

5/01/2020
Wednesday

Module I

Organisational structure.

NSS (National Service Scheme)

The National Service Scheme is an Indian Government sponsored public service program conducted by the ministry of youth affairs and spots of the government of India, popularly known as NSS, the scheme was launched Grandhi's centenary year in 1969, Aimed at developing students personality through community service.

NSS is a voluntary association of young people in colleges, universities and at +2 level working for a campus community. It provides opportunity to the student youth of India to take part in various government led community service activities and programmes. The sole aim of NSS is to provide hands on experience to young students in delivering community service.

History

After independence the university grants commission (UGC) headed by S. Radhakrishnan recommended the introduction of voluntary national service in academic institutions. This idea was again considered by the central advisory board of education at its meeting in January 1950, after examining the idea and the experience of other countries in this field; the board recommended that students and teachers should devote time to voluntary manual work in the draft first 5 year plan adopted by the government in 1952. The need for social and labour service by Indian students for one year was stressed. In 1958 Jawaharlal Nehru in a letter to the chief minister, considered the idea of social service as a pre-requisite for graduation. He directed the ministry of education to formulate a suitable scheme for ~~introducing~~ introduction of national service into academic

Institutions.

Launch of NSS

In May 1969, a conference of student representatives (of universities and institutions of higher education) convened by the ministry of education and University Grants Commission agreed that a national service scheme could be an instrument for national integration. The details were soon worked out and orientation camp was organised at Rajghat. This camp was concluded on 7th June 1969. K.K. Gupta from D.U was declared as first volunteer. The planning commission sanctioned 5 crores for NSS during the 4th 5 year plan, stipulating that NSS be a pilot project in selected institutions and universities. On 24th September 1969, the Union Education Minister V.K.R.V. Rao launched NSS at 37 universities all states. The scheme has been extended to all states and universities in the country and also +2 level institutes.

in many states.

Aim

The program aims to instill the idea of social welfare in students and it provide service to society. NSS volunteers work to ensure that everyone who is need help to enhance the standard of living and lead a life of dignity. In doing so volunteers learn from people in village have to lead a good life, despite a scale of resources. It also provide help in natural and man made disaster by providing food, clothing and first aid to the disaster victims. It also provide them an opportunity to work with people in villages and

Symbol of NSS

The symbol for NSS has been based on the giant chariot wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Odessa, India. The wheel potentiates the cycle of creation, preservation and release. It signifies the movement in life across time.

and space, the symbol thus stands for continuity as well as change and implies the continuous ~~thru~~^{for} serving of NSS for social change. The 8 bars in the wheel represent 24 hours of a day. The red colour indicate that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. And the navy blue colour indicates the cosmos of which the NSS is tiny part ready to contribute its share for the welfare of mankind. It stands for continuity as well as change and implies the continuous serving of NSS.

NSS Badge

The NSS symbol is imposed on the NSS badge. The NSS volunteer wears it while undertaking any program of community & service with pride and a sense of responsibility towards helping needy.

NSS Motto

The motto or watch word of NSS is "Not me, But you". It underlines that the welfare of an individual is ultimately depend on the welfare of society on the whole. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of other persons point of view and also to show consideration for fellow human beings.

NSS Day

NSS was formally launched on 24th September 1969, the birth centenary Year of the Father of Nation. Therefore 24 September is celebrated every year as NSS day with appropriate programs and activities.

NSS Song

During the Silver Jubilee Year 1994, the NSS theme song has been composed.

All NSS volunteers are expected to learn the theme song and sing the song during NSS programs and Celebrations.

~~10/1/2022~~
Programs and Objectives of NSS

1969

25

- To understand the community in which they work.
- To understand themselves in relation to their community.
- To identify the needs and problems of the community and involve them in problem solving process.
- To develop among themselves a sense of social and civil responsibility.
- To outline their knowledge on finding practical solution to individual and community problems.
- To develop competence required for group living and sharing of responsibilities.
- To gain skills in mobilising community participation.

- To acquire leadership qualities and democratic attitude
- To develop capacity to meet emergencies and natural disasters.
- To practice national integration and social harmony

Organisational structure of NSS

At national level of India is the nodal authority which works with state level NSS cells. State level NSS cells are responsible of the respective state government. Within states each universities has university level NSS cell under which institutions, (schools and colleges) based NSS units operate. Most government and government aided institutions have volunteer NSS units. A unit typically comprises 20-40 students. They are managed internally by a responsible party from school or college who reports to the regional NSS co-ordinator.

Most institutions donot have a repeate uniform for NSS volunteers

Organisational structure of NSS.

Ministry of Youth Affairs and Sports.



Programme Adviser cell (PA cell)



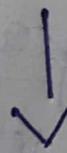
NSS regional centre

State government

NSS.



University Programme coordinators.



Affiliated colleges/institutions (Principals)



Programme Officers.



Cadets.

Classification of NSS Programme -

NSS activities have been divided into 2 major groups. These are:

- regular NSS activities
- Special camping programs.

A) Regular NSS Activities

Under this, students undertake various programs in the adopted villages, college or school campuses and urban slums during weekends or after college hours.

