



**BODOLAND UNIVERSITY,
KOKRAJHAR, BTAD (ASSAM) 783370
NATIONAL SERVICE SCHEME**

"NOT ME, BUT YOU"

"Personality Development of Students through Community Service"

"Education through Community Service"

Introduction:

-The National Service Scheme (NSS) is an Indian government sponsored public service program conducted by the Department of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year, 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community linkage. The cardinal principle of the NSS programme is that it is organized by the students themselves, and both students and teachers through their combined participation in community service, get a sense of involvement in the tasks of nation building.

The post independence era was marked by an urge for introducing social service for students, both as a measure of educational reform and as a means to improve the quality of educated manpower.

The University Grants Commission headed by Dr. Radha Krishnan recommended introduction of national service in the academic institutions on a voluntary basis with a view to developing healthy contacts between the students and teachers on the one hand and establishing a constructive linkage between the campus and the community on the other hand.

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".

Aims and objectives of National Service Scheme:

The objective of the National Service Scheme is "development of the personality of students through community service". This objective is sought to be achieved by enabling the students to work in community. The programme aims to inculcate social welfare in students, and to provide

service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster victims.

The main objectives of National Service Scheme (NSS) are:

1. To enable the students to understand the community in which they work;
2. To understand themselves in relation to their community;
3. To identify the needs and problems of the community and involve them in problem solving process;
4. To develop among themselves a sense of social and civic responsibility;
5. To utilize their knowledge in finding practical solutions to individual and community problems;
6. To develop competence required for group-living and sharing of responsibilities;
7. To Gain skills in mobilizing community participation;
8. To acquire leadership qualities and democratic attitude;
9. To develop capacity to meet emergencies and national disasters;
10. To practice national integration and social harmony.

Motto of National Service Scheme:

The Motto of NSS "**Not Me, But You**", reflects the essence of democratic living and upholds the need for self-less service. NSS helps the students develop appreciation to other person's point of view and also show consideration to /other living beings. The philosophy of the NSS is well doctined in this motto, which underlines/on the belief that the welfare .of an individual is ultimately dependent on the welfare of the society on the whole and therefore, the NSS volunteers shall strive for the well-being of the society.

Logo of National Service Scheme:-

The symbol for the NSS has been based on the giant Rath Wheel of the world famous Konark Sun Temple (The Black Pagoda) situated in Orissa, India.

The wheel portrays the cycle of creation, preservation and release and signifies the movement in life across time and space, the symbol thus stands for continuity as well as change and implies the continuous striving of NSS for social change.

Badge of National Service Scheme:-

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme of community service. The Konark wheel in the symbol has eight bars which represent the 24 hours of the day. 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 mankind.

NSS Day:-

NSS was formally launched on 24th September, 1969, the birth centenary year of the Father of the Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate programmes and activities.

NSS Song:-

During Silver Jubilee Year 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. The theme song is given in the end of the Manual.

Regular activities of National Service Scheme:-

Regular activities includes functional literacy and non formal education, plantation, preservation and up keeping of trees, construction and repair of roads, cleaning of village ponds and wells, construction and laying of parks, health education and primary health care, first aid awareness, blood donation, anti drug addiction drives, AIDS awareness, advocating advanced agricultural practice, disaster management (Cyclones, floods, earth-quakes, drought), women empowerment, road safety, socio-economic surveys, improvement of campus etc.

- Literacy/Educational Programme
- Environment/Waster land development and conservation
- Reconstruction/Repair of Roads
- Immunisation/Health camps
- Blood donation camps
- Awareness camps on drug Abuse/AIDS/HIV
- Programmes for Woman
- Work in Hospitals/Orphanages/ Destitute Homes
- National Integration/Communal Harmony Programmes
- Activities during emergencies such as flood, war earthquake, Tsunami etc
- Celebration of important days
- Adoption of villages
- Construction and repair of roads
- Afforestation
- Plastics eradication
- Eye donation
- Tree plantation.

Flagship Programmes :-

- o Environment awareness programme
- o Anti-Drug Campaign
- o Energy Conservation Programme
- o Anti-Ragging Programme
- o First aid training programme

- o Traffic Awareness
- o Skill development

NSS Volunteer:

- (a)** A student should have completed a minimum of two years of volunteer-ship in NSS.
- (b)** He/ She should have participated in atleast two Special Camping Programme and atleast once in National Programmes like R.D. Parade Camp in Delhi, National Integration Camps, National Motivation Camps, Inter State Youth Exchange Programmes etc. sponsored by the Department of youth Affairs and Sports.
- (c)** He / She should not be less than 18 years and more than 25 years in age. In case of SC / ST, the upper age limit can be relaxed by 3 years. In other words, the maximum age limit should be 28 years for SC / ST.
- (d)** He / She should have completed 240 hours of community service during two consecutive years of volunteer ship.
- (e)** His / Her academic performance should have been reasonably good.

