

NSS STUDENTS VOLUNTEERS

Any student enrolled as N.S.S. volunteers should put in at least 120 hours of social work in a year for a continuous period of two years i.e. 240 hours in two year on different programmes other than special camping. He should participate fully in the N.S.S. Programmes and should be fully conversant with the objectives of N.S.S. Out of the 120 hours of service which each student volunteers is expected to put in an year, at least 20 hours should be utilized in the first year for pre-placement orientation programme in the following manner:

- | | |
|--------------------------------|----------|
| (i) General Orientation | 2 hours |
| (ii) Special Orientation | 8 hours |
| (iii) Programme Skill Learning | 10 hours |

DUTIES OF STUDENT VOLUNTEER

- (i) to establish rapport with the people in the project area;
- (ii) identify needs, problems and resources of the community;
- (iii) plan programmes and carry out the plans;
- (iv) relate his learning and experience towards finding solutions to the progress periodically and affect changes as and when needed.
- (v) record the activities in his work diary systematically and assess the progress periodically and affect changes as and when needed.

CODE OF CONDUCT FOR NSS STUDENTS

1. All volunteer shall work under the guidance of the group leader nominated by the Programme Officer.
2. They shall make themselves worthy of the confidence and cooperation of the group/community leadership.
3. They shall scrupulously avoid entering into any controversial issues.
4. They shall keep day-to-day record of their activities/ experience in the enclosed pages of the diary and submit to the Group Leader/ Programme Officer for periodic guidance.
5. It is obligatory on the part of every volunteer to wear the NSS BADGE while on work.

SUGGESTIVE LIST ACTIVITIES UNDER THE NATIONAL SERVICE SCHEME

1. Environment Enrichment and Conservation

- (i) Plantation of trees, their presentation and upkeep.
- (ii) Creation of tree consciousness among the community.
- (iii) Construction of roads, villages streets, drains etc. So as to keep the environment clean.
- (iv) Popularisation and construction of Gobar Gas Plants.
- (v) Cleaning of village ponds and wells.
- (vi) Prevention of soil erosion and work for soil conservation.
- (vii) Preservation and upkeep of monuments and creating consciousness about the preservation of cultural heritage among the community.

2. Health, Family Welfare & Nurtition Programmes

- (i) Programmes of mass immunisation, Blood Donation by willing NSS volunteers and preparation of inventory of blood groups of potential blood donors.
- (ii) Working with people in nutrition programmes by Home Science and Medical college students.
- (iii) Provision of safe and clean drinking water supply.
- (iv) Integrated child development programmes.
- (v) Health education & preliminary health care work including medico-social surveys detecting cases of malaria and bringing medical aid to the sufferings etc.
- (vi) Population education and family welfare.

3. Programme aimed at creating an awareness for Improvement of the Status of Women

- (i) Comprehensive programmes of educating women and making them aware of their rights both constitutional and legal.
- (ii) Creating consciousness among women that they too constitute 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.
- (iv) Imparting training to women in sewing, embroidery, knitting and other skills wherever possible.

4. **Social Service Programmes**

- (i) Work in hospitals for example, serving as ward visitors to cheer the patients, help the patients, providing occupational or hobby activities for long term patients, outdoor patients guidance service including guiding visitors in hospital procedures, letter writing and reading for general patients, followup help to patients discharged from hospital through visits to their homes and places of work, assistance in running dispensaries etc.
- (ii) Work with the organisations of child welfare.
- (iii) Work in institutions for physically handicapped and mentally retarded.
- (iv) Work in cheshire homes, orphanages, homes for the aged etc.
- (v) Work in welfare organisations of women.

5. **Production Oriented Programmes.**

- (i) Working with people alongwith explaining and teaching improved agricultural practices.
- (ii) Rodent control and pest management
- (iii) Weed control.
- (iv) Soil testing, soil health care and soil conservation.
- (v) Assistance in the repair of agricultural 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) Popularisation of "Save Grain" campaign and small saving.

