



Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)



NSS_

2018-2019





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(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)

BHARATH INSTITUTE OF SCIENCE AND TECHNOLOGY

No.173, Agharam Road, Selaiyur, Chennai - 600 073.

NATIONAL SERVICE SCHEME



GUIDELINES & ACTIVITIES REPORT

For

2018 – 2019

Bharath Institute of Higher Education and Research

Chennai-600 073

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National service Scheme provides diversified opportunities to students in colleges and universities to develop their personality through community services. Community services rendered by University level students have covered several aspects like adoption of villages for intensive development work, mass tree plantation, technology transfer programmes, technologies for rural development, various training programmes for self-help groups and rural youth etc., Considering the benefits Bharath Institute of Higher Education and Research has made NSS Compulsory at UG level for the first two years.

I am happy to learn the activities carried out by the NSS volunteers in Engineering Colleges in Bharath Institute of Higher Education and Research on the theme **HEALTHY YOUTH FOR HEALTH INDIA**, for pollution free environment, Voter Awareness program, Tree plantation, polio drops, Blood Donation Camps, General Health Camps, Creation of awareness among the public on HIV/AIDS etc.

I Congrats all NSS Students and participants in the Bharath Institute of Higher Education and Research NSS cell

Like last year, the year 2018-2019 shall be another year with vibrant NSS activities on the theme **HEALTHY YOUTH FOR HEALTH INDIA**. The Hand Book suggest only a few activities to be carried out, there could be many more.

I am sure that the volunteers will work towards bringing up the name of their institutions and Bharath Institute of Higher Education and Research through the NSS activities.

MESSAGE

“Not me, but you”. This is the motto of NSS in order to inculcate the selfless service attitude in the young minds, NSS was established.

‘Personality Development through Community Service ‘is the main objective of NSS. If we really involve in community service, our personality will develop automatically. Many NSS Volunteers, who have actively participated in the Social Service, became very prominent persons in various fields. It is the duty of the NSS Programme officers to Identify Individual talents of the NSS Volunteers and make use of their skills for the welfare of the society.

I am happy to know that our NSS units are functioning effectively. Many important Programmes were implemented by the volunteers of this main campus. I hope that other units also might have done like this. I wish to convey my best wishes to all the NSS Programme officers and the volunteers who have actively contributed to the Society. I appreciate the NSS Co-ordinator for his able guidance and support to the NSS functionaries.

Wish you all Success in all your future Programmes.

Prof. Dr. Karu Nagrajan

Dean, Events

PREFACE

Dr.R.KARTHIKEYAN

NSS CO-ORDINATOR

National Service Scheme popularly known as NSS, the scheme was launched in Gandhi Centenary year, 1969 and aimed at developing student's personality through community service. The overall objective of National Service is Educational. This objective is attained through the service to the community.

NSS is a permanent youth program under the Ministry of Youth Affairs and Sports, Government of India and funded by Government of Tamilnadu and Government of India in the ratio 5:7.

Bharath Institute of Higher Education and Research Chennai is a large affiliating technological University with over 4 constituent and affiliated Engineering colleges involving over 12 thousand students. The activities of NSS mainly focused on Technology transfer to rural mass and help the rural youth for creating the job opportunity, through conducting different types of training programs. As a step towards this direction, Bharath Institute of Higher Education and Research NSS cell has brought out this Guidelines with the rules and guidelines for conducting various Regular and Special Camping activities, to ensure uniformity in the programs. The NSS volunteers will get the benefits from the NSS activities like job opportunities, self-confidence, leadership quality etc.

The Guidelines takes care of modifications needed based on the feedback received from the Principals and NSS Programme Officers.

NSS Program Coordinator

NSS Cell, Bharath Institute of Higher Education and Research

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NATIONAL SERVICE SCHEME

1. INTRODUCTION

National Service Scheme popularly known as NSS was launched in Mahatma Gandhi Centenary year 1969 and aimed to developing student's personality through community service. The overall objective of National Service is education. This objective is attained through the service to the community.