Who can enroll: Any person who is enroll himself / herself as a regular student in any undergraduate course at +2 stage affiliated to the Universities recognized by UGC / State Government. Only for NSS open unit at the University level any person who is socially oriented and in willing to devote his / her time for social service can enroll himself / herself.

When he / she can enroll: As soon as he / she secure admission for his / her studies for the above mentioned course he is eligible to enroll himself / herself in NSS as a volunteer. Generally the enrollment is done between June and July of every academic year.

Whom to contact: Assistant Professor / Teacher who is in-charge of NSS activities in the institution where you are studying should be contacted. The NSS in-charge is designated as NSS Programme Officer. If you don't get the information then you can contact the Principal/Registrar of the institution. For opening new NSS unit contact NSS Programme Coordinator of the University.

What is duration of Volunteer ship: Students selected as NSS volunteers are expected to work in the scheme for a period of two years continuously and render community service for at least 120 hours in a year and also participate in special camping programmes of 10 days duration.

Fee: Admission Fees of Rs.5/- to 10/- may be charged from a student who wish to join NSS.

What are the formalities: A student who wants to join NSS has to fill an enrollment form which is supplied by the institution where he / she is studying.

“Themes” for the Special Camp are the following:-

- (1) Health
- (2) Environment
- (3) Rural Development
- (4) Skill acquisition
- (5) Value Education.

National Level Awards:

In order to recognize the outstanding contributions of NSS volunteers, programme officers, Units / Colleges and Universities a number of State Level National Level Awards have been instituted from the year 1993-94. The details are as follow:

NATIONAL LEVEL AWARDS

Sr.No.	Category	No. of Awards	Value of Award
1.	University / +2/Council	1	Rs.2,00,000/-
2.	Programme Officers	6	Rs.10,000/- each
3.	NSS Units	6	Rs.35,000/-each
4.	NSS Volunteers	16	Rs.8,000/-each

Regular and Special Camping Programme:

(a) Environment Enrichment and Conservation: Whereas the main theme for the special camping programme would be "Youth for Sustainable Development ", activities aimed at environment enrichment would be organised under the sub-theme of "Youth for Better Environment ". The activities under this sub-theme would inter-alia, include:

- Plantation of trees, their preservation and upkeep (each NSS Unit should plant and protect at least 1000 saplings;
- Creation of NSS parks / gardens,
- Construction & maintenance of village streets, drains, etc. so as to keep the environment clean;
- Construction of sanitary latrines etc.
- Cleaning of village ponds and wells;
- Popularisation and construction of Gobar Gas Plants, use of non-conventional energy
- Environmental sanitation, and disposal of garbage, & composting;
- Prevention of soil erosion, and work for soil conservation,
- Watershed management and wasteland development
- Preservation and upkeep of monuments, and creation of consciousness about the preservation of cultural heritage among the community.

(b) Health, Family Welfare and Nutrition Programme:

- Programmes of mass immunization;
- Working with people in nutrition programmes with the help of Home Science and medical college students;
- Provision of safe and clean drinking water;
- Integrated child development programmes;
- Health education, AIDS Awareness and preliminary health care.
- Population education and family welfare programme.
- Life Style Education centers and counseling centers.

(c) Programmes aimed at creating awareness for improvement of the status of women:

- Programme of educating people and making them aware of women's rights both constitutional and legal;
- Creating consciousness among women that they too contribute to economic and social well-being of the community;
- Creating awareness among women that there is no occupation or vocation which is not open to them provided they acquire the requisite skills, and imparting training to women in sewing, embroidery, knitting and other skills wherever possible.

ADOPTION OF VILLAGE:-

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible. From this point of view, village adoption programme should ensure continuity of work vis-à-vis sustained action, evaluation and follow up work.

As a first step in this programme, it is necessary to establish contact with several village and rural units which would help to select a village where 'Leadership' is well developed. In other words selected 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.

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 Science, Psychology and Education etc. have to be mobilized for the purpose.

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 combination:

- (i) Programme which can be taken up without NSS resources.
- (ii) Programme requiring joint efforts of NSS volunteers and villagers.

Camp Programme:

(a) It is very essential to prepare a suitable schedule for the camp, so that it helps to develop a sense of discipline and devotion among the campers. As the camp is an occasion for establishing rapport with the community, it should not be treated as a picnic or excursion.

(b) No uniform schedule of activities can be suggested for a work camp due to considerable variety in the scope and content of the projects, the NSS units should ensure that various activities undertaken during the camp are so planned and organised that it ultimately leads to fulfillment of the objectives of holding a camp. In addition to some manual work, the camp

should provide opportunity for community living, discussion in group and cultural activities etc. A good camp can adopt the following daily schedule of important activities:

(i) Manual work for accomplishment of the project like construction of small village complex, sustainable development activities like laying out gardens, tree plantation etc. or any other project depending on local needs and priorities.