6. **Programmes for Working during Emergencies.**

These programmes would enable the students to understand and share the agonies of the people affected in the wake of natural calamities like cyclones, floods, earthquake, etc. the main emphasis should be on their

ADOPTION

ADOPTION OF VILLAGE

1. Adoption of a village is a very meaningful programme in NSS. It is better to concentrate attention on one village or a rural unit and take up the challenging task of its all round development than to fritter away energy in too many locations which may not be completed at all or where the follow up action may not be accomplished. From this point of view, village adoption Programme should ensure continuity of work vis-a-vis sustained action revaluation and follow up work.

2. As a first step in this programme, it is necessary to establish contact with several villages and rural units which would help to select a village where 'Leadership' is well developed. In other words selection of a village with proper leadership is all the more important as the sustained follow up action and evaluation is doubly assured. To start with the NSS Unit can take the help of the Block Authorities, District Panchayat Officer, District Tribal Welfare Officer, D.M.O. and D.H.C. and District Agriculture, Irrigation and Education Officers for the selection of the village. It is to be noted that the village selected should be within a short distance from the college so that there could be constant touch with it.

3. Before the programme and plan of action is drawn, it is absolutely necessary to conduct a comprehensive survey of a few villages situated at a short distance from the college. The assistance and aid from the teachers and students of Economics, Commerce, Statistics, Home Sciences, Psychology and Education etc. have to be mobilized for the purpose.

4. On the basis of said survey the programme so prepared should cater for better agricultural, educational, socio-medical and health-care and awareness among the villagers. Thus the village adoption programme could be carried out by the following three combinations:

- (i) Programme which can be taken up without NSS resources.
- (ii) Programme requiring joint efforts of NSS volunteers and villagers.
- (iii) Programme requiring involvement of out-side organisations both voluntary and governmental

ADOPTION OF SLUMS

A majority of colleges and the universities are located in urban habitation which are deteriorating fast due to rapid urbanisation, over crowding, lack of housing as well as other basic civic amenities and social services. Slums in towns and cities offer a micro sample of all socio-economic problems that face the country today. Therefore, rapid urbanisation is also posing a problem and offers a challenging area for work by NSS volunteers and teachers.

Some of the tasks which the students can engage in slum areas are as under:-

- (a) **As community investigators** : They can prepare brief community profiles on various slums in the city or town on different amenities, services and living conditions etc.
- (b) **As community Workers** : They can identify local leaders and in cooperation with them discuss local problems on which cooperative action can be undertaken.
- (c) **As Programme Aids** : Students can help the local community in launching a number of programmes, like organising a free milk distribution centre, sanitation drive, recreation, adult and primary education, health care and nutrition classes, free legal aid centres etc. They can also help in forming youth clubs, children groups, mahila mandals etc.
- (d) **As Community Association Organisers** : NSS students after establishing rapport with the slum dwellers, can organise community associations to tackle local problems on a group basis with reliance on local resources, selfhelp and mutual aid and with some minimum external assistance.

SOME EQUIPMENT FOR N.S.S. UNITS

A. Implements for Field Work

Foura, Pickaxe, Shovel, Karai (Tasala), Sambal, Axe

B. Kitchen Equipments

Dekchi/Bhagona, Karai, Bucket, Water Drum, Mugs, Tea Kettle
Spoons, Puni, Palta, Fri-pan, Plates, Tawa, Parat, Chakla-Belan, Taraju.

C. Other Articles

Durry, Tarpauline, Petromax, Big Trunk, Torch, First-Aid Box,
Table Cloth, Lantern, Locks, Knife etc.

SPECIAL CAMPING

Camping is an important activity of N.S.S. Special camps are held at the college/university level for ten days duration summer vacations and autumn/winter breaks in rural areas/urban slums/harijan basties. The normal strength of a camp is 40-50. On bigger level inter-colleges and state level camps are also held from time to time.

Campers enjoy the camp life, learn the virtues of good citizenship and render service to the community.

These camps are organised for special project such as 'Youth for Development' which includes the following programme.

