



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH  
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)

## NATIONAL SERVICE SCHEME



**HAND BOOK & ACTION PLAN**

**FOR**

**2016 - 2017**



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National service Scheme provides diversified opportunities to students in colleges and universities to develop their personality through community services. Community services rendered by University level students have covered several aspects like adoption of villages for intensive development work, mass tree plantation, technology transfer programmes, technologies for rural development, various training programmes for self-help groups and rural youth etc., Considering the benefits Bharath University has made NSS Compulsory at UG level for the first two years.

I am happy to learn the activities carried out by the NSS volunteers in Engineering Colleges in Bharath University on the theme **HEALTHY YOUTH FOR HEALTH INDIA**, for pollution free environment, Voter Awareness program, Tree plantation, polio drops, Blood Donation Camps, General Health Camps, Creation of awareness among the public on HIV/AIDS etc.

I Congrats all NSS Students and participants in the Bharath university NSS cell

Like last year, the year 2016-2017 shall be another year with vibrant NSS activities on the theme **HEALTHY YOUTH FOR HEALTH INDIA**. The Hand Book suggest only a few activities to be carried out, there could be many more.

I am sure that the volunteers will work towards bringing up the name of their institutions and Bharath University through the NSS activities.

## **PREFACE**

National Service Scheme popularly known as NSS, the scheme was launched in Gandhi Centenary year, 1969 and aimed at developing student's personality through community service. The overall objective of National Service is Educational. This objective is attained through the service to the community.

NSS is a permanent youth program under the Ministry of Youth Affairs and Sports, Government of India and funded by Government of Tamilnadu and Government of India in the ratio 5:7.

Bharath University Chennai is a large affiliating technological University with over 4 constituent and affiliated Engineering colleges involving over 12 thousand students. The activities of NSS mainly focused on Technology transfer to rural mass and help the rural youth for creating the job opportunity, through conducting different types of training programs. As a step towards this direction, Bharath University NSS cell has brought out this Guidelines with the rules and guidelines for conducting various Regular and Special Camping activities, to ensure uniformity in the programs. The NSS volunteers will get the benefits from the NSS activities like job opportunities, self-confidence, leadership quality etc.

The Guidelines takes care of modifications needed based on the feedback received from the Principals and NSS Programme Officers.

**NSS Program Coordinator**

**NSS Cell, Bharath University**

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## **NATIONAL SERVICE SCHEME**

### **1. INTRODUCTION**

National Service Scheme popularly known as NSS was launched in Mahatma Gandhi Centenary year 1969 and aimed to developing student's personality through community service. The overall objective of National Service is education. This objective is attained through the service to the community.

National Service Scheme (NSS) is a permanent youth Programme under the Ministry of Youth Affairs and Sports, Government of India and funded by Government of Tamilnadu and Government of India in the ratio 5:7.

### **2. OBJECTIVE**

The overall objective of NSS is Personality Development through the community service.

The broad objectives of NSS are to:

- Understand the community in which they work.
- Understand themselves in relation to their community.
- Identify the needs and problems of the community and involve them in problem solving process.
- Develop among themselves a sense of social and civic responsibility.
- Utilize their knowledge in finding practical solution to individual and community problems.
- Develop competence required for group-living and sharing of responsibilities.
- Gain skills in mobilizing community participation.
- Acquire leadership qualities and democratic attitude.
- Develop capacity to meet emergencies and natural disasters.
- Practice national integration and social harmony.

### **3. MOTTO**

The motto or watchword of the NSS is “**Not me but you**”. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. This express the essence of democratic living and upholds the need of selfless service and appreciation of the other man's point of view and also consideration for fellow human beings.

#### 4. SYMBOL



The symbol of the National Service Scheme has been based on the **Giant Rath** Wheel of the world famous Konark Sun Temple of Orissa, India. These giant wheels of the sun temple portrays the cycles 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 enlistment.

#### **BADGE**

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme or 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 the 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 young 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 Father of Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate program and activities.

## **NSS SONG**

During 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 program and celebrations.