National Service Scheme (NSS) is a permanent youth Programme under the Ministry of Youth Affairs and Sports, Government of India and funded by Government of Tamilnadu and Government of India in the ratio 5:7.

2. OBJECTIVE

The overall objective of NSS is Personality Development through the community service.

The broad objectives of NSS are to:

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

3. MOTTO

The motto or watchword of the NSS is “**Not me but you**”. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. This expresses the essence of democratic living and upholds the need of selfless service and appreciation of the other man's point of view and also consideration for fellow human beings.

4. SYMBOL

The symbol of the National Service Scheme has been based on the **Giant Rath** Wheel of the world famous Konark Sun Temple of Orissa, India. These giant wheels of the sun temple portrays the cycles 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 enlistment.

BADGE

The NSS symbol is embossed on the NSS badge. The NSS volunteers wear it while undertaking any programme or 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 the 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 young 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 Father of Nation. Therefore, 24 September is celebrated every year as NSS Day with appropriate program and activities.

NSS SONG

During Silver Jubilee Year 1994 the NSS theme song has been composed. All NSS volunteers are expected to learn the theme song and sing the song during NSS program and celebrations.

We shall overcome

We shall overcome

We shall overcome some day

O! deep in my heart

I do believe that

We shall overcome some day

We'll walk hand in hand

We'll walk hand in hand

We'll walk hand in hand to- day

O! deep in my heart

I do believe that

We shall overcome some day

We shall live in peace.

We shall live in peace.

We shall live in peace to-day

O! deep in my heart

I do believe that

We shall overcome some day

We shall not be afraid
We shall not be afraid to-day
O! deep in my heart
I do believe that
We shall overcome some day.

STRENGTH ALLOCATED AND ACTIVITIES

Regular Activities	: 900 (9 Units)			
Special Camping Programme	: 450 (9 Camps)			
Number of Engineering Colleges Implementing NSS	:4 (Institution)			
No. of Adopted Villages	: 9			
No. of Program Officers	:	Male	Female	Total
		8	1	9

Types of Activities : **1. Regular Activities**
2. Special Camping Programme

REGULAR ACTIVITIES

Under this, students undertake various need based programmes in the adopted villages, College Campuses and Urban slums during weekends or after college hours.

120 hours per year and 240 hours for 2 consecutive years

1. General Orientation of NSS Volunteers.

NSS Day Celebrations -20 hrs.

2. Career guidance for the NSS Volunteers, by the

experts and campus work.	-30 hrs.
3. Skill development (first aid, disaster management, public speaking, leadership motivation, HIV/AIDS awareness etc.).	-26 hrs.
4. Community Development Projects (in the adopted village) – Survey in the village, tree plantation, Health, Cleanliness, Road Safety, Visits to Homes, technical training for rural youth and SHG, sanitation, women development programmes, consumer Awareness etc.	-44 hrs.
Total	-120 hrs.

SPECIAL CAMPING PROGRAMME

Under this, 7 days camp organized in the adopted villages with a specified theme being given by Govt. of India by involving local youth. The Special camp should be conducted only in the adopted village (for second year NSS volunteers) at least for three years continuously.

5. MANAGEMENT OF ENGINEERING COLLEGE NSS UNITS

Each Engineering College has to constitute an Advisory Committee to advise on programme planning and development under the Chairmanship of the Principal. It should meet once in each quarter and first meeting should be beginning of the academic year. The Programme Officer is its member secretary. In case, more than one unit is functioning in the Engineering Institution, the Senior NSS Programme Officer will be the Member-Secretary and the other P.O's may be co-opted as Members. The P.O. has to maintain the Advisory Committee Minutes book.

