

# Syllabus for Bachelor of Agriculture

NSS/NCC/Physical Education & Yoga Practices

Subject code: **16PE0101**

**Subject Name: NSS/NCC/Physical Education & Yoga Practices**

B. Sc. (Hons.) Agri., First Year (Sem.-I)

## Objective:

To develop skill of the students regarding football, basketball, kabaddi, badminton, various asanas as well as physical Fitness and Health Education.

**Credit Earned: 0+1= 1 Credit**

## Course Outcomes:

After completion of this course, student will be able to:-

1. Maintain his physical fitness and health.
2. Maintain disciplines of all kinds.
3. Create self interest in various sports.

## Teaching and Evaluation Scheme

Teaching Scheme (hours)		Credits	Theory Marks			Practical Marks		Total Marks
Theory	Practical		ESE (E)	IA	CSE	Viva (V)	Term Work (TW)	
0	1	1	0	0	0	25	25	50

# **Syllabus for Bachelor of Agriculture**

## **NSS/NCC/Physical Education & Yoga Practices**

### **Practical:**

#### **A. National Service Scheme I**

**Following activities are to be taken up under the NSS course:**

- Introduction and basic components of NSS: Orientation
- NSS programmes and activities
- Understanding youth
- Community mobilization
- Social harmony and national integration
- Volunteerism and shramdan
- Citizenship, constitution and human rights
- Family and society
- Importance and role of youth leadership
- Life competencies
- Youth development programmes
- Health, hygiene and sanitation
- Youth health, lifestyle, HIV, AIDS and first aid
- Youth and yoga
- Vocational skill development
- Issues related environment
- Disaster management
- Entrepreneurship development
- Formulation of production oriented project
- Documentation and data reporting
- Resource mobilization
- Additional life skills
- Activities directed by the Central and State Government

All the activities related to the National Service Scheme course is distributed under four different courses viz., National Service Scheme I, National Service Scheme II, National Service Scheme III and National Service Scheme IV each having one credit load. The entire four courses should be offered continuously for two years. A student enrolled in NSS course should put in at least 60 hours of social work in different activities in a semester other than five regular one day camp in a year and one special camp for duration of 7 days at any semester break period in the two year. Different activities will include orientation lectures and practical works. Activities directed by the Central and State Government have to be performed by all the volunteers of NSS as per direction.

### **Introduction and basic components of NSS**

**Orientation:** History, objectives, principles, symbol, badge; regular programmes under NSS, organizational structure of NSS, code of conduct for NSS volunteers, points to be considered by NSS volunteers awareness about health

#### **NSS programmes and activities:**

Concept of regular activities, special camping, day camps, basis of adoption of village/slums, conducting survey, analyzing guiding financial patterns of scheme, youth programme/ schemes of GOI, coordination with different agencies and maintenance of diary

#### **Understanding youth:**

Definition, profile, categories, issues and challenges of youth; and opportunities for youth who is agent of the social change

#### **Community mobilization:**

Mapping of community stakeholders, designing the message as per problems and their culture; identifying methods of mobilization involving youth-adult partnership

#### **Social harmony and national integration:**

Indian history and culture, role of youth in nation building, conflict resolution and peace building

#### **Volunteerism and shramdan:**

Indian tradition of volunteerism, its need, importance, motivation and constraints; shramdan as part of volunteerism

### **Citizenship, constitution and human rights:**

Basic features of constitution of India, fundamental rights and duties, human rights, consumer awareness and rights and rights to information

### **Family and society**

Concept of family, community (PRIs and other community based organizations) and society

## **B. National Cadet Corps**

1. Aims, objectives, organization of NCC and NCC song. DG's cardinals of discipline.
2. Drill- aim, general words of command, attention, stands at ease, stand easy and turning.
3. Sizing, numbering, forming in three ranks, open and close order march and dressing.
4. Saluting at the halt, getting on parade, dismissing and falling out.
5. Marching, length of pace, and time of marching in quick/slow time and halt. Side pace, pace forward and to the rear.
6. Turning on the march and wheeling. Saluting on the march.
7. Marking time, forward march and halt.
8. Changing step, formation of squad and squad drill.
9. Command and control, organization, badges of rank, honours and awards
10. Nation Building- cultural heritage, religions, traditions and customs of India. National integration.
11. Values and ethics, perception, communication, motivation, decision making, discipline and duties of good citizen.
12. Leadership traits, types of leadership. Character/personality development.
13. Civil defense organization, types of emergencies, fire fighting, protection,
14. Maintenance of essential services, disaster management, aid during development projects.
15. Basics of social service, weaker sections of society and their needs, NGO's and their contribution, contribution of youth towards social welfare and family planning.

16. Structure and function of human body, diet and exercise, hygiene and sanitation.
17. Preventable diseases including AIDS, safe blood donation, first aid, physical and mental health.
18. Adventure activities
19. Basic principles of ecology, environmental conservation, pollution and its control.
20. Precaution and general behavior of girl cadets, prevention of untoward incidents, vulnerable parts of the body, self-defense.

### **C. Physical Education and Yoga Practices**

- 1 Teaching of skills of Football – demonstration, practice of the skills, correction, involvement in game situation (For girls teaching of Tennikoit)
2. Teaching of different skills of Football – demonstration, practice of the skills, correction, involvement in game situation (For girls teaching of Tennikoit)
3. Teaching of advance skills of Football – involvement of all the skills in game situation with teaching of rules of the game
4. Teaching of skills of Basketball – demonstration, practice of the skills, correction of skills, involvement in game situation
5. Teaching of skills of Basketball – demonstration, practice of the skills, involvement in game situation
6. Teaching of skills of Basketball – involvement of all the skills in game situation with teaching of rule of the game
7. Teaching of skills of Kabaddi - demonstration, practice of the skills, correction of skills, involvement in game situation
8. Teaching of skills of Kabaddi - demonstration, practice of the skills, correction of skills, involvement in game situation
9. Teaching of advance skills of Kabaddi - involvement of all the skills in game situation with teaching of rule of the game
10. Teaching of skills of Ball Badminton - demonstration, practice of the skills, correction of skills, involvement in game situation

11. Teaching of skills of Ball Badminton - involvement of all the skills in game situation with teaching of rule of the game
12. Teaching of some of Asanas- demonstration, practice, correction and practice
13. Teaching of some more of Asanas- demonstration, practice, correction and practice
14. Teaching of skills of Table Tennis – demonstration, practice of skills, correction and practice and involvement in game situation
15. Teaching of skills of Table Tennis – demonstration, practice of skills, correction and practice and involvement in game situation
16. Teaching of skills of Table Tennis – involvement of all the skills in game situation with teaching of rule of the game
17. Teaching – Meaning, Scope and importance of Physical Education
18. Teaching - Definition, Type of Tournaments
19. Teaching - Physical Fitness and Health Education
20. Construction and laying out of the track and field (\*The girls will have Tennikoit and Throw Ball).