(ii) Discussion on topics like freedom struggle, character-building, development of culture, family welfare, health and hygiene, national integration, eradication of social evils like casteism, regionalism, dowry, untouchability, alcoholism, corruption, gambling and superstitions; civil, social and national responsibilities of citizens, small savings, improved agricultural practices etc.

(iii) Cultural programmes / community singing in the evening.

(c) It is advisable that during the course of discussions on various topics and the cultural programmes - maximum number of villagers / residents (irrespective of their age) are provided an opportunity to benefit from such discussion and cultural programmes. If some of them are unable to participate in the manual work, but are interested in discussions and cultural programmes, this may be encouraged. Cultural programmes, may, as far as possible, be of educative value with social message. Efforts should be made to get some documentary films on development issues screened for the benefit of the community.

(d) It has been decided that as a part of the camp, the students should be taken to nearby projects with a rural development content like IRDP, NREP, ICDS, mid-day meals, adult literacy, village roads and sanitation, rural cooperative housing activity, dairying and animal husbandry, social forestry, soil and water conservation projects, and monuments of historical importance, to educate them about the cultural heritage as well as economic and technological advancement of the country. It would be necessary to spend a day for this purpose by economizing on the budget provided for Special Camping Programme and extending the duration of the camps by 1 or 2 days. Effective coordination has to be made with State Government and District Authorities to get all assistance in this regard. Certain changes have to be made considering the weather conditions and other variables. On certain occasions socio-cultural programmes could be organised in the community itself

Organisation of Camp:

(a) Each camp will have 1-2 teachers and 2-5 student leaders who will work as camp organisers / work supervisors. Each camp may consist of a minimum of 40 and maximum of 50 participants depending upon local needs.

(b) Active participation of local student and non-student youth (up to 10 percent of the camp strength) may be ensured. This can be done through suitable cultural and educational programmes, through dance, drama, music etc. undertaken in the evenings in cooperation with the local peoples.

(c) The NSS Programme Officers should ensure adequate representation of students belonging to SC/ST and minority communities, so that young person's belonging to these communities feel fully involved in the development of the country.

(d) Female NSS volunteers should be encouraged to participate in the camps organised by the co-educational Institutions.

Administration of the Camp:

- (a) Maximum number of NSS volunteer leaders and teaching community of the institution may be involved in conducting the camp.
- (b) All NSS volunteers participating in the camp should be divided into different groups. Each one will undertake activities according to one's aptitude, educational qualification and skill. For example, one team can take up mass immunisation against preventable diseases, another team can look after environmental sanitation and popularisation of Gobar Gas Plants; yet another team can concentrate its work on provision of potable water or other activities chosen by the institution etc. Each group may have a few local non-student youth so as to ensure local support on voluntary basis, and to ensure proper follow-up to the programmes during the term time.
- (c) The management of the camps may be done through Committees which take care of various aspects of camp life. Punctuality and discipline should be emphasized. All the participants including the teachers should strictly abide by the camp rules and stay in the camp. It is suggested that the following Committees may be formed for running the camp:-
 - (i) Mess Committee: It will look after the food arrangements of the camp;
 - (ii) Programme Committee: To conduct the day-to-day activities of the camp;
 - (iii) Project Committee: To take care of the project work including supply of tools and equipment.
 - (iv) Cultural Programme Committee: To arrange the cultural programmes in the way that all participants get opportunity to show their skill and talent. Group performance may be given preference over individual performance.
 - (v) General Discipline Committee: It will look after the discipline in the camp.
 - (vi) Reception and Guest Committee: It will look after the guests in the camp, and make necessary arrangements for their arrival and departure.

Duration of the Camp:

- (a) The NSS camp will be of 10 days duration. The NSS volunteers are expected to be in the camp throughout the period including on the inaugural day and depart from the camp only on closing day after valedictory function.
- (b) Camps beyond 10 days may be organised by the Institution subject to the condition that no additional finance will be made available. The additional expenditure may be met by exercising economy in the camp expenditure. The camp may be extended by five days over and above the mandatory period of 10 days.
- (c) In case an important project has been undertaken and it remains incomplete and it is very essential to the community, the NSS units may plan to organize a second camp to complete the project.

Lodging Arrangements:

- (a) The lodging arrangements of the camp should be made in a building of the village or panchayat/school.
- (b) In case of non-availability, a community building like Panchayat house etc. should be utilised for such purpose., with the consent of the influential peoples of the village.

(c) No camp should be held in the premises of the college / school. The NSS volunteers must reside in the adopted area where the camp is being held.

