

**SEVA MANDAL EDUCATION SOCIETY'S
SMT.MANIBEN M.P SHAH WOMEN'S COLLEGE OF ARTS &
COMMERCE (AUTONOMOUS)**

Programme Name: B.A, B.Com, BMS, BAMB, BAFI

Proposed Syllabus: NSS under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	Role of Youth in National Service scheme
Semester	II
Course Credit	2
No. of Lecture per week	2
Marks of Continuous Comprehensive Evaluation	50
Marks of Semester End Examination	-

Course Title: Role of Youth in National Service scheme

Course Objectives	<p>The main objective of the syllabus are:</p> <ul style="list-style-type: none"> • To Provide Students with the Skills and Experiences they need to become effective leaders • Empower youth for Positive sense of Self Control • To support students to be good leaders, Inventors and Innovators • To make students Understand about Personal Health and Hygiene • To Sensitize students about the Socio-Economic Problems in Adopted Area by visit • To cultivate Pride of our Heritage and Monuments
Course Outcomes	<p>After going through the course, learners will be able to :</p> <ul style="list-style-type: none"> • Understand the importance and Application of Leadership Skills • Apply the knowledge for decision making and communication skills. • Use his ideas for new innovative activities which will be help in professional efficiencies. • Apply the knowledge for their healthy life style.

	<ul style="list-style-type: none"> • Contribute their ideas for the innovative activities in adopted area. • Use knowledge to conserve our Cultural Monuments and Heritage Site. • Apply knowledge to bring changes in the Society.
Module 1 (Credit 1) Activity Based Programmes	
Learning Outcomes	After learning the module, learners will be able to:
	<ul style="list-style-type: none"> • Understand the role of youth, and various leadership skills • Use the government policy • Adopt healthy Lifestyle. • Protect themselves from Substance Abused
Content Outline	<p>(A) On Campus Activities:</p> <ul style="list-style-type: none"> • Role of Youth and Leadership Skill • Meaning and Types Of Leadership • Qualities of Good Leadership • National Youth Policy <p>(B) Youth Health</p> <ul style="list-style-type: none"> • Healthy life style : Mental Health, Healthy food (Diet), Yoga and Exercises • Substance abused : Alcohol, Tobacco, Drugs, Hepatitis diseases, T.B , HIV / AIDS etc...
Module 2 (Credit 1) Off Campus Activities	
Learning Outcomes	After learning the module, learners will be able to
	<ul style="list-style-type: none"> • Understand the importance of various Awareness Activities • Value and Respect our Cultural Monument and Heritage Sites • Understand the Socio – Economic problems in the adopted area.
Content Outline	<p>A) Awareness Program:</p> <ul style="list-style-type: none"> • Road Safety • World Population Day • Voting Awareness • Gandhi Jayanti Rally • Environment Day • AIDS Awareness • Swachata Abhiyan etc.... <p>B) Visit & Conserving Ancient Monument & Heritage :</p> <ul style="list-style-type: none"> • Adopted Area • Manibhavan • Museum – Nehru science centre etc.... • Different Fort – Sion, Worli, Vasai etc...

Evaluation Method: It is application based internal exam only such as :

- Planning The Activities
- Application of new ideas.
- Participation in Activities
- Leadership and Responsibility.
- Assignment
- Report Submission
- Screening Film & Documentary Followed by discussion
- Street Play Script Writing & Presentation
- PPT making and Presentation
- Online posters
- Voluntary activities in nebarhood area
- Attending university, state ,national level programs

References

<https://images.app.goo.gl/Zuy7mfrPxKtrySgA8>

<https://images.app.goo.gl/PhA7dKme6w7xt43j9>

<https://images.app.goo.gl/DzLUoBubW67ErAXD9>

<https://images.app.goo.gl/RDLwtStzX4BVzxt5>

SEVA MANDAL EDUCATION SOCIETY'S
SMT.MANIBEN M.P SHAH WOMEN'S COLLEGE OF ARTS & COMMERCE
(AUTONOMOUS)

Programme Name: BA, BCOM, BAFI, BMS, BAMB

Proposed Syllabus under NEP

Year of Implementation: 2023-24

Course Category	Co-curricular (CC)
Level	4.5
Course Title	Disaster Management (under Green Club initiative)
Semester	2
Course Credit	2
No. of Lecture per week	2
Marks of Comprehensive Continuous Evaluation	50
Marks of Semester End Examination	-