**We shall overcome**

**We shall overcome**

**We shall overcome some day**

**O! deep in my heart**

**I do believe that**

**We shall overcome some day**

**We'll walk hand in hand**

**We'll walk hand in hand**

**We'll walk hand in hand to- day**

**O! deep in my heart**

**I do believe that**

**We shall overcome some day**

**We shall live in peace.**

**We shall live in peace.**

**We shall live in peace to-day**

**O! deep in my heart**

**I do believe that**

**We shall overcome some day**

**We shall not be afraid**

**We shall not be afraid**

**We shall not be afraid to-day**

**O! deep in my heart**

**I do believe that**

**We shall overcome some day.**

### **STRENGTH ALLOCATED AND ACTIVITIES**

**Regular Activities : 900 (9 Units)**

**Special Camping Programme : 450 (9 Camps)**

**Number of Engineering Colleges**

**Implementing NSS :4 (Institution)**

**No. of Adopted Villages : 9**

<b>No. of Program Officers</b>	<b>:</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
		<b>8</b>	<b>1</b>	<b>9</b>

**Types of Activities : 1. Regular Activities**

**2. Special Camping Programme**

### **REGULAR ACTIVITIES**

Under this, students undertake various need based programmes in the adopted villages, College Campuses and Urban slums during weekends or after college hours.

120 hours per year and 240 hours for 2 consecutive years

1. General Orientation of NSS Volunteers.

NSS Day Celebrations - 20 hrs.

2. Career guidance for the NSS Volunteers, by the

experts and campus work.	-	30 hrs.
3. Skill development (first aid, disaster management, public speaking, leadership motivation, HIV/AIDS awareness etc.).	-	26 hrs.
4. Community Development Projects (in the adopted village) – Survey in the village, tree plantation, Health, Cleanliness, Road Safety, Visits to Homes, technical training for rural youth and SHG, sanitation, women development programmes, consumer Awareness etc.	-	44 hrs.
Total	-	120 hrs.

### **SPECIAL CAMPING PROGRAMME**

Under this, 7 days camp organized in the adopted villages with a specified theme being given by Govt. of India by involving local youth. The Special camp should be conducted only in the adopted village (for second year NSS volunteers) at least for three years continuously.

### **5.MANAGEMENT OF ENGINEERING COLLEGE NSS UNITS**

Each Engineering College has to constitute an Advisory Committee to advise on programme planning and development under the Chairmanship of the Principal. It should meet once in each quarter and first meeting should be beginning of the academic year. The Programme Officer is its member secretary. In case, more than one unit is functioning in the Engineering Institution, the Senior NSS Programme Officer will be the Member-Secretary and the other P.O's may be co-opted as Members. The P.O. has to maintain the Advisory Committee Minutes book.

The committee may consist of:

1. Vice Chancellor	Chairman
2. Principal / Dean	Members
3. Two staff members with social work background	Members
4. Representative of the Development Department, NGO	Member
5. Representatives from the adopted villages/slum/ Welfare agencies	Member
6. NSS Student leaders one (or) two	Member
7. NSS Programme Officers	Member-Secretary
8. Representative of the Youth Officers	Members

#### **NSS UNIT AND PROGRAMME OFFICER**

One NSS unit consists of 100 student volunteers guided by one Program Officer who will be a **faculty member**. The Programme Officer is expected to motivate the student youth to understand the values and philosophy of NSS. The overall functions of Program Officer are to help the students to plan, implement and evaluate the activities of NSS under his/her charge and give proper guidance and directions to the student volunteers.

#### **6. NSS STUDENT VOLUNTEERS**

Any student enrolled as an NSS Volunteers, as per NSS Manual should put in at least 240 hours of useful social work in a continuous period of two year (i.e. 120 hours per year). **A work diary is to be maintained by each NSS Volunteer**, which will help him/her in the assessment his/her performance. Such volunteer is eligible to get NSS Service Certificate from the colleges. The Service Certificate given in the NSS Manual should be strictly adhered.

## **7. QUALIFICATION FOR THE NSS PROGRAMME OFFICER**

- a. Program Officer will be selected from the members of teaching only.
- b. NCC Officers and Physical Education Directors should not be appointed as NSS Program Officer.
- c. In Women's Colleges lady teachers should be appointed as NSS Program Officers, However, male members may help the lady NSS Program Officers.
- d. A teacher who has high level of motivation, inclination and attitude for community work and above all, very good rapport with students should be preferred as NSS Program Officer.

## **8. NSS THEME FOR THE YEAR 2016-2017**

Every year the Government of India a theme based on which the NSS activities of the year shall be carried out.

### **HEALTHY YOUTH FOR HEALTH INDIA**

Under this theme all the health related issues may be covered which include General Health, Mental health, Spiritual Health, HIV/AIDS, Sexual Abuse, Adolescent Health and Population Education. This theme will be continued for the next 3 years.

