

VEER NARMAD SOUTH GUJARAT
UNIVERSITY
SURAT



**Syllabus for First year And Second Year of all UG Programs
under the faculty of Arts, Commerce and Science**

Course: Soft Skill

(Under Inter Disciplinary Innovative Programs)

(Semester – I, II,III and IV)

(As per Semester Based Credit and Grading System)

With effect from : 2017-2018

To be implemented from the academic year 2017-2018

All UG Programs under the faculty of Arts, Commerce and Science

Semester – I

Unit – I Introduction and basic concepts of NSS

- The history of NSS – Objectives- Symbol and meaning- NSS Song
- NSS hierarchy from national to college level
- Roles and responsibility of various NSS functionaries
- maintenance of a diary

Unit – II Introduction and basic concepts of NCC

- Aims, motto, vision and mission of NCC- Symbol and meaning-
- NCC hierarchy from national to college level
- Roles and responsibility of various NCC functionaries

Unit – III Introduction and basic concepts Yoga

- Yoga-Meaning, Definition,
- Origin of yoga, Evolution of yoga,
- Importance of yoga, Stages of yoga, Different paths of yoga

Unit – IV Introduction Physical Education

- Meaning and definition of Physical Education
- Relation Between education and Physical Education
- Contribution of Physical Education in Education

Unit – V Feature of Indian Constitution

- Basic features of constitutions of India
- Fundamental rights and duties – Human Rights
- Consumer awareness and the legal rights of the consumer- RTI

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Semester – II

Unit – I NSS Programmes & Activities

- Concept of regular activities, special camping and day camps
- Basic adoption of village/slum, Methodology of conducting survey
- Financial pattern of schemes
- other youth program/schemes of government of India

Unit – II Struggles, Movements and National Integration

- Freedom struggle and nationalist movement in India
- National interest, Objectives, Threats and Opportunities
- Problems/Challenges of National Integration
- Unity in Diversity

Unit – III Yoga & Meditation

- Yoga and Health, Meditation, Yoga Sutras,
- Yogasanas- Standing and Sitting asanas and its benefits

Unit – IV Health, Hygiene and sanitation

- Definition, needs and scope of health education
- food and Nutrition
- Safe drinking water, water borne diseases and sanitation (Swachha Bharat Abhiyan)
- National Health Program-Reproductive Health

Unit – V Social Justice

- Concept and Features-Basic social issue in India-
- Degeneration of value system, family system, Gender issue
- Regional Imbalance in India -Provision related to social integrity and development in Indian Constitution

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Semester – III

Unit – I Volunteerism and Shramdan

- Indian tradition of volunteerism
- needs & importance of volunteerism
- Motivation and constraints of volunteerism
- Shramdan as a part of volunteerism

Unit – II Importance and Roles of youth Leadership

- Meaning and types of leadership
- Qualities of good leaders, traits of Leadership
- Importance and role of youth leadership
- Time Management

Unit – III Types of Yoga

- Suryanamskar and its benefits
- Brief Introduction about Hatha Yoga
- Patanjali yoga and their interrelationship

Unit – IV Youth Health

- Healthy life style
- HIV AIDS, Drugs and Substance abuse
- Home Nursing-First Aid

Unit – V Environment Issues

- Environmental conservation, enrichment, and sustainability
- climate change-waste management
- Natural Resource management (rain water harvesting, energy conservation, waste land development, soil conservation and afforestation)

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Semester – IV

Unit – I Project Management & Documentation and Reporting

- Project Planning
- Collection and analysis of data
- Preparation of documentation/reports
- Dissemination of documentation/reports

Unit – II Three National Security Wings of India

- History and prior objectives of three national security wings of india – Military, Navy and Airforce.
- Study of battles of Indo-Pak War1965,1971 and Kargil
- War Movies

Unit –III Role of Yoga in Life

- Pranayama and its benefits,
- Applications of Yoga
- Yoga in Education-Yoga for Stress Management
- Yoga for Personality Development

Unit – IV Olympics

- History, Meaning of symbol
- Example of Indian Olympic winner in different games (last 15Years)
- Khel Mhostav- History and Objectives, List Of Games

Unit – V women empowerment

- Meaning of women empowerment
- Need of women empowerment of today's era
- Schemes for women empowerment in India