Course Title: Disaster Management

Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none">• Identify and classify natural and manmade disasters• Mitigate disasters by understanding the steps involved in disaster management• Understand Government of India's efforts towards disaster management in India• Understand disaster management on a global perspective• Apply their knowledge to spread awareness about disaster management• Be prepared to assist and help in disaster situations• Empathize with the people who have suffered from a disaster
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Module 1 (Credit 1)	Title of the Module: Disasters & Disaster Management
Learning Outcomes <i>(Specific related to the module.. e.g. Define, Differentiate, Carry out, Design, etc. ...)</i>	After learning the module, learners will be able to: <ul style="list-style-type: none"> ● Define a disaster ● Differentiate between natural and manmade disasters ● Understand the consequences of disasters in the social, economic and emotional perspectives through case studies ● Apply disaster management strategies in case of facing a disaster situation ● Create awareness about disasters and disaster management in the community ● Assess the disaster preparation of their own homes
Content Outline	1.1. What is a disaster? Types of disasters 1.1.1. Natural disasters: Earthquake (Bhuj/ Latur), Landslides (Uttarakhand/ Himachal Pradesh), Cyclones (Nisarga/ Biparjoy) 1.1.2. Anthropogenic/ Manmade disasters: Chemical: Bhopal Gas Tragedy Urban floods: Mumbai/ Chennai Biological: Covid-19 pandemic - Indian context 1.1.3. Relevant documentaries and short films 1.2. What is disaster management? Mitigation of disasters 1.2.1. Steps in disaster management 1.2.2. Being prepared to face a disaster 1.2.3. Preventive measures to avert disasters
Module 2 (Credit 1)	Disaster Management: Indian and Global Perspectives
Learning Outcomes <i>(Specific related to the module.. e.g. Define, Differentiate, Carry out, Design, etc. ...)</i>	After learning the module, learners will be able to <ul style="list-style-type: none"> ● Understand disaster management efforts by the Government of India ● Understand the formation, objectives and work of the National Disaster Management Agency (NDMA) and National Disaster Response Reserve (NDRR) ● Apply the Prime Minister's 10-point agenda to effective disaster management ● Understand the United Nations efforts in global disaster management including the Sendai framework ● Understand and apply the theoretical knowledge of the Coalition for Disaster Resilient Infrastructure (CDRI)

Content Outline	<p>2.1. Indian Perspective</p> <p>2.1.1. Disaster Management Act, 2005</p> <p>2.1.2. National Disaster Management Authority (NDMA) (Formation, Aims & Objectives, Work carried out)</p> <p>2.1.3. Prime Minister's 10-point agenda for Disaster Risk Reduction</p> <p>2.1.4. Case studies in the Indian context</p> <p>2.2. Global Perspective (overview only)</p> <p>2.2.1. United Nations Office for Disaster Risk Reduction (UNDRR)</p> <p>2.2.2. Sendai Framework for Disaster Risk Reduction 2015-2030</p> <p>2.2.3. Coalition for Disaster Resilient Infrastructure (CDRI)</p>
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Evaluation Method: It is application based internal exam only (50 marks)

Practical/ Evaluation

- Emergency kit making + awareness about it (street play or any other)
- Model making/ Chart making/ awareness posters/ videos/ reels
- Case studies - Literature survey and report
- Interaction with people have suffered from natural/ manmade disasters – report on the social, economic and emotional consequences of facing a disaster
- Written test/ quiz
- Power Point presentations
- Street plays for awareness
- Report on guest lecture/ field visit/ case study/ documentaries/ short films discussions

References:

General

All India Disaster Mitigation Institute.

URL: <https://aidmi.org/>

Khullar, D.R. and Rao, J.A.C.S. (2021) *Environment and Disaster Management*. McGraw Hill Education (India) Pvt. Ltd.

Mondal, D. and Basu, D. (2020) *Disaster Management: Concepts and Approaches*. CBS Publishers and Distributors Pvt. Ltd. India.

National Disaster Management Authority, Government of India.

URL: <https://ndma.gov.in/>

National Disaster Management Authority Guidelines.

URL: https://ndma.gov.in/Reference_Material/NDMAGuidelines

Srivastava, A.K. (2021) *Textbook of Disaster Management*. Scientific Publishers, India.

Relevant case studies, documentaries and short films

Indian Perspective

Covid19 case studies

URL: <https://ndma.gov.in/covid/Covid-19CaseStudies>

National Disaster Management Act, 2005

URL: https://ndma.gov.in/sites/default/files/PDF/DM_act2005.pdf

National Policy on Disaster Management, 2009

URL: <https://ndma.gov.in/sites/default/files/PDF/national-dm-policy2009.pdf>

Prime Minister's 10-point Agenda

URL: https://ndma.gov.in/Reference_Material/PM_Ten_Agenda

Global Perspective

Coalition for Disaster Resilient Infrastructure

URL: <https://www.cdri.world/>

Sendai Framework for Disaster Risk Reduction 2015-2030

URL: <https://www.undrr.org/implementing-sendai-framework/what-sendai-framework>

United Nations Office for Disaster Risk Reduction

URL: <https://www.undrr.org/>

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Programme Name: B.A, B.Com, BMS, BAMB, BAFI