## **9. ACTIVITIES OF NSS VOLUNTEERS AND ADOPTION OF VILLAGE**

The activities under NSS are two-fold, viz., 1. Regular Activities which are undertaken during the working days of the semester and 2. Special Camping activities for 7 days duration in the adopted villages / Urban slum during vocation.

Each NSS unit in the college is expected to adopt a near by village/slum and work for its all round development. Regular Activities and Special Camp should preferably be organized in the adopted village/rural unit/slum for this purpose.

## 10. NORMS FOR EXPENDITURE

Each NSS unit will be supported by Rs.22,500 per year for the following expenses.

The amount of Rs.22, 500 sanctioned to each NSS unit in the College will be utilized as follows:

a)	Special Camping at Rs.450 per volunteers		
	per day for 7 days for 50 volunteers	-	Rs.22,500
b)	Regular Activities for 100 volunteers at		
	Rs.225 per volunteers per year	-	Rs.22,500
b)	The allocation of Rs.22,500 for Regular Activities will be sent as follows:		
1.	Out-of-pocket allowance to Programme		
	Officers	-	Rs.4, 800
2.	Clerical assistance		
		-	Rs.1, 200
		Sub Total-1	Rs.6, 000
3.	Refreshment to NSS Volunteers	-	Rs.12, 000
4.	Equipments / Utensils/Books for Career Guidance	-	Rs. 2000
5.	TA to Programme Officers / Volunteers	-	Rs. 1,500
6.	Contingencies	-	Rs. 1,000
		Sub Total-2	Rs. 16,500
			-----
	Grand Total per Unit (SubTotal-1+SubTotal-2)		Rs.22, 500
			-----

## **11. CORPUS FUND**

As per the Directorate of Collegiate Education's and State Coordinator, NSS Letter No. Rc.No. 024081/P1/2003 dated 04.07.2003 all the Engineering Colleges sanctioned with NSS units shall collect **Rs.10 from all the students joining first year at the time of admission. This amount shall be distributed as follows:**

1. Rs.3 to be sent NSS Program Coordinator, Bharath University, Chennai – 600 073  
by drawing Demand Draft in favor of NSS Program Coordinator, Bharath University.
2. Rs.2 to be sent to State NSS Coordinator, Directorate of Collegiate Education, Chennai – 600 006 by drawing Demand Draft in favor of State NSS Coordinator.
3. **Rs.5 to be retained by the colleges as NSS Corpus Fund (which shall not be utilized for program expenditure for the present.)**

## **12. RECORDS AND REGISTERS**

The following Records and Registers are to be maintained by the NSS units at the Institution level.

1. Enrolment Register of volunteers.
2. Cash Register .
3. Stock Register (Consumable & non-consumable).
4. Attendance Register for Volunteers.
5. Registers for blood grouping – 8 in number.
6. Minutes Book (College Level NSS Advisory Committee).

### **13. DUTIES OF NSS VOLUNTEERS**

First and Second year students have to be enrolled as NSS Volunteers. NSS volunteer should put in

1. Establish rapport with the people in the project area.
2. Identify needs, problems and resources of the community.
3. Plan program and carry out the plan.
4. Relate learning experience towards finding solutions to the problem identified, and
5. Record the activities in work diary systematically and assess the progress periodically and effect changes as and when needed.

## GUIDELINESS FOR SPECIAL CAMPING PROGRAMMING FOR THE YEAR 2016-17

### HEALTHY YOUTH FOR HEALTH INDIA

Special Camps provide a unique opportunity to the student youth for group living leadership, close, interaction with the community, mutual understanding, tolerance, cohesion, etc. To make constructive use of student's leisure time for community work, these camps are organized during the vocations. During the Special Camps, students are expected to stay the communities where they are holding the camp. These camps are generally of 7 days duration. The objectives behind the theme will have to create awareness about health aspects like no usage of tobacco, HIV/AIDS awareness, Healthy food habits, hygiene drinking water, water born diseases.

Under this theme all the health related issues may be covered which include General Health, Mental health, Spiritual Health, HIV/AIDS, Sexual Abuse, Adolescent Health and Population Education. This theme will be continued for the next 3-4 years.

