**Health and Wellness, Yoga and Sports**

**(Common to All branches of Engineering)**

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| **Course Category:** | Basic sciences | | **Credits:** | 0.5 |
| **Course Type:** | Practical | | **Lecture – Tutorial – Practical:** | 0-0-1 |
| **Pre-requisite:** | Not required | | **Sessional Evaluation:**  **Univ.Exam Evaluation:**  **Total Marks:** | 30  70  100 |
| **Course Objectives** | 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. | | | |
| **Course**  **Outcomes** | Understand the importance of discipline, character and service motto. | | | |
| **CO1** | Outline the needs and problems of the community. | | |
| **CO2** | Solve some societal issues by applying acquired knowledge, facts, and techniques. | | |
| **CO3** | Explore human relationships by analyzing social problems. | | |
| **CO4** | Determine to extend their help for the fellow beings and downtrodden people. | | |
| **CO5** | Develop leadership skills and civic responsibilities. | | |
| **Course Content** | **UNIT-I**  **Orientation**  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. | | | |
| **UNIT-II**  **Nature & Care**  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.  vii) Write a summary on any book related to environmental issues. | | | |
| **UNIT III**  **Community Service**  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. | | | |
| **Text Books &**  **References** | **Reference Books:**  *1.* Nirmalya Kumar Sinha & Surajit Majumder, *A Text Book of National Service Scheme*  Vol;.I, Vidya Kutir Publication, 2021 ( ISBN 978-81-952368-8-6)  2. *Red Book - National Cadet Corps* – Standing Instructions Vol I & 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. *Social Problems in India*, Rawat Publications, New Delhi | | | |
|  | **General Guidelines:**  1. Institutes must assign slots in the Timetable for the activities.  2. Institutes are required to provide instructor to mentor the students. | | | |
|  | **Evaluation Guidelines:**  • 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. | | | |

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| 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 | - | - |