

16SP101/102/103					NCC/NSS/SPORTS					
Teaching Scheme					Examination Scheme					
L	T	P	C	Hrs/Week	Theory			Practical		Total Marks
					MS	ES	IA	LW	*Participation and Attendance	
0	0	2	1	2	* Continuous Evaluation			--	100	100

COURSE OBJECTIVES

- To develop discipline, character, brotherhood, the spirit of adventure and ideals of selfless service amongst young citizens
- To develop youth leadership in the students.
- To induce social consciousness among students through various camps and 'Shibir' activities.
- To develop skills and physical fitness among students through indoor & outdoor sports, field & track events.

National Cadet Corps (NCC):

Introduction to NCC, Aims and objectives, Structure and organization, NCC Song, Incentives, National Integration and Awareness, Drill, saluting, Personality Development & Leadership, Disaster Management, Social Awareness & Community Development, Health & Hygiene, Adventure camps, Environment Awareness and Conservation, Obstacle Training, Armed forces, Map reading, Field Craft & Battle Craft, Introduction to Infantry Weapons & Equipment, Weapon Training (During camps), Participation into Republic and Independence day ceremonial parades,

National Service Scheme (NSS):

Importance and role of youth leadership, Life competencies, Youth development programmes and youth 'shibir', Health, hygiene and sanitation, Youth health, lifestyle, first aid, youth and yoga

Sports:

Importance of sports/games in life, Physical fitness, Introduction to various games and sports, field and track events, Physical training, exercises, running, walking, jogging, Teaching of different sports/games, track & field events, demonstration, practice, skills and correction, Introduction to Yoga & Meditation.

COURSE OUTCOMES

On completion of the course, student will be able to

CO1 – **Understand** the importance of Nation building and individual contribution to the same.

CO2 – **Integrate** physical fitness and mental wellbeing

CO3 – **Discover** grassroots challenges of community

CO4 – **Creating** societal impact

CO5 – **Maintain** discipline and team spirit

CO6 – **Upholding** the value of one for all and all for one

END SEMESTER EXAMINATION QUESTION PAPER PATTERN

Max. Marks: 100

**Exam
Duration: --**

* All registered students will be evaluated based on his/her attendance during the NCC/NSS/Sports sessions and participation to camps and other activities.