

**PE 211 NATIONAL SERVICE SCHEME****1\*(0+1)**

Introduction to National Service Scheme – objectives and motto of NSS – programme planning and development – kinds of activities in regular and special camping programmes – aspects of NSS programmes – institutional, rural and urban projects – village/slum adoption – organisational and administrative arrangements of NSS at national, state, university and college levels – each student has to undergo a minimum of 240 hours of regular service in two consecutive and attend one special camp of ten days duration in the following activities to complete the course – environmental enrichment and conservation – plantation of trees, their preservation and upkeep.

Construction of rural roads, cleaning of village ponds, popularisation of bio-gas plants, prevention of soil erosion, health, family welfare and nutrition programmes, mass immunisation, blood donation, integrated child development, population education – programme, aimed at creating awareness for improvement of the status of woman – production oriented programmes – teaching improved agricultural technologies, rodent control and pest management, weed control, soil testing, guidance in animal husbandry and poultry farming and small savings. Programmes of work during emergencies and natural calamities like cyclones, floods and earthquake – assisting the authorities in distributions of rations, medicines and clothes – assisting health authorities in inoculation, supply of medicines etc. – reconstruction of huts, relief and rescue work – adult education, programmes of continuing education of school dropouts, coaching of students from economically weaker sections, organisation of youth clubs, discussions on eradications of social evils like castism, regionalism, corruption, untouchability etc. non-formal education of rural youth – awareness programmes on drug abuse and AIDS – voter awareness campaign.

**OR****PE 211 NATIONAL CADET CORPS****1\*(0+1)**

Organisation – NCC – Director General, Directorate, group – army – infantry – section – company – battalion, military history various wars – post and after independence of India, introduction to defense services – system of NCC training, foot drill – attention, stand at ease and stand easy – sizing – forming up in three ranks, open and close order march – dressing – getting on parade, dismissing and falling out – saluting – marching, arms drill – shoulder arm – order arm – present arm – guard of honour – ceremonial drill.

Weapon training – rifle – buoyant – light machine gun – sten machine carbine – introduction and characteristics – stripping – assembling and cleaning – loading and unloading – firing, field – craft – visual training – targets – judging distance – fire discipline and fire control orders – battle craft – field signals – description of ground – section formatic – section battle drill – scouts and patrols – ambush – field engineering – map reading – conventional signs – grid systems – use of service protractor – prismatic compass and its use, self-defense – general principles – precautions and training – attacks and counter attacks – marching and searching – first aid – hygiene and sanitation – civil defense – leadership – NCC song.

**OR****PE 211 PHYSICAL EDUCATION****1\*(0+1)**

Definition, rules and regulations of any one of the games and Athletic events. Warming up and conditioning exercise are compulsory for each student – conditioning and calisthenics for various Athletic activities.

Exercise for strength, agility, co-ordination, flexibility, co-operation, vital capacity endurance, speed and for various systems of our body and team spirit.

Compulsory skill development in any one of the following games

Basket Ball, Volley Ball, Ball Badminton, Foot Ball, Kho-Kho, Chess, Kabaddi, Cricket, Table Tennis, Shuttle Badminton, Gymnastics, Athletics viz. Jumps, Throws, Hurdles

Aims and Objectives of Yoga – Asanas: i.e. Padmasana, Pujankasana, Sarvangasana, Chakrasana, Dhanurasana, Halasana, Mayurasana and Savasana. Asanas for Ailments, Back pain, Arthritis, Abdominal problems, Stress, Fatigue, Insomnia, Obesity, Circulation, Hypertension, Varicose veins, Respiration, Heart, Digestion, head Aches, Depression, Addiction and eye problems.

Mental Balance and Importance – Development of concentration, Suriyanamaskar – Advance skills of any one of the games which were taught in the I Semester.

**SMNR 211 SEMINAR-I****1\*(0+1)**