- (1) Land Reform
- (2) Non-Formal Education
- (3) Environmental Improvement
- (4) Afforestation
- (5) Tree Plantation
- (6) Economic Development
- (7) Family & Child Care
- (8) Social Awareness etc.

Present emphasis of N.S.S. work is on Adult Education and Community Development.

N.S.S. is a National Organisation working in all the 24 States and 7 Union Territories of India, where Degree Colleges exist.

GUIDELINES FOR THE SPECIAL CAMPING PROGRAMME

(a) Environment Enrichment and Conservation :

- (i) Plantation of trees, their preservation and upkeep (each NSS Unit will plant atleast 2,000 saplings);
- (ii) Creation of tree consciousness among the community;
- (iii) Construction of roads, village streets, drains, etc., so as to keep the environment clean;
- (iv) Construction of sanitary latrines, urinals etc.
- (v) Cleaning of village ponds and wells;
- (vi) Popularisation and construction of Gobar Gas Plants;
- (vii) Environmental sanitation and disposal of garbage composting;
- (viii) Prevention of soil erosion, and work for soil conservation;
- (ix) Preservation and upkeep of monuments and creating consciousness about the preservation of cultural heritage among the community.
- (x) Identification of local sources of pollution and efforts to control it.

(b) Health, Family Welfare & Nurtition:

- (i) Programmes of mass immunisation;
- (ii) Working with people in nutrition programmes by Home Science and medical college students;
- (iii) Provision of safe and clean drinking water supply;
- (iv) Integrated child development programmes;
- (v) Health education and preliminary health care work including medico-social surveys detecting cases of malaria and bringing medical aid to the suffering etc; and
- (vi) population education and family welfare including organising of campaigns for small family.

(c) Programmes aimed at creating an awareness for improvement of the Status of Women:

- (i) Programmes of educating women and making them aware of their rights both constitutional and legal;
- (ii) Creating consciousness among women that they too contribute to economic and social well-being of the community;

- (iii) creating consciousness among women that there is no occupation or vocation which is not open to them provided they acquire the requisite skill; and
- (iv) imparting training to women in sewing, embroidery, knitting and other skills wherever possible.

(d) Social Services Programmes :

- (i) work in hospitals;
- (ii) work with the organisations of child welfare;
- (iii) work in institutions for physically handicapped and mentally retarded;
- (iv) work in cheshire homes, orphanages homes for the aged, etc.
- (v) work in welfare organisations of women.

(e) Production oriented programmes:

- (i) working with people and explaining and teaching improved agricultural practices;
- (ii) rodent control and pest practices;
- (iii) weed control;
- (iv) soil testing, soil health care etc.
- (v) assistance in the repair of agricultural machinery;
- (vi) work for the promotion and strengthening of cooperative societies in villages;
- (vii) assistance and guidance in poultry farming, animal husbandary, care of animal health etc.
- (viii) popularisation of 'Save Grain' campaign and small savings.

(f) Programmes for working during emergencies:

- (i) assisting the authorities in distribution of ration, medicines, clothes, etc.
- (ii) assisting the health authorities in inoculation and immunisation, supply of medicines, etc.
- (iii) working with the local people in reconstruction of their huts, cleaning of wells, building of roads, etc.
- (iv) assisting and working with local authorities in actual relief and resue work.
- (v) collection of clothes and other material and sending the same to the affected areas.

(g) Education and recreation :

- (i) adult education (short-duration programme);
- (ii) pre-school education programme;
- (iii) programmes of continuing education of school drop-outs, coaching of students from economically weaker sections;
- (vi) work in creches;
- (v) participating cultural and recreational programmes for the community including the use of mass media for instruction and recreation, programmes of singing, dancing etc;
- (vi) organisation of youth clubs, rural and indigenous sports in collaboration with Nehru Yuva Kendras;
- (vii) programmes including discussions on eradication of social evils like casteism, regionalism, corruption, untouchability, drugging etc; and
- (viii) non-formal education for rural youth.

