

**Health and Wellness, Yoga and Sports**  
(Common to All branches of Engineering)

<b>Course Category:</b>	Basic sciences		<b>Credits:</b>	0.5
<b>Course Type:</b>	Practical		<b>Lecture – Tutorial – Practical:</b>	0-0-1
<b>Pre-requisite:</b>	Not required		<b>Sessional Evaluation:</b> <b>Univ.Exam Evaluation:</b> <b>Total Marks:</b>	30 70 100
<b>Course Objectives</b>	To impart discipline, character, and fraternity amongst young citizens • To train them to work in teams/groups to enhance their team spirit. • To enable the students to acquire leadership qualities. • To induce social consciousness among students through various activities. • To instill self-confidence and the ideals of selfless service • To engage students in responsible and challenging actions for the common good.			
<b>Course Outcomes</b>	Understand the importance of discipline, character and service motto.			
	<b>CO1</b>	Outline the needs and problems of the community.		
	<b>CO2</b>	Solve some societal issues by applying acquired knowledge, facts, and techniques.		
	<b>CO3</b>	Explore human relationships by analyzing social problems.		
	<b>CO4</b>	Determine to extend their help for the fellow beings and downtrodden people.		
	<b>CO5</b>	Develop leadership skills and civic responsibilities.		
<b>Course Content</b>	<b>UNIT-I</b> <b>Orientation</b> General Orientation on NSS/NCC/ Scouts & Guides/Community Service activities, career guidance. Activities: i) Conducting –ice breaking sessions-expectations from the course-knowing personal talents and skills ii) Conducting orientations programs for the students –future plans-activities Releasing road map etc. iii) Displaying success stories-motivational biopics- award winning movies on societal issues etc. iv) Conducting talent show in singing patriotic songs-paintings- any other contribution.			
	<b>UNIT-II</b> <b>Nature &amp; Care</b> Activities: i) Best out of waste competition. ii) Poster and signs making competition to spread environmental awareness. iii) Recycling and environmental pollution article writing competition. iv) Organizing Zero-waste day. v) Digital Environmental awareness activity via various social media platforms. vi) Virtual demonstration of different eco-friendly approaches for sustainable living.			

	<p>vii) Write a summary on any book related to environmental issues.</p>
	<p style="text-align: center;"><b>UNIT III</b></p> <p><b>Community Service</b>  Activities:  i) Conducting One Day Special Camp in a village contacting village-area leaders  Survey in the village, identification of problems- helping them to solve via  media- authorities- experts-etc.  ii) Conducting awareness programs on Health-related issues such as General  Health, Mental health, Spiritual Health, HIV/AIDS,  iii) Conducting consumer Awareness. Explaining various legal provisions etc.  iv) Women Empowerment Programmes- Sexual Abuse, Adolescent Health and  Population Education.  v) Any other programmes in collaboration with local charities, NGOs etc.</p>
<b>Text Books &amp; References</b>	<p><b>Reference Books:</b>  1. Nirmalya Kumar Sinha &amp; Surajit Majumder, <i>A Text Book of National Service Scheme</i>  Vol;I, Vidya Kutir Publication, 2021 ( ISBN 978-81-952368-8-6)  2. <i>Red Book - National Cadet Corps</i> – Standing Instructions Vol I &amp; II,  Directorate General of NCC, Ministry of Defence, New Delhi  3. Davis M. L. and Cornwell D. A., “Introduction to Environmental  Engineering”, McGraw Hill, New York 4/e 2008  4. Masters G. M., Joseph K. and Nagendran R. “Introduction to  Environmental Engineering and Science”, Pearson Education, New  Delhi. 2/e 2007  5. Ram Ahuja. <i>Social Problems in India</i>, Rawat Publications, New Delhi</p>
	<p><b>General Guidelines:</b>  1. Institutes must assign slots in the Timetable for the activities.  2. Institutes are required to provide instructor to mentor the students.</p>
	<p><b>Evaluation Guidelines:</b>  • Evaluated for a total of 100 marks.  • A student can select 6 activities of his/her choice with a minimum of 01  Activity per unit. Each activity shall be evaluated by the concerned teacher for  15 marks, totaling to 90 marks.  • A student shall be evaluated by the concerned teacher for 10 marks by  Conducting viva voce on the subject.</p>

Contribution of Course Outcomes towards achievement of Program Outcomes (3-High, 2-Medium, 1-Low)

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2
CO1	-	-	-	-	-	3	3	-	2	2	-	2	-	-
CO2	-	-	-	-	-	3	3	-	2	2	-	2	-	-
CO3	-	-	-	-	-	3	3	-	2	2	-	2	-	-
CO4	-	-	-	-	-	3	3	-	2	2	-	2	-	-
CO5	-	-	-	-	-	3	3	-	2	2	-	2	-	-