



Bachelor of Science
B.Sc. Semester – 4

Course Code	US04VABSC01	Title of the Course	NCC Army – II
Total Credits of the Course	2	Hours per Week	2
Course Objectives:	To impart basic knowledge of Social Awareness and Community development, social skills, health and Sanitation, Yoga, and Exercises.		
Course Content			
Unit	Description		Weightage* (%)
1.	Social Awareness & Community Development: Basics of Social Service, Contribution of Youth towards Social Welfare, Family Planning, Counter Terrorism, Corruption, Social Evils, Causes & Prevention of HIV/ AIDS, Civic Responsibilities, NGOs: Role & Contribution. Social Skills: Introduction, Etiquette: Meaning, Types of Etiquettes Mannerisms: Meaning, Bad Manners, Improving Social Skills.		50%
2.	Hygiene And Sanitation: <i>Hygiene:</i> Introduction, Personal Hygiene, Water Supply and Its Purification, Food Hygiene. <i>Sanitation:</i> Definition, Types Of Waste Products / Refuse, Sources of Refuse, Disposal of Waste Products /Refuse, Disposal of Human Waste, Disposal of Sewage. Yoga and Exercises: Introduction, Historical perspective and purpose of Yoga, Potential benefits of Yoga, Potential problems of Yoga.		50%

Teaching-Learning Methodology	Teacher- learner-Centered, Focused, Interactive /Participative.
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Internal and/or External Examination Evaluation

Sr. No.	Details of the Evaluation / Exam Pattern	50 Marks (%)	25 Marks (%)
1	Class Test (at least one)	15 (30%)	10 (40%)
2	Quiz (at least one)	15 (30%)	05 (20%)
3	Active Learning	05 (10%)	----
4	Home Assignment	05 (10%)	05 (20%)
5	Class Assignment	05 (10%)	----
6	Attendance	05 (10%)	05 (20%)
Total Internal (%)		50 (100%)	25 (100%)
University Examination (%)		50 (100%)	25 (100%)





Course Outcomes: Having completed this course, the learner will be able to

1.	To make NCC as an important part of the society.
2.	To teach positive thinking and attitude to the youths.
3.	To develop a sense of social harmony among the students and to inform them about the ways to remove them by giving information about social evils.
4.	To prepare good citizens who are useful to the society.
5.	To explain the importance of hygiene for a healthy life.
6.	To explain the importance of exercise and yoga in personal life.

Suggested References:	
Sr. No.	References
1.	Cadet's Hand Book Common Subject, All Wings, By DGNCC, New Delhi.
2.	Cadet's Hand Book Specialized Subject, Army, By DGNCC, New Delhi.
On-line Resources available that can be used as reference material:	
1.	Indiancc.nic.in
2.	DGNCC Training App