The committee may consist of:

- | | |
|--|------------------|
| 1. Vice Chancellor | Chairman |
| 2. Principal / Dean | Members |
| 3. Two staff members with social work background | Members |
| 4. Representative of the Development Department, NGO | Member |
| 5. Representatives from the adopted villages/slum/
Welfare agencies | Member |
| 6. NSS Student leaders one (or) two | Member |
| 7. NSS Programme Officers | Member-Secretary |
| 8. Representative of the Youth Officers | Members |

NSS UNIT AND PROGRAMME OFFICER

One NSS unit consists of 100 student volunteers guided by one Program Officer who will be a faculty member. The Programme Officer is expected to motivate the student youth to understand the values and philosophy of NSS. The overall functions of Program Officer are to help the students to plan, implement and evaluate the activities of NSS under his/her charge and give proper guidance and directions to the student volunteers.

6. NSS STUDENT VOLUNTEERS

Any student enrolled as an NSS Volunteers, as per NSS Manual should put in at least 240 hours of useful social work in a continuous period of two year (i.e. 120 hours per year). A work diary is to be maintained by each NSS Volunteer, which will help him/her in the assessment his/her performance. Such volunteer is eligible to get NSS Service Certificate from the colleges. The Service Certificate given in the NSS Manual should be strictly adhered.

7. QUALIFICATION FOR THE NSS PROGRAMME OFFICER

- a. Program Officer will be selected from the members of teaching only.
- b. NCC Officers and Physical Education Directors should not be appointed as NSS Program Officer.
- c. In Women's Colleges lady teachers should be appointed as NSS Program Officers, However, male members may help the lady NSS Program Officers.
- d. A teacher who has high level of motivation, inclination and attitude for community work and above all, very good rapport with students should be preferred as NSS Program Officer.

8. NSS THEME FOR THE YEAR 2018-2019

Every year the Government of India a theme based on which the NSS activities of the year shall be carried out.

HEALTHY YOUTH FOR HEALTH INDIA

Under this theme all the health related issues may be covered which include General Health, Mental health, Spiritual Health, HIV/AIDS, Sexual Abuse, Adolescent Health and Population Education. This theme will be continued for the next 3 years.

9. ACTIVITIES OF NSS VOLUNTEERS AND ADOPTION OF VILLAGE

The activities under NSS are two-fold, viz., 1. Regular Activities which are undertaken during the working days of the semester and 2. Special Camping activities for 7 days duration in the adopted villages / Urban slum during vocation.

Each NSS unit in the college is expected to adopt a near by village/slum and work for its all round development. Regular Activities and Special Camp should preferably be organized in the adopted village/rural unit/slum for this purpose.

10. NORMS FOR EXPENDITURE

Each NSS unit will be supported by Rs.22,500 per year for the following expenses.

The amount of Rs.22, 500 sanctioned to each NSS unit in the College will be utilized as follows:

a) Special Camping at Rs.450 per volunteers
per day for 7 days for 50 volunteers -Rs. 16,294

b) Regular Activities for 100 volunteers at
Rs.225 per volunteers per year -Rs. 18,104

b) The allocation of Rs.22,500 for Regular Activities will be sent as follows:

1. Out-of-pocket allowance to Programme
Officers -Rs.4, 800

2. Clerical assistance
-Rs.1, 200

Sub Total-1 Rs.6, 000

3. Refreshment to NSS Volunteers -Rs.12, 000

4. Equipments / Utensils/Books for Career Guidance -Rs. 2000

5. TA to Programme Officers / Volunteers -Rs. 1,500

6. Contingencies -Rs. 1,000

Sub Total-2 Rs.16,500.

