

NATIONAL SERVICE SCHEME



राष्ट्रीय सेवा योजना

National Service Scheme

युवा कार्यक्रम और खेल मंत्रालय

Ministry of Youth Affairs and Sports

भारत सरकार

Government of India



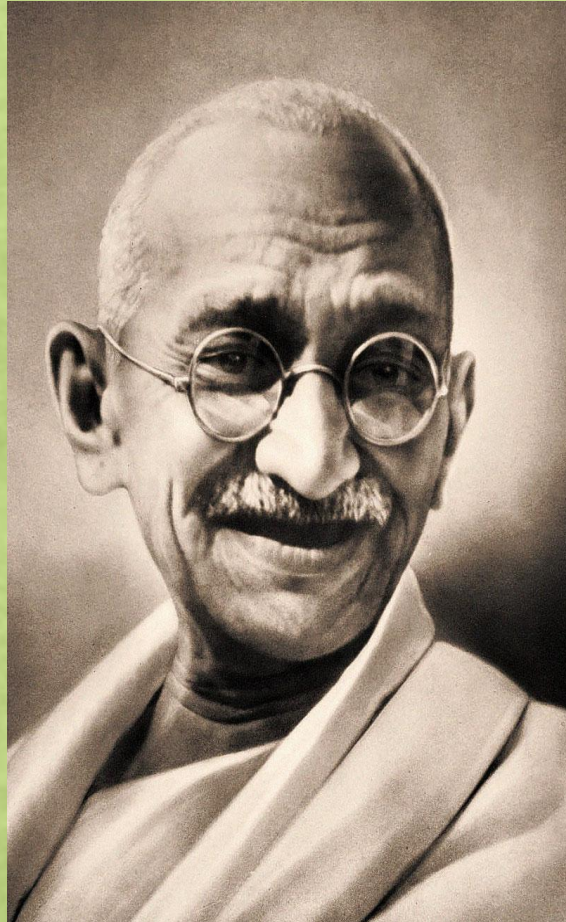
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BASIC CONCEPTS



- Mahatma Gandhi, the Father of the Nation, had recognized that the country could not progress in a desired direction until the student youth were motivated to work for the upliftment of the villages/community. Therefore, for the national reconstruction and national resurgence it was deemed fit that the students and teachers should be properly sensitized and utilized for strengthening the Indian society as a whole with particular emphasis on rural community. NSS programme should provide a variety of learning experiences which must develop a sense of participation, service and achievement among the volunteers. The National Service Scheme was started to establish a meaningful linkage between the campus and the community.

AIM OF NSS



- (i) making education more relevant to the present situation
- (ii) Providing opportunities to the students to play their role in planning and executing development projects which would help in creating durable community assets in rural areas and urban slums
- (iii) Encouraging students and non-students to work together along with the adults in rural areas;
- (iv) Developing qualities of leadership by discovering the latent potential among the campers, both students as well as local youth (Rural and Urban), with a view to involve them more intimately in the development programme
- (v) Emphasizing dignity of labour and self-help and the need for combining physical work with intellectual pursuits;
- (vi) Encouraging youth to participate enthusiastically in the process of national development and promote national integration, through corporate living and cooperative action.



The broad objectives of NSS are to:

- (i) understand the community in which they work ;
- (ii) understand themselves in relation to their community;
- (iii) identify the needs and problems of the community and involve them in problem solving process;
- (iv) develop among themselves a sense of social and civic responsibility;
- (v) utilize their knowledge in finding practical solution to individual and community problems;
- (vi) develop competence required for group living and sharing of responsibilities;
- (vii) gain skills in mobilizing community participation;
- (viii) acquire leadership qualities and democratic attitude;
- (ix) develop capacity to meet emergencies and natural disasters and
- (x) practice national integration and social harmony.

BASIC COMPONENTS





The Programme Officer

- The Programme Officer, who is a member of the teaching faculty provides necessary leadership to the youth/NSS students. The teacher/NSS programme officer has the professional knowledge and skills. He/she is also a representative of the school/college and the educated elite and knows the needs and aspirations of student youth. Further he/she is expected to be a role model of the values and the norms of the institution and the society as a whole. Therefore, he/she is the fittest person to provide necessary lead to the students in developing their personality through community service. **In fact the Programme Officer is a friend, philosopher and guide to the students in achieving this goal.**



NSS Volunteer

The NSS volunteer, who is a college/+2 level student is the main beneficiary of the programme by way of development of his/her perception about the community, his/her skill to perform certain jobs, and develop quality of a leader, organiser, and an administrator and development of his/her personality as a whole. This is how the NSS programme aims to make NSS student youth better citizens through **“Development of their personality through Community Service”**.





Community

The community provides NSS volunteer the first hand knowledge of living conditions of masses to the NSS volunteers and thus, the process of mutual learning starts. The interaction of community with students and teachers while on one hand enrich the personality of student volunteers and on the other hand help the community to improve its living conditions



The Motto : "NOT ME BUT YOU"



- The motto or watchword of the National Service Scheme is : 'NOT ME BUT YOU'. This reflects the essence of democratic living and upholds the need for selfless service and appreciation of the other person's point of view and also to show consideration for fellow human beings. It underlines ***that the welfare of an individual is ultimately dependent on the welfare of society*** on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

NSS Symbol



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The symbol of the National Service Scheme, as appearing on the cover page of this Manual is based on the 'Rath' wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the movement in life across time and space. The design of the symbol, a simplified form of the Sun-chariot wheel primarily depicts movement. The wheel signifies the progressive cycle of life. It stands for continuity as well as change and implies the continuous striving of NSS for social transformation and upliftment.