B) Special Camping Programs

Under this, camps of 10 days duration are organised in adopted villages or urban slums during vacations with some specific projects by involving local communities. 50% NSS volunteers are expected to participate in these camps.

Moving
activities
cultural program
adopted villages
so on

NSS Regular Activities

NSS volunteers undertake various activities in adopted villages and slums for community service. Duration of these 120 hours. The NSS units organise the regular activities, as detailed below :-

1. Orientation of NSS volunteers.

20 hours are allocated for their orientation through lectures, discussions, field visits and audio-visuals etc.

2. Campus Work

The NSS volunteers may be involved in the projects undertaken for the benefit of the institution and students concerned. Such projects cover development of play grounds, laying of gardens, tree plantation on the premises, awareness programs on drug abuse, AIDS, population education and other projects. The NSS volunteers may work on campus projects not exceeding 30 hours in a year.

3. The remaining 70 hours will be utilized for community service on the projects in adopted villages or urban slums independently or in collaboration with others in this field as detailed below

a) Institutional work

The students maybe placed with selected voluntary organizations working for ~~community causes~~: the welfare of woman, children, aged and disabled outside the campus.

b) Rural Project

The rural projects generally include the working of NSS volunteers in adopted villages for eradication of illiteracy, water shed management, waste land development, agricultural operations, health, nutrition, hygiene, sanitation, mother and child care, family life education, gender justice, development of rural co-operatives, savings clubs, construction of roads, campaign against social evils etc.

c) Urban projects

In addition to rural projects other include adult education, welfare of slum dwellers, training on civil defence, traffic warden, setting up first aid posts, working in hospitals, orphanages, environment population education, drug, AIDS awareness and income generation projects etc.



4. Natural Calamities and Natural Emergencies

The NSS units are expected to utilize the services of NSS volunteers at the time of natural calamities and national emergencies for mobilising public support and rendering necessary assistance to the authorities in rescue, relief and rehabilitation. In such emergencies and calamities, the program offices are expected to take the initiative and offer the services of the NSS units and its volunteers to assist the administration.

5. National Days and Celebrations

The National Service Scheme programs also include the celebration of national days.

Work diary of NSS volunteer

It will be helpful for each student volunteer to maintain a week diary to note details of area of work, target groups, activities conducted, time spent, problems and plans of further action. NSS student leaders of various projects could give details of the activities and programs, extra hours spent, attendance of members or volunteers and target groups.

Records and Registers

12/01/2022
Wednesday

The NSS program officer should maintain some of the important records at the unit level. Since this

program is financial by the public funds. Therefore the college should maintain the financial records, Activities records and registers. The records and registers will be properly handed over by outgoing program officers to the newly appointed program officers. The following records or registers are to be maintained in the NSS unit at the college level entwoment register, NSS volunteers attendance register, project register meetings, minute book, program officer, personal work diary, volunteer work diary, stop register, Bank pass book, Cash book, registers.

Financial pattern of the scheme

The NSS program is funded by the government of India and state government as NSS is an education and service based scheme. The expenditure on the scheme being shared by the central and state government in the ratio 7:5. Expenditure in the case the state of

Jammu, Kashmir and the union territories without legislatures in whose care the entire expenditure is met by the Government of India. The expense on special camping program is also shared on the above mentioned basis b/w central and state government. Rupees 250 per volunteer for regular activities.

Rupees 25 per volunteer dedicated for establishment of program co-ordination cell.

Rupees 100 per month towards honorarium for program officer.

Rupees 450 per volunteer for 7 days for special camping.

Audit and Inspection Records

Account are liable for the inspection and audit. It is therefore advised that proper care should be taken to

maintain proper records of expenditure in the camp the records and accounts will be produced before the official of the NSS regional center, state NSS cell and concerned universities and also offices of accountant general or local authority for inspection and audit when our demand.

13/01/2022
Monday

Additional Skills

→ Positive Thinking

Positive thinking is a mental attitude in which you expect good and favourable results. In other words positive thinking is the process of creating thoughts that create and transform energy into reality. A positive mind waits for happiness, health, and a happy ending in any situation. More and more successful people will tell you that they got where they are now because they made a lifestyle around positive thinking. A

Person that faces life with a positive attitude will always be more successful in life both professionally and personally than a person that can not take control of his thoughts.

Benefits of Positive Thinking

- Reduces daily stress.
- You get a better health.
- A strong confidence live a longer life, live a happier life, you will have more friends.
- Better management of important decision

→ Self Confidence

It is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control on your life. You know your strengths and weaknesses well and have a positive view of your self. Low self confidence might make you feel full of self doubt. You may feel inferior or be sensitive to criticism.

Feeling confident in yourself might depend on the situation.

Self Esteem

Self esteem refers to a persons beliefs about their own worth and value. Self esteem is important because it heavily influences peoples choices and decisions.

> Setting life goals and working to achieve them.

1. Decide - think of something you want to do or work towards.
2. Write it down. Carefully
3. Tell someone
4. Break your goal down
5. Plan your first step
6. Keep going.
7. Celebrate.