Grand Total per Unit (SubTotal-1+SubTotal-2) Rs.22, 500

11. CORPUS FUND

As per the Directorate of Collegiate Education's and State Coordinator, NSS Letter No. Rc.No. 024081/P1/2003 dated 04.07.2003 all the Engineering Colleges sanctioned with NSS units shall collect Rs.10 from all the students joining first year at the time of admission. This amount shall be distributed as follows:

1. Rs.3 to be sent NSS Program Coordinator, Bharath Institute of Higher Education and Research, Chennai – 600 073 by drawing Demand Draft in favor of NSS Program Coordinator, Bharath Institute of Higher Education and Research.
2. Rs.2 to be sent to State NSS Coordinator, Directorate of Collegiate Education, Chennai– 600 006 by drawing Demand Draft in favor of State NSS Coordinator.
3. Rs.5 to be retained by the colleges as NSS Corpus Fund (which shall not be utilized for program expenditure for the present.)

12. RECORDS AND REGISTERS

The following Records and Registers are to be maintained by the NSS units at the Institution level.

1. Enrolment Register of volunteers.
2. Cash Register .
3. Stock Register (Consumable & non-consumable).
4. Attendance Register for Volunteers.
5. Registers for blood grouping – 8 in number.
6. Minutes Book (College Level NSS Advisory Committee).

13. DUTIES OF NSS VOLUNTEERS

First and Second year students have to be enrolled as NSS Volunteers. NSS volunteer should put in

1. Establish rapport with the people in the project area.
2. Identify needs, problems and resources of the community.
3. Plan program and carry out the plan.
4. Relate learning experience towards finding solutions to the problem identified, and
5. Record the activities in work diary systematically and assess the progress periodically and effect changes as and when needed.

GUIDELINES FOR SPECIAL CAMPING PROGRAMMING FOR THE YEAR 2018-19

HEALTHY YOUTH FOR HEALTH INDIA

Special Camps provide a unique opportunity to the student youth for group living leadership, close, interaction with the community, mutual understanding, tolerance, cohesion, etc. To make constructive use of student's leisure time for community work, these camps are organized during the vacations. During the Special Camps, students are expected to stay in the communities where they are holding the camp. These camps are generally of 7 days duration. The objectives behind the theme will have to create awareness about health aspects like no usage of tobacco, HIV/AIDS awareness, Healthy food habits, hygiene drinking water, water born diseases.

Under this theme all the health related issues may be covered which include General Health, Mental health, Spiritual Health, HIV/AIDS, Sexual Abuse, Adolescent Health and Population Education. This theme will be continued for the next 3-4 years.

Proposed activities:

- Identification of the adopted villages / slum areas.
- Awareness drives through Youth Rallies.
- Community participation by involving members of the adopted villages and local institutions.
- Duration of the NSS Special Camps will be 7 days and the volunteers will have to stay overnight in the camp.
- Organizing Day Camps on the theme at the Adopted Villages on weekends.
- Evaluation of the camp may be done with the help of volunteers and the community.
- Documentation in the form of success stories, news paper, clipping, daily reports in students diary, action photographs, video recording may be made.
- The special camps organized during the quarter may be reflected in the Quarterly Progress Report and the report be sent to all the concerned in time.

SUGGESTION SCHEDULE OF ACTIVITIES FOR 7 DAY SPECIAL CAMP ON THE THEME HEALTHY YOUTH HEALTH INDIA

Following activities may be undertaken during the 7 Days Special Camp

Day 1

Inauguration of the first Day Rapport building exercise in the adopt villages
Orientation/survey: NSS volunteers may conduct survey of the area / available
waterresources in the adopted village.

Day 2

The second day Student role in NSS, Rallies, Health camps, environment cleaning
etc.

Day3-4

NSS volunteers after the survey should conduct cleanliness of wells, digging &
deepeningof ponds preservation of rainy water by digging tank etc., by involving
local people. Upkeep and cleanliness of available drinking water resources. Use
of traditional method of filtration using local material. Involvement of community
in the maintenance of drinking water resources in collaboration with Health,
Irrigation Departments, MunicipalCommittee, Panchayat Samities etc.

Day 5

Efforts may be made to ensure that the work undertaken during the camp be
continued and completed by the local people. Evaluation of the work done through
concerned GovernmentDepartment and local people.