(d) Generally, slums in metropolitan cities are not convenient for the students to stay overnight during the project. In such cases, the arrangements for stay should be made in the institution itself (the colleges and schools are expected to adopt nearby slums). However, where this is not possible, Day camp can be organised. This provision is only for Urban units, who find it extremely difficult to get suitable accommodation for campers. The approval of the Programme Coordinator may be obtained in advance for organising ' Daycamps '.

Board Arrangements:

(a) The mess should be managed by Mess Committee. The practice of giving the responsibility of food supply to a contractor should be avoided.

b) Food in the camps should be simple but balanced. It should be at minimum cost and as far as possible, prepared out of locally available materials. Meals should be carefully served with the assistance of such institutions and individuals having knowledge of food and nutrition as may be available in the State. The participants should also be explained about meal planning as an educational lesson; and its propagation among the local community should be an important extension activity of the campers.

c) It should be ensured that the food served in the camp is not very much different from the general standard of the villagers living in the area.

Project Work:

(a) The projects should be selected as per the guidelines, after identifying the needs of the village / slum. No project should be undertaken, which is irrelevant to the needs of the village / slum.

(b) The project should be approved by the competent authority to avoid conflict at later states.

(c) The availability of the materials / equipments and technical advice may be ensured in advance for the success of the project.

(d) All efforts should be made to complete the project during the camp period itself. Every precaution should be taken not to leave the project incomplete.

Benefit of Students/ NSS volunteers:

- Personality Development
- Incentive
- Preference in Admission / Employment
- National Integration camp, Adventure Programme, State level as well as National Level programme
- It helps in acquiring leadership qualities and democratic attitude.
- It provides diversified opportunities to students in colleges and universities to develop their personality through community service.
- It develops a sense of involvement in the task of nation building.
- Volunteers interaction with the slum dwellers and villagers expose them to the realities of life and bring about a change in their social perception.
- It helps in developing positive attitude, self confidence, courage & patience.

- It helps in developing his / her skill to perform certain jobs, quality of an organiser, an administrator and development of personality as a whole.
- He / she gets opportunities to see the community closely and thus gets an experience of human nature in relation to his / her environment.
- Gets the opportunity to meet the people from different walks of life.
- He/she gets the opportunity to participate in various National / State level programme such as National Integration, Motivational Lamps, value oriented self development camps, Adventure camps, workshops. Youth exhibition, cultural programmes etc.
- A National service scheme contingent of 160 (boys and girls) participants selected after a rigorous test participates in the Republic day parade camp for 3 weeks at New Delhi in the month of January every year.
- NSS volunteer completing 240 hours of regular community service in a period of two years is to be issued an NSS certificate by the college / +2 level Institution or the University / Directorate of education.

LIST OF INTERNATIONAL AND NATIONAL DAYS/WEEKS TO BE OBSERVED BY NATIONAL SERVICE SCHEME:

Sl.No DAYS Date

01. National Youth Day 12th January
02. Republic Day 26th January
03. Martyr Day 30th January
04. International Women Day 8th March
05. World Health Day 7th April
06. Anti-Terrorism Day 21st May
08. World Environment Day 5th June
09. World Population Day 11th July
10. Independence Day 15th August
11. Sadbavana Day 20th August
12. International Literacy Day 8th September
13. International Peace Day 15th September
14. NSS Day 24th September
15. National Blood Donation Day 1st October
16. Communal Harmony Day 2nd October
17. National Integration Day 19th November
18. World AIDS Day 1st December
19. World Human Rights Day 10th December

WEEK

01. National Youth Week 12-19 January
02. Van Mahotsava Week 1-7 July
03. International Literacy week 8-14 July
04. Quami Ekta Week 19-25 November

NSS Song:

Uthen samaj ke liye uthen uthen,
Jagen swarashtra ke liye jagen jagen,
Sawayam sajen vasundhara sanwar den-2.

Hum uthen uthega jag hamare sang sathiyon,
Hum badhe to sab badhenge apne ap sathiyon,
Jamin pe asman ko utar den-2.

Udasiyon ko dur kar khushi ko banten chalen,
Gaon aur shahar ki durion ko patate chalen,
Gyan ko parchar den prasar den
Vidyan ko prachar de prasar de
Swayang saje vasundhara sanwar de.

Samarth Bal Vurdh aur narian rahe sada,
Hare bhare vanon ki shawl odhti rahe dhra,
Tarakhiyon ki ek nayee katar den-2.
Swayang saje vasundhara sanwar de

Ye jati dharm bollyan bane na shool rah ki,
Badhayen bel prem ki akhandta ki chah ki,
Bhawna se ye chaman nikhar den
Sadbhawam se ye Chamau Nikhar de
Swayanm saje vasundhara sanwar de

Uthen samaj ke liye uthen uthen,
Jagen Swarashtra ke liye jagen jagen,
Sawayam sajen vasundhara Sanwar den-2.

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