(h) National Projects:

- (i) Programmes of Wasteland Development and Social Forestry in consultation with the concerned authorities.
- (ii) Organisation of Seva Shivir and Padayatras along the River Ganga in collaboration with Ganga Action Plan (to be undertaken by universities located near Ganga.)

The above is only an illustrative list of the type of activities that can be undertaken. Under the programme it would be open to each NSS unit to undertake one or more of those programmes of any other activity which may seem desirable to them according to local needs. The NSS Unit should aim at the integrated development of the area selected for their operation which could be a village or an urban slum. It has also to be ensured that at least a part of the programme does involve manual work by the campers.

NSS DAY

It has been decided that 24th September every year would be observed as the NSS Day by all universities/ colleges when special programmes would be organised suiting local needs and priorities.

In addition to the main activity of holding blood donation camps and verification of blood groups, following are some of the other suggestive activities which could be undertaken by the NSS Units on the NSS day :-

- (i) environment enrichment in rural areas and urban slums;
- (ii) adoption of villages/urban slums for work during regular NSS programmes as well as special camping programmes;
- (iii) holding of peace rallies and rallies against eradication of social evils by NSS Units, discussions on various nationally accepted themes etc.;
- (iv) exhibitions on the work done by NSS Units during the last few year;
- (v) screening of films, if any, available on the NSS work and/or role of youth in national development through the field publicity officers.

Each NSS unit in the college is expected to adopt a nearby village/slum and work for its all-round development. Regular programmes and special camps should preferably be organised in the adopted village/rural unit/slum for this purpose

CERTIFICATE

An NSS volunteer completing 240 hours of regular social service in a period of two years is to be issued an NSS Certificate by the college/university. A model certificate is given below. Universities may consider giving preference to such NSS volunteers in matters of admissions, promotions and for other privileges;

PROFORMA OF CERTIFICATE NAME OF THE UNIVERSITY NATIONAL SERVICE SCHEME



This is to certify that Shri/Km./Smt.....son/dauther/
wife ofclass.....of.....
college has completed a period of two years an N.S.S. Volunteer from.....
.....to.....and has done satisfactory work.

He/she has also attended N.S.S. Camp/Camps from.....to
.....and from.....to.....held under
"YOUTH FOR RURAL RECONSTRUCTION CAMPAIGN"

Vice Chancellor

Programme Coordinator

Principal

Dated.....

ANNUAL ACTIVITIES CALENDER

DIFFERENT AUSPICIOUS DAYS FOR ALL NSS UNITS

No.	Occassion	Date & Month
1.	National Youth Day	12th Jan.
2.	National Youth Week	12th to 19th Jan.
3.	N.S.S. Day	15th Jan.
4.	Republic Day	26th Jan.
5.	Women's Day	8th March
6.	World Forest Day	21st March
7.	World Health Day	7th April
8.	Fire Prevention Day	14th April
9.	May Day/Labour Day	1st May
10.	Nutrition Week	1st to 7th May
11.	World Environment Day	5th June
12.	Vanamahotsav Week	1st to 7th July
13.	World Population Day	11th July
14.	Campaign against nuclear weapons	6th August
15.	Independence Day	15th August
16.	Teacher's Day	5th September
17.	International Literacy Day-week	8th to 14th Sept.
18.	N.S.S. Foundation Day	24th Sept.
19.	Gandhi jayanti	2nd October
20.	World Food Day	16th October
21.	U.N.O. Day	24th October
22.	Traffic Week	24th to 30th Oct.
23.	Saving Day/ National Integration Day	31st October
24.	Childrens' Day	14th November
25.	Mother's Day	19th November
26.	Quami Ekta Week	19th Nov. to 25th Nov.
27.	Weaker Section Day	22nd November
28.	World AIDS Day	1st December
29.	International Volunteer's Day	5th December
30.	Human Rights Day	10th December

"A President is a president, there is nothing like a neutral president"

-A.P.J. Abdul Kalam

"Patience is the art of hoping"

-Vauvenegur