

NSS CELL, Dr.NTR UHS, AP, Vijayawada

Outline of NSS activities for calculation of working hours

Compiled by Prof.(Dr) Vivekanand Kattimani, MDS, Ph.D

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(Ref-NSS Manual (2006), Govt. of India Ministry of Youth Affairs & Sports, New Delhi.)

Dear NSS program officer,

Kindly find the activities listing under different category with allotted work hrs for successful completion of 240 hours by NSS volunteer during 2 year tenure without disturbing the academic schedule. For better understanding and execution of activities kindly go through NSS manual.

1) NSS Regular Activities: 120 hrs x2 years = 240 hrs.

S.NO	Nature of work	Activities to be carried out under different heads	Allotment of work hrs
1	Orientation of NSS volunteers	Personality development lectures, discussions, pre camp field visits and audio-visuals	20 hrs
2	Campus Work	<ol style="list-style-type: none">1. Development of play grounds,2. Laying of gardens,3. Tree plantation in the premises,4. Campus cleaning drive5. Awareness programmes on drug-abuse, AIDS, population education and6. Other projects as deemed necessary to have healthy campus.7. Personality development programs – lectures, training sessions etc. for volunteers8. Any other campus work	30 Hrs
3	Community service	Projects in adopted villages/urban slums independently or in collaboration with others	70 hrs
	Institutional work	welfare of women, children, aged and disabled outside the campus	
	Rural Projects	In adopted villages for eradication of illiteracy, watershed management and wasteland development, agricultural operations, health nutrition, hygiene, sanitation, mother and child care, family life education, gender justice, development of rural cooperatives, savings drives, construction of rural roads, campaign against social evils etc.	
	Urban Projects	<ol style="list-style-type: none">1. Adult education,2. Welfare of slum dwellers,3. Training in civil defense, Disaster management4. Traffic control,	

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		<ol style="list-style-type: none"> 5. Setting up first-aid posts, 6. Work in hospitals, orphanages, destitute home, 7. Environment, population education, drug, AIDS awareness programs 8. Income generation projects etc.
	Natural calamities & National Emergencies-	Natural calamities and national emergencies for mobilizing public support and rendering necessary assistance to the authorities in rescue, relief and rehabilitation. Training and involvement for demos, Mock drills
	National Days and Celebrations-	<ol style="list-style-type: none"> 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 07. World No Tobacco Day 31st 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 <p>WEEK</p> <ol style="list-style-type: none"> 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 <p>Any other day celebrations as per the health initiatives perspectives like doctors, surgeons day etc can be included.</p>
	National Programmes:	<ol style="list-style-type: none"> 1. Mass Programme of Functional Literacy, 2. AIDS Awareness Programme and 3. Sustainable Development with emphasis on Watershed Management & Wasteland Development,

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		<ol style="list-style-type: none">4. Digital India,5. Swatch Bharat Abhiyan,6. Ujjawla Yojana,7. Pradhan Mantri Jandhan yojana,8. Pradhan mantra Jeevan Bima Yojana,9. Awareness on renewable energy,10. work on digital literacy,11. work on cashless India,12. Any other awareness programs,13. POSCO Act 2012 related program,14. Gender sensitization,15. Empowerment of differently abled personalities,16. Plastic free environment,17. Green village, etc	
		Total hrs	120 hrs

Special Provision for Day Camps to complete the prescribed 120 hours in social work under NSS programme due to disturbance caused to academic session. It is suggested that NSS units may be allowed to organize day camps to complete the prescribed 120 hours of NSS regular work. These camps of 8 hours duration may be organized on weekends and holidays. They may do the community work for 16 hours in 2 consecutive days.

2) Special Camp –7 days residential camp-

Goal - Spirit of group living and collective experience sharing.

One of the important services that can be rendered by NSS volunteers is disseminating information about the latest developments in agriculture, watershed management, wastelands development, non-conventional energy, low cost housing, sanitation, nutrition and personal hygiene, schemes for skill development, income generation, government schemes, legal aid, consumer protection and allied field. A liaison between government and other development agencies like Banks, IRDP, ICDS, NREP, DWCRA, JRY etc. can also be made.

The different departments of the Government like forest, agriculture, adult education, health, child and family welfare, can render very useful assistance to the project pertaining to community work. Voluntary organisations can also help in forming public opinion in favour of NSS projects. Adult education samitis, Nasha Bandi Boards, Yuva Mandals and Mahila Mandals can provide additional assistance to the NSS units.