NSS Badge

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. Hence, the badge reminds the wearer to be in readiness for service of the nation round the clock i.e. for 24 hours. The red colour in the badge indicates that the NSS volunteers are full of blood i.e. lively, active, energetic and full of high spirit. The navy blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of the mankind.



NSS Day



- NSS was formally launched on ***24th September, 1969, the birth centenary year of the Father of the Nation***. Therefore, 24 September is celebrated every year as NSS Day with appropriate programmes and activities.

NSS PROGRAMMES



Regular activities



- Orientation of NSS volunteers
- Campus work
- Community service-rural projects, urban projects

Special camping Programmes



- AIDS Awareness
- Mass programmes of functional literacy
- Watershed development and waste management

SUGGESTIVE LIST OF ACTIVITIES DURING REGULAR AS WELL AS SPECIAL CAMPING



- Environment Enrichment and Conservation
- Health, Family Welfare and Nutrition Programme
- Programmes aimed at creating an awareness for improvement of the status of women
- Social Service Programmes
- Production Oriented Programmes
- Relief & Rehabilitation work during Natural Calamities
- Education and Receptions

Environment Enrichment and Conservation:



- (i) plantation of trees, their preservation and upkeep (each NSS unit should plant and protect at least 1000 saplings);
- (ii) creation of NSS parks/gardens, Tarun Treveni Vanas.
- (iii) Construction & maintenance of village streets, drains, etc. so as to keep the environment clean;
- (iv) Construction of sanitary latrines etc.
- (v) Cleaning of village ponds and wells;
- (vi) Popularization and construction of Gobar Gas Plants, use of non-conventional energy;
- (vii) Environmental sanitation, and disposal of garbage & composting;
- (viii) Prevention of soil erosion, and work for soil conservation,
- (ix) Watershed management and wasteland development
- (x) Preservation and upkeep of monuments, and creation of consciousness about the preservation of cultural heritage among the community.

Health, Family Welfare and Nutrition Programme



- (i) Programme of mass immunization;
- (ii) (ii) Working with people in nutrition programmes with the help of Home Science and medical college students;
- (iii) (iii) Provision of safe and clean drinking water;
- (iv) Integrated child development programmes;
- (v) Health education, AIDS Awareness and preliminary health care.
- (vi) Population education and family welfare programme;
- (vii) Life style education centres and counseling centres.

Programmes aimed at creating an awareness for improvement of the status of women



- (i) programmes of educating people and making them aware of women's rights both constitutional and legal;
- (ii) creating consciousness among women that they too contributed to economic and social well-being of the community;
- (iii) creating awareness among women that there is no occupation or vocation which is not open to them provided they acquire the requisite skills; and
- (iv) imparting training to women in sewing, embroidery, knitting and other skills wherever possible.

Social Service Programmes



- (i) work in hospitals, for example, serving as ward visitors to cheer the patients, help the patients, arranging occupational or hobby activities for long term patients, assistance in running dispensaries etc.
- (ii) work with the organisations of child welfare;
- (iii) work in institutions meant for physically and mentally handicapped;
- (iv) organising blood donation, eye pledge programmes;
- (v) work in Cheshire homes, orphanages, homes for the aged etc.;
- (vi) work in welfare organisations of women;
- (vii) prevention of slums through social education and community action

Production Oriented Programmes



- (i) working with people and explaining and teaching improved agricultural practices;
- (ii) rodent control and pest control practices;
- (iii) weed control;
- (iv) soil-testing, soil health care and soil conservation;
- (v) assistance in repair of agriculture machinery;
- (vi) work for the promotion and strengthening of cooperative societies in villages;
- (vii) assistance and guidance in poultry farming, animal husbandry, care of animal health etc.;
- (viii) popularization of small savings and
- (ix) assistance in procuring bank loans

Relief & Rehabilitation work during Natural Calamities



These programme would enable the students to understand and share the agonies of the people affected in the wake of natural calamities like cyclone, flood, earthquakes, etc. The NSS students can be involved in:-

- (i) assisting the authorities in distribution of rations, medicine, clothes etc.;
- (ii) assisting the health authorities in inoculation and immunization, supply of medicine etc.;
- (iii) working with the local people in reconstruction of their huts, cleaning of wells, building roads etc.;
- (iv) assisting and working with local authorities in relief and rescue operation;
- (v) collection of clothes and other materials, and sending the same to the affected areas;

Education and Receptions



- (i) adult education (short-duration programmes);
- (ii) pre-school education programmes;
- (iii) programmes of **continuing** education of school drop outs, remedial coaching of students from weaker sections;
- (iv) work in crèches;
- (v) participatory cultural and recreation programmes for the community including the use of mass media for instruction and recreation, programmes of community singing, dancing etc.;
- (vi) organisation of youth clubs, rural land indigenous sports in collaboration with Nehru Yuva Kendras;
- (vii) programmes including discussions on eradications of social evils like communalism, castism, regionalism, untouchability, drug abuse etc.;
- (viii) non-formal education for rural youth and
- (ix) legal literacy, consumer awareness.