**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:** | 3070100 |
| **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-activitiesReleasing 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 leadersSurvey 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 | - | - |