Awareness, Health Awareness, First Aid, Career Guidance, Child care, Leadership training, Skill development, afforestation, Old-age care, Blood donation, Disaster Management, Swachh Bharat, Campus Development.
c. Understanding Youth as an agent of social Change: Definition and categories of youth, Challenges and opportunities of youth.

Unit-IV : Volunteerism

a. Indian Tradition of Volunteerism
b. Needs and Importance of volunteerism
c. Motivation and constraints of volunteerism
d. Shramadan as a part of volunteerism.

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

MINOR (MI)

MI-1/ C1: History, Philosophy, Aims & Objectives of NSS **Credits 04**

MI-1/ C1T: History, Philosophy, Aims & Objectives of NSS **Full Marks: 75**

Course contents:

Unit-I : Basic concept of NSS

e. History and Objectives
f. Significance of Emblem, Flag, Motto, Song, Badge, Discipline
g. Organisational Structure of NSS: National, State, University, college
h. NSS Functionaries: Roles and Responsibilities

Unit- II : Concept of the Nation, Community, Family And Nature

e. What is Nation and National integration
f. Communities and intervention of Caste, Religion and Language
g. Family as primary Unit and Community
h. Man and Nature

Unit-III : From Campus to Community

d. Concept of Activities: Regular and special camping & day camp
e. Kinds of Activities: Legal Awareness, Health Awareness, First Aid, Career Guidance, Child care, Leadership training, Skill development, afforestation, Old-age care, Blood donation, Disaster Management, Swachh Bharat, Campus Development.
f. Understanding Youth as an agent of social Change: Definition and categories of youth, Challenges and opportunities of youth.

Unit-IV : Volunteerism

e. Indian Tradition of Volunteerism
f. Needs and Importance of volunteerism
g. Motivation and constraints of volunteerism
h. Shramadan as a part of volunteerism.

MI-2/C-2: Management of NSS Programme in Society **Credits 04**

MI-2/C-2T: Management of NSS Programme in Society **Full Marks: 75**

Course contents:

Unit –I: Citizenship

a. Basic features of Constitution of India
b. Fundamental Rights and Duties
c. Human Rights, Human values and personality Development.
d. Consumer awareness and the legal rights of the consumer
e. RTI

Unit –II: Health, Hygiene and Sanitation

a. Definition needs and scope of health education.
b. Food and Nutrition.
c. Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan)
d. National health programme.

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

e. Reproductive health.
f. Youth Health: Healthy lifestyles. HIV, AIDS, Drugs and substance abuse. Home nursing. First Aid

Unit – III: Youth Development Programme : Yoga and Sports

a. **Youth Development Programme in India**
National Youth Day. Youth Development Programme at the National level, State level and voluntary sector. Youth focused and Youth-led organizations
b. **Yoga and Sports**
History, philosophy and concept of yoga and sports. Different yoga traditions and their impacts. Yoga as a preventive, promotive and curative method. Yoga and sports as tools for healthy lifestyle.

Unit – IV: Environment Issues and Disaster management

a. Environment conservation, enrichment and sustainability.
b. Climate change.
c. Waste management.
d. Natural resource management (Rain water harvesting, energy conservation, waste land development, soil conservations and afforestation)
e. e. Energy conservation programme: concept of conservation - conventional and non- conventional energy.
f. f. Introduction to Disaster Management, Classification of disasters. Role of youth in Disaster Management.
g. Afforestation and tree plantation: Creation of tree consciousness among community. Prevention of soil erosion. Establishment of nurseries. Plantation of trees and preservation and upkeep of trees. Weed control, pest management and rodent control.

Unit –V: Methodology of conducting survey

a. Need for action oriented surveys in NSS
b. Identification and selection community problem for investigation
c. Methods of collecting information
d. Analysis of collected data and preparation of report
e. Application of survey findings in problem solving process

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

SKILL ENHANCEMENT COURSE (SEC)

SEC 1: News reporting on social perspective **Credits 03**

SEC1P: News reporting on social perspective **Full Marks: 50**

Course Outline:

1. Defining News: The ingredients of News, Sources of News, Reporting and Editorial Policy.
2. News Content: Headlines, Editorials, Columns, Features (Art, Entertainment, sports etc).
3. News Writing Procedures: The paper and Headings, Brief paragraphing and Readability, Making up the Newspaper and aids to clarity, Unusual or incorrect material
4. Newspaper, Radio and Writings, Levels of News, Hard and soft News.
5. Characteristics of Newspaper, News Agencies, Types of News dissemination.

Application: Reporting of a news in local daily/ Radio on a urgent social issue

SEC 2: Health Education Program **Credits 03**

SEC 2P: Health Education Program **Full Marks: 50**

Course Outline:

UNIT-1: First aid, Emergency and transportation of casualties:

1. First Aid - Definition, importance and objectives. General rules of First aid. Principles of First aid. Characteristics of First aider**.** First Aid Box.
2. Life saving work - concept**.** Methods of transferring patients. Definition, types and treatment of wound**.** Bleeding, types of bleeding and pressure points of blood. Checking of Circulation of blood, Control of bleeding: Nose bleeding, Ear bleeding and management of different types of fractures. Opening of air passage, checking of breathing, commencement of ERC, giving artificial respiration.
3. Dressing – its rules. Bandage – types and methods of bandaging. Fracture, joint sprain, joint dislocation – identification and first treatment. Management of different types of fractures.
4. Poison- effects and its treatment. Burns and scalds and it first treatment. Sun-stroke and its first treatment. Heart attack , Stroke, fainting, shock, unconsciousness, hysteria - reasons and First aid treatment. First aid in diabetes and unconsciousness. First aid for dog and snake bite.
5. Disaster management: Definitions and Types. State level Disaster Management Authority: Introduction, Constitution and Function

UNIT-2: Blood, eyes, organs and body donation awareness programs

1. Blood donation awareness programme
2. Eye donation awareness programme
3. Organs donation awareness programme
4. Body donation awareness programme
5. Self-awareness

UNIT-3: AIDS/HIV/Stress management through group discussion

1. AIDS/HIV awareness programme
2. Stress management programme
3. Value education
4. Safety measures: General Discussion

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44

UNIT-4: Awareness program in community and Education Institutions

1. Road safety programme
2. Food safety programme
3. Cyber safety programme
4. Substrate abuse safety programme
5. Drugs safety programme

Downloaded from Vidyasagar University by 14.139.211.194 on 09 Nov 2026 21:37:23 PM; Copyright (c) : Vidyasagar University
http://download.vidyasagar.ac.in/OpenLink.aspx?LINKID=44