

**DEPARTMENT OF  
EXTENSION & CONTINUING EDUCATION  
(DE & CE)**

## ADDITIONAL SUBJECTS

Code	Subject Name	Credits
09DE101	Introduction to National Youth Programmes	2:0:0

### 09DE101 INTRODUCTION TO NATIONAL YOUTH PROGRAMMES

**Credit 2:0:0**

**Learning Objective:**

- To study the important concepts in Physical fitness.
- To study Rules and Regulation of Athletics and Games.
- To Understand the role of National Cadet Corps in National Development and Security.
- To Understand the role of National Service Scheme in Community Development.
- To sensitize the students about the importance of Rural Development in National Development.

**Unit 1 (NSO)**

Wellness: Physical fitness – Components of fitness – Importance of fitness – Effect of exercise on various body systems.

**Unit 2 (NSO)**

Rules and Regulations : Athletics - Ball badminton - Basketball - Badminton - Cricket – Football - Volleyball – Hockey – Kabaddi - Table tennis – Chess – Carrom.

**Unit 3 (NCC)**

History of National Cadet Corps (NCC) – Requirement – Act of Parliament – Logo – Motto – Branches – Training Activities. NCC Activities – Parade Training – Weapons Training – Drills – Firing Practice – Physical Training Activities – Obstacle Course Training. Adventure Activities – Para Jumping – Para Gliding – Mountaineering – Rock Climbing – River Rafting and other branch related activities. Community Service – Collaboration with other services like NSS, NSO, Youth Corps, Scouts & Guides. Requirements for NCC Unit in Schools / Colleges / Universities – Junior Division and Senior Division – Boys & Girls NCC Units. Benefits of NCC - Personality / Character Development and Employability

#### **Unit 4 (NSS)**

Orientation to NSS: Genesis – Objectives of NSS – emblem – Motto – Organisation and administration set-up of NSS- Special Camping Programmes, Awards, Participation in Republic day Parade, National Integration Camps, Youth festivals, etc

#### **Unit 5 (Rural Development)**

Features and scope of Rural Development - General problems faced by rural population - Population growth, illiteracy, unemployment, problems in agricultural sector, health, hygiene, sanitation and nutrition, drinking water supply, housing.

Role of Educational institutions in rural development - Participatory development tools : Participatory Rural Appraisal, Participatory Learning and Action, Rapid Rural Appraisal - Government programmes for Rural Development.

#### **References:**

1. NSS Manual – 2005, Ministry of Youth Affairs, India.
2. NCC Manual – 2007, DGNCC, New Delhi – 110 066
3. National Service Scheme – Theory and Practices 2005, Avinashilingam University for Women, Coimbatore
4. Reddy. A.A. 2001 Extension Education, Sree Lakshmi Press, Bapatla
5. Larry G.Shaver., Essentials of Exercise Physiology.
6. Edward L . Fox & Donald K. Mathews., The Physiological basis of Physical Education and Athletics