

Semester : II	
Course No. : AEC-123	Credit Hrs. : 1 (0+1)
Course Title : National Service Scheme-II (NSS-II)/ National Cadet Corps-II (NCC-II)	
Gradial Common Course across all UG Degrees	

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SYLLABUS

Objectives :

- (i) To evoke social consciousness among students through various activities viz., working together, constructive and creative social work,
- (ii) To be skillful in executing democratic leadership, developing skill in program,
- (iii) To be able to seek self-employment, reducing gap between educated and uneducated, increasing awareness and desire to help sections of society.

PRACTICAL

Importance and role of youth leadership. Meaning, types and traits of leadership, qualities of good leaders; Importance and roles of youth leadership, Life competencies. Definition and importance of life competencies, Problem-solving and Decision-making, Interpersonal communication. Youth development programs Development of youth programs and policy at the national level, state level and voluntary sector; Youth-focused and youth-led organizations Health, hygiene and sanitation. Definition Needs and Scope of health education; Role of food, nutrition, safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan) for health; National health programs and reproductive health. Youth health, lifestyle, HIV-AIDS and first aid. Healthy lifestyles, HIV-AIDS, drugs and substance abuse, home nursing and first aid. Youth and yoga. History, philosophy, concept, myths and misconceptions about yoga; Yoga traditions and its impacts, Yoga as a tool for healthy lifestyle, preventive and curative method.

TEACHING SCHEDULE

PRACTICAL [AEC-123/ NSS-II]

Exercise No.	Title	Sub-topics
1	Orientation on NSS	Introduction to NSS, its Objectives, History and Role in community service.
2	Youth Leadership	Discuss the importance and role of youth leadership, types and traits of leadership and qualities of good leaders.
3	Life Competencies	Understanding life competencies, their importance and Practical exercises in problem-solving and decision-making.
4	Interpersonal Communication	Practice exercises to improve interpersonal communication skills, Focusing on active listening and effective communication.
5	Youth Development Programs	Overview of youth development programs, Policies at national and state levels and Understanding youth-led organizations.
6	Health, Hygiene, and Sanitation	Practical activities on the importance of hygiene and sanitation, including Swachh Bharat Abhiyan tasks.
7	Nutrition and Health Education	Discuss the role of food, nutrition, and safe drinking water in health; Explore the impact of waterborne diseases.
8	National Health Programs	Introduction to key national health programs and their roles in promoting public health and awareness on reproductive health.
9	Youth Health and Lifestyle	Sessions on healthy lifestyle choices including exercise, balanced diet and stress management.
10	HIV/AIDS Awareness	Educational activities on HIV/AIDS, its prevention, and reducing stigma; Awareness on reproductive health.
11	Substance Abuse Awareness	Discussing the dangers of drug and substance abuse, its impact on health and practical ways to prevent addiction.
12	First Aid and Home Nursing	Hands-on training in first aid techniques including handling injuries, CPR basics and home nursing care.
13	Introduction to Yoga	Introduction to the History, Philosophy and various Traditions of Yoga as a Holistic health practice.
14	Yoga Practice	Practical Yoga Sessions focusing on Asanas, Pranayama and Meditation for a healthy lifestyle.
15	Yoga as Preventive and Curative Tool	Understanding and Practicing Yoga as a preventive and curative approach for physical and mental health.
16	Reflection on NSS and Youth Development	Group Discussion and Reflection on the role of NSS in community building and personal growth, Focusing on youth leadership.

SYLLABUS

Objectives : (i) To develop qualities of character, courage, comradeship, discipline, leadership, secular outlook, spirit of adventure and sportsmanship and the ideals of selfless service among the youth to make them useful citizen,
(ii) To create a human resource of organized trained and motivated youth to provide leadership in all walks of life including the Armed Forces and be always available for the service of the nation.

PRACTICAL

Arms Drill- Attention, stand at ease, stand easy. Getting on parade. Dismissing and falling out. Ground/take up arms, examine arms. Shoulder from the order and vice-versa, present from the order and vice-versa. Saluting at the shoulder at the halt and on the march. Short/long trail from the order and vice- versa. Guard mounting, guard of honor, Platoon/Coy Drill. Characteristics of rifle (.22/.303/SLR), ammunition, fire power, stripping, assembling, care, cleaning, and sight setting. Loading, cocking, and unloading. The lying position and holding. Trigger control and firing a shot. Range Procedure and safety precautions. Aiming and alteration of sight. Theory of groups and snap shooting. Firing at moving targets. Miniature range firing. Characteristics of Carbine and LMG. Introduction to map, scales, and conventional signs. Topographical forms and technical terms. The grid system. Relief, contours, and gradients. Cardinal points and finding north. Types of bearings and use of service protractor. Prismatic compass and its use. Setting a map, finding north and own position. Map to ground and ground to map. Knots and lashings, Camouflage and concealment, Explosives and IEDs. Field defenses obstacles, mines and mine laying. Bridging, waterman ship. Field water supplies, tracks and their construction. Judging distance. Description of ground and indication of landmarks. Recognition and description of target. Observation and concealment. Field signals. Section formations. Fire control orders. Fire and movement. Movement with/without arms. Section battle drill. Types of communication, media, latest trends and developments.

TEACHING SCHEDULE

PRACTICAL (AEC-123/ NCC-II)

Exercise No.	Exercise Title	Sub-topics
1	Basic Arms Drill	Attention, stand at ease, stand easy, getting on parade, dismissing and falling out.
2	Advanced Arms Drill	Ground/take up arms, examine arms, shoulder from the order and vice versa.
3	Saluting with Arms	Saluting at the shoulder both at a halt and while on the march.
4	Rifle Handling Techniques	Short/long trail from the order and vice versa, guard mounting and guard of honor procedures.
5	Platoon and Company Drill	Practice and demonstration of platoon and company drill formations.
6	Rifle Characteristics and Handling	Characteristics of rifles (.22/.303/SLR), ammunition, firepower, and basic care, cleaning, and sight setting.
7	Rifle Operations and Safety	Loading, cocking, unloading, safety procedures; lying position, trigger control, and firing a shot.
8	Range Procedures and Target Practice	Range procedures, aiming, sight alteration, theory of groups, snap shooting, and firing at moving targets.
9	Map Reading Basics	Introduction to maps, scales, conventional signs, topographical forms, and the grid system.
10	Advanced Map Skills	Relief, contours, gradients, cardinal points, bearings, and use of the service protractor.
11	Field Navigation with Compass	Use of prismatic compass, setting a map, finding north, positioning, map-to-ground, and ground-to-map.
12	Field Engineering Skills	Knots and lashings, camouflage, handling explosives, IEDs, field defenses, obstacles, and mines.
13	Watermanship and Field Water Supplies	Bridging techniques, field water supplies, track construction, and distance judgment.
14	Target Recognition and Indication	Identifying and describing targets, observing, concealment, field signals, and indication of landmarks.
15	Section Battle Drills and Movement	Section formations, fire control orders, fire and movement, movement with/without arms, section battle drill.
16	Communication Skills and Modern Trends	Types of communication, media and latest trends in NCC communication.