Day 6

Health camp, Discuss about health, Eye camp.

Day 7

Closing of the camp by inviting local people to discuss about the work done and
follow up action.

**IMPORTANT: Provide the Toilet and bathroom facilities for the Volunteers. Don't
allow the students to take bath in the lake or ponds.**

14. REGULAR ACTIVITIES 2018-2019

S.NO	DATE	ACTIVITIES
1	05 th July 2018	Blood Donation Camp was conducted
2	05 th August 2018	General medical camp
3	11 th October 2018	Seed ball Tree Plantation
4	15 th October 2018	Swachn bharath-Swachh paryatan
5	11 th January 2019	Pongal Celebration
6	8 th February 2019	Dental Camp Program
7	18 th February 2019	CCTV Camera inauguration (cctv 3rd eye surveillance)
8	27 th February 2019	Traffic Awareness Program
9	27 th February 2019	Seminar on "Road safety"
10	15 th March 2019	Helmet Awareness Program
11	25 th March 2019 to 31 st March 2019	Special camp Program
12	4 th April 2019	Blood Donation Camp was conducted
13	05 th June 2019	Voting Awareness Program

Blood Donation Camp

Blood donation refers to the process of collecting, testing, preparing, and storing blood and blood components. Donors are most commonly unpaid volunteers, but they may also be paid by commercial enterprises. Blood registry refers to the collection and sharing of data about donated blood and ineligible donors. Blood donations can be made in community blood centers, at hospitals or in bloodmobiles, which visit schools, churches and workplaces. The actual process of donating whole blood takes about 20 minutes. The blood flows through plastic tubing into a blood bag. Donors may be asked to clench their fist to encourage blood to flow. Usually, one unit of blood is collected.





Blood donation camp was conducted at BIHER on 05th July 2018 with our NSS Volunteer donating blood.

GENERAL MEDICAL CAMP:



General Medical Camp was conducted by Bharath Institute of Higher Education and Research NSS Cell & Jointly Conducted by Lions Club Tambaram. In our University Campus held on 05th August 2018.

SEED BALL TREE PLANTATION:



Seed balls sowing programme. NSS Volunteers prepared sowing 3000 balls within campus and road side, riversides held on 11th October 2018.

SWACHN BHARATH-SWACHH PARYATAN



Seminar on “Swachn bharath” was given at Bharath Institute of Higher Education and Research held on 15th October 2018



Swachh paryatan Tree plantation at Bharath Institute of Higher Education and Research Campusheld on 15th October 2018

PONGAL CELEBRATION



Pongal Celebration and Distributed Pongal Gift at BIHER held on 11th January 2019

DENTAL CAMP PROGRAM



Dental Camp Program was conducted at held BIHER held on 8th February 2019

CCTV CAMERA INAUGURATION (CCTV 3RD EYE SURVEILLANCE)



CTV Camera inauguration (cctv 3rd eye surveillance) At Selaiyur Participated Dr.R.Hariprakash Additional Registrar of Bharath Institute of Higher Education and Research held on 18th February 2019

TRAFFIC AWARENESS PROGRAM



Traffic Awareness Program Conducted at Selaiyur and Camp Road Junction held on 27th February 2019

SEMINAR ON "ROAD SAFETY"



Seminar on "Road safety" at BIHER held on 27th February 2019

HELMET AWARENESS PROGRAM



Helmet Awareness Program at Tambaram RTO Office held on 15th March 2019

SPECIAL CAMP PROGRAMME



Special camp Programme Conducted at Tiruvanchery Village School held on 25th March 2019 to 31st March 2019

BLOOD DONATION CAMP WAS CONDUCTED



Blood Donation Camp was conducted at BIHER Campus held on 4th April 2019

VOTING AWARENESS PROGRAMME



Voting Awareness Programme Conducted at Tambaram held 05th June 2019.

13.FLOW CHART FOR THE NSS CELL

