



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 2015 - 2016



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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 2015-2016 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 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.

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 programmes. 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 programmes. 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 Programme Coordinator
NSS Cell, Bharath University

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NATIONAL SERVICE SCHEME

1. INTRODUCTION

In India, the idea of involving students in the task of national service dates back to the times of Mahatma Gandhi, the father of the nation. The central theme which he tried to impress upon his student audience time and again, was that they should always keep before them, their social responsibility. The first duty of the students should be, not to treat their period of study as one of the opportunities for indulgence in intellectual luxury, but for preparing themselves for final dedication in the service of those who provided the sinews of the nation with the national goods & services so essential to society. Advising them to form a living contact with the community in whose midst their institution is located, he suggested that instead of undertaking academic research about economic and social disability, the students should do "something positive so that the life of the villagers might be raised to a higher material and moral level".

2. OBJECTIVE

The overall objective of NSS is Personality Development through 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 disaster and 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 is “Rath’ Wheel of the Konark Sun Temple of Orissa. These giant wheels of the sun temple portray the cycles of creation, preservation and release and signify the movement in life across time and 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 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 programmes 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 programmes 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

No. of Programme Officers	:	Male	Female	Total
		8	1	9

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 Programme 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 Programme 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. Programme Officer will be selected from the members of teaching only.
- b. NCC Officers and Physical Education Directors should not be appointed as

NSS Programme Officer.

- c. In Women's Colleges lady teachers should be appointed as NSS Programme Officers, However, male members may help the lady NSS Programme 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 Programme Officer.

8. NSS THEME FOR THE YEAR 2015-2016

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		Rs.4, 800
	Officers	-	
2.	Clerical assistance		Rs.1, 200
		-	Rs.6, 000
		Sub Total-1	
			Rs.12, 000
3.	Refreshment to NSS Volunteers	-	
			Rs. 2000
4.	Equipments / Utensils/Books for Career Guidance	-	
			Rs. 1,500
5.	TA to Programme Officers / Volunteers	-	
			Rs. 1,000
6.	Contingencies	-	Rs. 16,500
		Sub Total-2	-----
	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 Programme Coordinator, Bharath University, Chennai – 600 073

by drawing Demand Draft in favor of NSS Programme 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 programme 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 programmes 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 2015-2016

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

Blood donation refers to the process of collecting, testing, preparing, and storing blood and blood components. Donors are most commonly unpaid volunteers, but they may also be paid by commercial enterprises. Blood registry refers to the collection and sharing of data about donated blood and ineligible donors. Blood donations can be made in community blood centers, at hospitals or in bloodmobiles, which visit schools, churches and workplaces. The actual process of donating whole blood takes about 20 minutes. The blood flows through plastic tubing into a blood bag. Donors may be asked to clench their fist to encourage blood to flow. Usually, one unit of blood is collected.



Student donating blood during the camp on 29th July 2015 at Bharath University.



BLOOD DONATION CAMP was held at "BHARATH UNIVERSITY" on 29th July 2015
"ACT AS IF WHAT YOU DO MAKES A DIFFERENCE. IT DOES."



Blood donation camp at Bharath University on 29th July 2015 with our NSS Volunteer donating blood



Our staff donating blood on blood donation camp and along with our NSS coordinators held at Bharath university on 29th July 2015.

GENERAL MEDICAL CAMP



Free Medical Camp was conducted by Bharath University Nss Cell & Jointly Conducted by Lions Club Tambaram.. In our University Campus on 13th August 2015.



Doctor checking the Children during the general medical camp at Bharath University on 13th August 2015.



Village People are attended the free health camp at our university campus. on 13th August 2015.



Distribution of Medicine at our University Campus on 13th August 2015.



Lions Club Members are giving the instructions to the peoples about Health Awareness at our university campus on 13th August 2015.

POLIO DROPS-2015-2016



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 drops camp was held at "BHARATH UNIVERSITY" on 22nd January 2016.



Polio drops camp was conducted at Bharath University on 22nd January 2016.
Polio Drops is given to the child during the camp.



Parent waiting with Child during Polio Drops camp on 22ndJanuary 2016 at Bharath University.



Polio Drops given to the child during the camp at Bharath University on 22ndJanuary 2016.

VOTING AWARENESS 2015-2016

SVEEP CAMPAIGN-2016

Vote of confidence, procedure used by members of a legislative body (generally the lower house in a bicameral system) to remove a government (the prime minister and his cabinet) from office. To be successful, the procedure, which does not apply to the removal of heads of state in presidential and semi presidential forms of government, typically requires a majority of legislators to disapprove of the government's actions i.e., to issue a vote of "no confidence" or a motion of censure. vote on a major piece of legislation may be treated as a vote of confidence. Many other countries with parliamentary forms of government allow for formal votes of confidence or censure.



Sweep Camp held at Bharath University on 14th March 2016.
Our NSS Coordinator R.Karthikeyan and S.P.Vijayaragavan along with our Students during the camp.



"EVERY ELECTION IS DETERMINED BY THE PEOPLE WHO SHOW UP."
 Students along with our Nss Coordinator during the camp on 14th March 2016.



"PRESIDENTS ARE SELECTED, NOT ELECTED."

Sveep Campaign TamilNadu Legislative Assembly Elections 2016 at Bharath University on 14th March 2016

Nss special camp 2015-2016



The National Service Scheme (NSS) he

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

பாரத் பல்கலைக்கழகம்
(Declared u/s 3 of UGC Act, 1956)
173, அகரம் சாலை, சேலையூர்,
சென்னை - 73.

நாட்டு நலப்பணித்திட்டம்
நடத்தும்
சிறப்பு முகாம்

நலமான இளைஞர்கள் வளமான இந்தியா
(Healthy Youth For Wealthy India)

இடம் : ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளி
வெங்கம்பாக்கம்.

நாள் : 16.3.2016 - 22.3.2016
(7 நாட்கள்)

7 Days Special camp held at Vengambakkam on 16th March – 22nd March 2016.



"START BY DOING WHAT IS NECESSARY, THEN WHAT IS POSSIBLE, AND SUDDENLY YOU ARE DOING THE IMPOSSIBLE."

Inauguration for 7Days Special Camp held at Government School, Vengambakkam on 16th March 2016.



"FREEDOM IS NOT PRODUCED BY A FULL ENJOYMENT OF WHAT IS DESIRED BUT CONTROLLING THE DESIRE."

Dr.M.Ponnaivaiko sir giving certificates to our Nss Volunteers during the Special camp at Vengampakkam Government school on 16th March 2016.



**"THE GREATEST DISCOVERY OF MY GENERATION IS THAT HUMAN BEINGS
CAN ALTER THEIR LIVES BY ALTERING THEIR ATTITUDES OF MIND."**

Our Nss staff teaching the government school students during the camp on 18th March 2016.



**"Tree Plantation EVERY PROBLEM COMES WITH AN EQUAL OR GREATER
OPPORTUNITY."**

Tree Plantation during the special camp at vengampakkam Government school on 19th March 2016



School Soft Skill Development Program at vengampakkam village,kanchipuram district



White Wash Primary School at Venkambakkam Villagekanchipuram district



Sports Activities at Venkambakkam School



NSS volunteers cleaning the school campus during the Special Camp at vengampakkam
On 20th March 2016.

TREE PLANTATION



"FAR AND AWAY THE BEST PRIZE THAT LIFE OFFERS IS THE CHANCE
TO WORK HARD AT SOMETHING WORTH DOING".
Tree Plantation held on 30th March 2016 at Selaiyur.



NSS Volunteers planting the trees during the camp on 30th March 2016.

Flow Chart for the NSS Cell

