

ABOUT NATIONAL SERVICE SCHEME

The National Service Scheme (NSS) is a Central Sector Scheme of Government of India, Ministry of Youth Affairs & Sports. It provides opportunity to the student youth of 11th & 12th Class of schools at +2 Board level and student youth of Technical Institution, Graduate & Post Graduate at colleges and University level of India to take part in various government led community service activities & programmes. The sole aim of the NSS is to provide hands on experience to young students in delivering community service. Since inception of the NSS in the year 1969, the number of students strength increased from 40,000 to over 3.8 million up to the end of March 2018 students in various universities, colleges and Institutions of higher learning have volunteered to take part in various community service programmes.

Objectives:

The broad objectives of NSS are to:

- i. Understand the community in which they work
- ii. Understand themselves in relation to their community;
- iii. Identify the needs and problems of the community and involve them in problem solving process;
- iv. Develop among themselves a sense of social and civic responsibility;
- v. Utilize their knowledge in finding practical solution to individual and community problems;
- vi. Develop competence required for group living and sharing of responsibilities;
- vii. Gain skills in mobilizing community participation;
- viii. Acquire leadership qualities and democratic attitude;
- ix. Develop capacity to meet emergencies and natural disasters and
- x. Practice national integration and social harmony.

The Motto

The motto or watchword of the National Service Scheme is **‘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 human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. Therefore, it should be the aim of the NSS to demonstrate this motto in its day-to-day programme.

NSS Symbol



The symbol of the National Service Scheme, as appearing on the cover page of this Manual is based on the ‘Rath’ wheel of the Konark Sun Temple situated in Orissa. These giant wheels of the Sun Temple portray the cycle of creation, preservation and release, and signify the movement in life across 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 upliftment.

NSS Badge

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. Hence, the badge reminds the wearer to be in readiness for 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 the Father of the Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate programmes and activities.

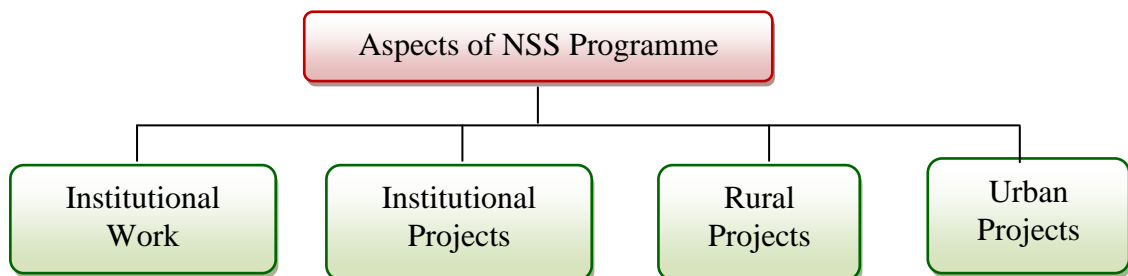
NSS in the Curriculum

The integration of NSS with the curriculum is a unique distinction of Avinashilingam Deemed University from 1991. While the scheme has all along been voluntary, educationists have started thinking about incorporating it in the curriculum itself to give it an academic status, credibility and credit. Avinashilingam Deemed University which has a rich heritage in community service and outreach activities had the urge and courage to pioneer in this noble venture and introduced NSS as a core subject in the undergraduate curriculum.

Aspects of NSS Programme

The NSS Programmes are undertaken, either under regular or special camping covers four aspects.

1. Institutional work: The students may be placed in selected welfare agencies outside the campus to work as volunteers.
2. Institutional Projects: Improvement of campuses, construction of play fields, swimming pools etc.



3. Rural Projects: Eradication of illiteracy, Minor irrigation works, agricultural operations, health, hygiene, sanitation, development of rural roads etc.
4. Urban Projects: Adult education, welfare of slum dwellers, training in civil defence, setting up first aid posts, hospital work etc.

About AIHS&HE NSS Cell:

The NSS Cell in Avinashilingam Institute has organized several programmes to tune the personality of the student volunteers and make them responsible for rural development since 1991. The unique feature of NSS in AIHS & HE is that majority of the students Under Graduate are NSS volunteers. There are 26 NSS units in the AIHS&HE NSS Cell, coordinated by one Programme Coordinator and supported by 26 Programme Officers.

Over the years, the NSS had been strengthened and at present there are 26 units with 3300 volunteers. The NSS has become a major student youth Programme and it is implementing a number of innovative and community based programmes.

Kinds of Programmes

There are two types of programmes. They are,

- a) Regular NSS programmes under which students undertake various activities in the adopted villages, campuses and urban slums during weekends
- b) Special programmes which include special activities and a special camp of 10 day duration organized in the adopted villages or urban slums on a theme given by the NSS regional center with the involvement of the local people

The university also has a yoga center where yoga is taught to the NSS volunteers. Yoga promotes physical and mental health. It disciplines the mind and improves the power of concentration.

Each NSS volunteer has to put in 120 hours in a year for both regular and special activities per year and 240 hours for two years.

Regular activities

The NSS regular activity during the period 2019 to 2022 was carried out in the 26 adopted villages around Coimbatore. The following components were planned and executed at the Villages.

- Assistance in providing safe drinking water
- Preparation of teaching aids, charts play materials and models for schools.
- Inculcating proper eating habits, improving behavioral aspects, health and nutrition education, and sanitary cleanliness and ensuring physical exercises for school children.
- Socio- economic survey
- Tree Planting
- Blood Donation Camp
- Social-media postings
- Effecting environmental cleanliness, construction of toilets, white washing the schools and painting the black boards etc
- Immunization Camp
- Yoga and meditation for children
- Child labor survey
- Fit India Freedom
- Awareness programme on Nutritious food
- Awareness Rally on HIV / AIDS, Blood Donation
- Gandhi Jayanthi celebrations
- Exhibition - Healthy Youth for Healthy India
- NSS Day observance
- Rally on avoiding usage of plastics, keeping their environment clean
- Eye Screening Camp
- NSS Unity Day
- Freedom Fighters Slogans, Posters
- Webinars etc

Special Camping

Special Camping forms an integral part of National Service Scheme. It has special appeal to the youth as it provides unique opportunities to the students for group living, collective experience, sharing and constant interaction with community. Under this, camps of 7days duration are organized in adopted villages with some specific themes by involving local communities.

The Special Activities (Two / semester for 3 hours each) are arranged based on the requirements of the community. Blood donation is arranged every year as a special activity apart from others such as rallies and jathas on literacy, vigilance awareness, rain water harvesting, cleanliness campaigns and solid waste management and pulse polio sanitization and creating awareness programmes on various aspect.

For the successful organization of the NSS Regular and Special Camping programmes necessary support is enlisted from village Youth Clubs, SHGs, Gram Panchayats, District Administration, Rotary Clubs, leading NGOs, Tamil Nadu State NSS Cell, NSS Regional Office, Ministry of Youth Affairs and Sports-Government of India and Tamil Nadu State AIDS Control Society.

Future Plans

- Constant updating of the syllabus
- Additional Course on Yoga and Meditation
- Strengthening research in NSS
- Documentation and Publications

Reference

- Department of Youth affairs and Sports, 1994. Indian youth in perspective, Govt. of India, New Delhi.
- NSS - Manuals and Reports.

Photo Gallery



NSS Republic Day Parade Camp



NSS Pre Republic Day Parade Camp



NSS Awards



Clean India Programme



National Integration Day



International Yoga Day



Covid 19



Fit India Freedom Run



South Zone RD Parade Camp



Blood Donation Camp