Proposed Syllabus: NCC under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	NCC for Youth Development
Semester	II
Course Credit	2
No. of Lecture per week	2
Marks of Comprehensive Continuous Evaluation	25
Marks of Semester End Examination	25

Course Title: NCC for Youth Development

Course Outcomes	After going through the course, learners will be able to <ul style="list-style-type: none">● Understand the concept and importance of NCC for future youth forces.● Shapes the personality by inculcating discipline in their casual life that stays for their entire life.● Develop valuable personal abilities, build life, skills Like teamwork, resilience and fosters confidence etc.
Module 1. (Practical Examination, Education & Achievements)	Title of the Module: Foot Drill

Learning Outcomes	<p>After going through the course, learners will be able to understand</p> <ol style="list-style-type: none"> a. NCC Day Parade b. Social Service Activities <p>Note: 1. Cadets who attend 80% parades on training days are eligible for 2 credits. Cadets who complete the cadre of NCC Day or attend social service activities would be given 20% relaxation in attendance. Special achievements by cadets like attending YEP, RDC, TSC etc. would be given 50% relaxation.</p> <p>2. Those cadets failing to qualify the above criteria shall attend all parades, cadres, social service activities and appear for Physical training test and Drill Squad Test in the concluding semester.</p>
Content Outline	<ul style="list-style-type: none"> • Marching, Length of Pace and Time of Marching in Quick Time and Halt, Slow March and Halt • Turning on the March and Wheeling. • Saluting on the March. • Formation of squad and Squad Drill.
Module 2. Title of the Module: Personality Development and Leadership	
Learning Features	<p>After going through the course, learners will be able to</p> <ol style="list-style-type: none"> 1. The training shall instill patriotism, commitment and passion to serve the nation motivating the youth to join the defense forces. 2. The students will demonstrate the sense of discipline, improve bearing, smartness, turnout, develop the quality of immediate and implicit obedience of orders, with good reflexes 3. learned how to lead the various activities
Content Outline	<ul style="list-style-type: none"> • Applying positive leadership traits • Training activities • General knowledge of life skills, soft skills, communication skills, Character building and good personality

Theory: 25

Practical: 25

Note: 1. Cadets who attend 80% parades on training days are eligible for 2 credits. Cadets who complete the cadre of **NCC Day** or attend social service activities would be given 20% relaxation in attendance. Special achievements by cadets like attending **YEP, RDC, TSC** etc. would be given 50% relaxation.

2. Those cadets failing to qualify the above criteria shall attend all parades, cadres, social service activities and appear for Physical training test and Drill Squad Test in the concluding semester.

References:

A) NCC JOURNAL & Hand Book

B) Additional Reading & Camp Experience

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Programme Name: B.A, BCom, BMS, BAMB, BAFI: Sports

Proposed Syllabus Sports under NEP

Year of Implementation: 2023-24

Course Category	Co-Curricular (CC)
Level	4.5
Course Title	TYPES OF WORKOUTS
Semester	II
Course Credit	2
No. of Lecture per week	Theory+Practical (2)
Marks of Continuous Comprehensive Evaluation	-
Marks of Semester End Examination	50

Course Title: Types of workouts

Course Outcomes	<p>After going through the course, learners will be able to</p> <ul style="list-style-type: none"> ● Understand the concept of speed, strength & flexibility workouts ● Role and importance of physical fitness & mental stability in day-to-day life. ● Regular practice of speed, strength & flexibility to build mental & physical fitness.
Module 1 (Credit 1) Title of the Module: Agility Exercises	
Learning Outcomes	After learning the module, learners will be able to

	<ul style="list-style-type: none"> ● Improve mental, physical and social status through kho-kho game and techniques.
Content Outline	<ul style="list-style-type: none"> ● Meaning and importance of Agility workout. ● How agility workout improves physical fitness. ● Important exercise for development of agility – Multistage shuttle run, Vertical jump, Zig -zag run etc. ● Components of Physical Fitness: (1) body composition, (2) flexibility, (3) muscular strength, (4) muscular endurance, and (5) cardiorespiratory endurance.
Module 2 (Credit 1) Title of the Module: Game Kho-Kho	
Learning Outcomes	<p>After learning the module, learners will be able to</p> <ul style="list-style-type: none"> ● Understand the Basic techniques of KHO -KHO game and improve physical fitness specifically Stamina, flexibility and agility. ● Players will be benefited with mental stability & drastically improvement in design making quality.
Content Outline	<p>1.Introduction to Kho Kho</p> <p>(A) History of kho - kho game</p> <p>(B) Measurements of kho-kho court</p> <p>(C) Rules & Regulations of kho - kho game</p> <p>(D) Different types of kho - kho</p> <p>(E) Different Fild events</p>

Semester End Examination (SEE) Paper pattern: Theory & Practical test, 50 Marks