#### **Proposed activities:**

- Identification of the adopted villages / slum areas.
- Awareness drives through Youth Rallies.
- Community participation by involving members of the adopted villages and local institutions.
- Duration of the NSS Special Camps will be 7 days and the volunteers will have to stay overnight in the camp.
- Organizing Day Camps on the theme at the Adopted Villages on weekends.
- Evaluation of the camp may be done with the help of volunteers and the community.
- Documentation in the form of success stories, news paper, clipping, daily reports in students diary, action photographs, video recording may be made.
- The special camps organized during the quarter may be reflected in the Quarterly Progress Report and the report be sent to all the concerned in time.

## **SUGGESTION SCHEDULE OF ACTIVITIES FOR 7 DAY SPECIAL CAMP ON THE THEME HEALTHY YOUTH HEALTH INDIA**

**Following activities may be undertaken during the 7 Days Special Camp:**

### **Day 1**

Inauguration of the first Day Rapport building exercise in the adopt villages  
Orientation/survey: NSS volunteers may conduct survey of the area / available water resources in the adopted village.

### **Day 2**

The second day Student role in NSS, Rallies, Health camps, environment cleaning etc.

### **Day 3 -4**

NSS volunteers after the survey should conduct cleanliness of wells, digging & deepening of ponds preservation of rainy water by digging tank etc., by involving local people. Upkeep and cleanliness of available drinking water resources. Use of traditional method of filtration using local material. Involvement of community in the maintenance of drinking water resources in collaboration with Health, Irrigation Departments, Municipal Committee, Panchayat Samities etc.

### **Day 5**

Efforts may be made to ensure that the work undertaken during the camp be continued and completed by the local people. Evaluation of the work done through concerned Government Department and local people.

### **Day 6**

Health camp, Discuss about health, Eye camp.

### **Day 7**

Closing of the camp by inviting local people to discuss about the work done and follow up action.

**IMPORTANT: Provide the Toilet and bathroom facilities for the Volunteers. Don't allow the students to take bath in the lake or ponds.**

## 14. REGULAR ACTIVITIES PHOTOS

### BLOOD DONATION CAMP 2016-2017

*"Give blood" redirects here. For other uses, see Give blood.*

*"Blood donor" redirects here. For the TV episode, see The Blood Donor.*

A **blood donation** occurs when a person voluntarily has blood drawn and used for transfusions and/or made into biopharmaceutical medications by a process called fractionation (separation of whole-blood components). Donation may be of whole blood (WB), or of specific components directly (the latter called aphaeresis). Blood bank often participate in the collection process as well as the procedures that follow it



Blood Donation camp was conducted on 30<sup>th</sup> August 2016 at "BHARATH UNIVERSITY SELAYIUR



Our Nss Volunteers Registration for Blood Donation Camp on 30th Aug 2016



Our Dean Engineering and Medical Team at Blood Donation Camp on 30th Aug 2016



Our Volunteers Donating Blood During the Blood Camp



During the Blood Donation Camp to check up the Blood Group.

## Blood Donation Voluntarism Registration-Camp



Blood Donation Voluntarism Registration held on 1<sup>st</sup> October 2016 at SELAIYUR



Students Enquiring about the Blood Donation Voluntarism Registration on 1<sup>st</sup> October 2016



During the Blood Donation Voluntarism Registration to check up the Blood Group.

## MEDICAL CAMP 2016-2017



The Free Comprehensive Health Check-Up Camp Was Held on 13<sup>th</sup> AUGUST 2016 at “Thiruvancherry” Village and Jointly Organized Lions Club of Tambaram Unit and Saveetha Dental College and Hospital Chennai.



During the Camp to Check up the Patients Thiruvancherry Village.



Medical camp Inauguration for Free Comprehensive Health Check-Up Camp Was Held on 13<sup>th</sup> AUGUST 2016 at “Thiruvencherry” Village.



Registrtration for the medical camp on 13<sup>th</sup> AUGUST 2016 at “Thiruvencherry” Village

## Support For Jallikattu



Jallikattu protest held on 17<sup>th</sup> Jan 2017 at Bharath university



Students of BHARATH UNIVERSITY supporting for Jallikattu on 17<sup>th</sup> Jan 2017.

## VOTING PLEDGE

VOTING PLEDGE held at BHARATH UNIVERSITY SELAIYUR ON 25<sup>th</sup> January 2017



Our volunteers are taking Voting Pledge at Our University Campus On 25<sup>th</sup> Jan 2017.



Our volunteers are taking Voting Pledge at Our University Campus On 25<sup>th</sup> Jan 2017.

## Orientation Programme



Orientation program on Revolution in Volunteerism was Held on 8<sup>th</sup>February 2017 at Bharath University Selaiyur, Chennai.



Chief guest Mr.Gowtham on the stage for Orientation program on Revolution in Volunteerism was Held on 8<sup>th</sup> February 2017 at Bharath University Selaiyur, Chennai.

## SCIENCE DAY RALLY

The National Service Scheme (NSS) committee recommended the introduction of national service for a period of nine months to a year; however, the recommendation was not accepted because of its financial implications and difficulties in implementation. In 1960, the government appointed K.G. Saiyidain to study how national service by students was implemented in other countries. He submitted his report, "National Service for the Youth", to the government with recommendations to develop a feasible scheme of social service by Indian students. "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.



Science Day Rally was held on 28<sup>th</sup>February 2017 at Vengambakkam Village on the Day our NSS UNIT creating awareness among public.



NSS co-ordinator Creating awareness to the shopkeeper held on 28<sup>th</sup>February 2017 at Vengambakkam Village



During the science Day Awareness Program in the Panchayat middle School at Vengambakkam Village on 28<sup>th</sup> February 2017 .

### University Campus Cleaning



Nss Volunteers Cleaning the University Campus on 2nd march 2017 at Bharath University, Chennai

## Womens Day Celebration



Women's day Celebration Held on 8<sup>th</sup> March 2017 at Bharath University



Dean Engineering and our NSS Volunteers Women's day Program Held at Bharath University organized by NSS UNIT

## WORLD WATER DAY RALLY

### World Water Day held on 21<sup>st</sup> MARCH 2017 at Besant Nagar

**World Water Day** is an annual event celebrated on 21 March. The day focuses attention on the importance of universal access to clean water, sanitation and hygiene (WASH) facilities in **developing countries**. The day also focuses on advocating for the **sustainable management** of freshwater resources.

World Water Day is supported by stakeholders across the globe. Many organizations promote clean water for people and sustainable aquatic habitats. Events such as theatrical and musical celebrations, educational events, and campaigns to raise money for access to clean and affordable water are held worldwide on or close to 21 March.



World Water Day Rally Program Held on 21<sup>st</sup> MARCH 2017 at Besant Nagar.



## SPECIAL CAMP 2016-17



Special Camp Held at Paduvancherry ,Vengambakkam ,Thirvancherry on 21<sup>st</sup> March 2017-27<sup>th</sup> March 2017



Wall Constructed by Our Nss Volunteers During the Special Camp at Paduvancherry Village.



Sports Activities for School Children during special camp.



Nss Volunteers painting the wall During the Special Camp at Paduvancherry Village.



Nss Volunteers Cleaning the Tree During the Tree Plantation at Paduvancherry Village school

## SELF DEFENSE WORKSHOP



Self Defense Program Held at BHARATH UNIVERSITY ON 22<sup>nd</sup> March 2017.



Nss Volunteers Learning Self defense techniques During the Work Shop.

## POLIO DROPS-2016-2017



polio virus is usually a harmless parasite of human beings. There is no specific treatment for polio except symptomatic. Therapy is designed to make the patient more comfortable. There are two types of polio immunizations available in the United States. Both of these vaccines take advantage of the fact that infection with polio leads to an immune reaction, which will give the person permanent, lifelong immunity from re-infection with the form of poliovirus for which the person was vaccinated. This is a rare complication, however, occurring in only one in 6.8 million doses administered and one in every 6.4 million doses from having close contact with someone who received the vaccine.



Polio Drop Camp was Held at "BHARATH UNIVERSITY" on 2<sup>nd</sup> April 2017



"FEAR IS THE POLIO OF THE SOUL WHICH PREVENTS OUR WALKING BY FAITH."

"A DERANGED PERSON IS SUPPOSED TO HAVE THE STRENGTH OF TEN MEN.

I HAVE THE STRENGTH OF ONE SMALL BOY... WITH POLIO"

## TREE PLANTATION CAMP



Our NSS Volunteers Planted the Tree during the Tree Plantation Camp held on 7<sup>th</sup>April 2017



Our NSS Volunteers Planted the Tree During the Tree Plantation Camp held on 7<sup>th</sup>April 2017

**Flow Chart for the NSS Cell**

