



**PART V**

**(NCC, NSS, RRC, YRC & Physical Education)**

**Total Hours 120 per year**

**Credit: 1**

**TOTAL MARKS : 100 (INTERNAL ONLY)**

**Question paper setting and paper valuation: Internal only**

| <b>I Year</b>                                 | <b>II Year</b>                                | <b>Part V Final Mark</b><br>(Cumulative of I year & II year) |
|---|---|--|
| Maximum Marks : 100<br>Minimum Pass Mark : 40 | Maximum Marks : 100<br>Minimum Pass Mark : 40 | Maximum Marks : 100<br>Minimum Pass Mark : 40                |

**Mark Distribution for each year**

|              | <b>Maximum Mark</b> | <b>Minimum Pass Mark</b>           |
|--------------|---------------------|------------------------------------|
| Test         | 10                  | 3 (30%)                            |
| Assignment   | 5                   | -                                  |
| Practical    | 10                  | -                                  |
| Attendance   | 75                  | (50% Attendance<br>Should acquire) |
| <b>Total</b> | 100                 | 40 (40%)                           |



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**Mark Mapping for attendance for each year**

| <b>% of Attendance</b> | <b>Mark</b>        |
|------------------------|--------------------|
| 0                      | 0                  |
| 1-4                    | 1                  |
| 5-9                    | 2                  |
| 10-14                  | 3                  |
| 15-19                  | 4                  |
| 20-24                  | 5                  |
| 25-29                  | 6                  |
| 30-34                  | 7                  |
| 35-39                  | 8                  |
| 40-44                  | 9                  |
| 45-49                  | 10, 13, 16, 19, 21 |
| 50-54                  | 22, 23, 24, 25, 26 |
| 55-59                  | 27, 28, 29, 30, 31 |
| 60-64                  | 32, 33, 34, 35, 36 |
| 65-69                  | 37, 38, 39, 40, 41 |
| 70-74                  | 42, 43, 44, 45, 46 |
| 75-79                  | 47, 48, 49, 50, 51 |
| 80-84                  | 52, 53, 54, 55, 56 |
| 85-89                  | 57, 58, 59, 60, 61 |
| 90-95                  | 62, 63, 64, 65, 66 |
| 96-100                 | 68, 70, 72, 74, 75 |



**DISCIPLINE: NCC**

**Subject Code: U2NC4**

**NCC “ARMYWING”**

**Paper – I**

**Hours : 120**

**Unit I**

**Introduction to NCC ORGANISATION**

Functions of NCC – Motto – Aim – NCC Song – NCC Organisation – Office of the Directorate General NCC – NCC Directorates – Dy Directorate General NCC – Group HQ – Battalion – Company – (with the rank structure of the officers concerned)

**Unit II**

**Introduction to Armed Forces**

Organisation & Rank Structure of Supreme Commander of Armed Forces – Indian Army – Indian Navy – Indian Airforce – **BSF, CRPF & CISF**

**Unit III**

**Foot Drill & Weapon Training-I**

- A) Basic need for Foot Drill – Word of commands for foot drill
- B) SLR – parts of the SLR stripping and Assembling – Loading unloading – Procedure & safety precautions

**Unit IV**

**Field Craft**

Camouflage and concealment – Judging distance – Fire control orders – Patrolling and Ambush – Types

**Unit V**

**Adventure Activities and Social Service**

- a) Types of Adventure activities in NCC – Trekking, mountaineering, para jumping and cycle Expedition – Social Service Activities – Blood Donation – AIDS awareness – Tree Palantation – Eradication of Illiteracy – Environmental awareness programmes.

- Reference:**
- 1. NCC Army Hand Book – Published by the Director General NCC, New Delhi
  - 2. NCC Army Hand Book – Published by 8 Army Unit NCC, Vijayawada
  - 3. NCC Army Hand Book – Published by O.T.S. Kamptee, Nagpur
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**NCC “ARMYWING”**

**Paper – II**

Hours : 120

**Unit I**

**Weapon Drill & Training -II**

Word of commands in Weapon drill– LMG – Introduction and characteristics – loading and unloading – Parts of LMG – Stripping and assembling – Aiming and holding mechanism – Effective Range – Magazine capacity.

**Unit II**

**Map reading**

Introduction to map conventional signs – topographical forms and technical terms – Grid System – Cardinal points – Finding North – Types of bearing – service protractor – setting a map and finding own position – Map to ground and ground to map. Compass – parts and uses.

**Unit III**

**Self Defence & Civil Defence**

Introduction – Principle and precautions – Vulnerable Patsy Body Civil Defence – organization – at District Level – Functions.

**Unit V**

**Leadership Qualities**

Leadership – Meaning – Types of leader – functions of a Leader – Leadership Traits

**Unit V**

**Health & Hygiene & First Aid**

Introduction – Importance of personal Hygiene & sanitation – Types of pollution (Air and Water) – Contral measures – First Aid – Introduction – First Aid procedure for snake bite – Sun stroke –and fracture.

- Reference:**
1. NCC Army Hand Book – Published by the Director General NCC, New Delhi
  2. NCC Army Hand Book – Published by 8 Army Unit NCC, Vijayawada
  3. NCC Army Hand Book – Published by O.T.S. Kamptee, Nagpur
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**NSS**

SEMESTER : I & II

Paper I

Hours : 120

Credit : 1

Subject Code: **U2NS4**

**Unit I**

**NSS:** Introduction - The History of NSS – growth of NSS – Objectives – The Motto – NSS symbol – NSS Badge – NSS day – Important National days - NSS song

**Unit II**

**Basic Concepts and Components:** NSS Programme Officer - NSS Volunteer – Community - Aims of NSS Programmes/Activities - Classification of NSS Programme - Adoption of Villages - Contacting Village/Area Leaders - Survey of the Village/Area - Identification of Problem(s) - Completion of Projects - Evaluation of Project - Adoption of Slums - Survey of the Slum - Services in Slums - Coordination with Voluntary Organisations

**Unit III**

**National Integration:** Importance and Necessity – Freedom Struggle and Nationalistic movement in India – National interests, objectives, threats and Opportunities – Unity in Diversity - Contribution of Youth in Nation Building.

**Unit IV**

**Personality Development:** Introduction to Personality Development – Factors influencing/shaping personality: Physical, Social, Psychological and Philosophical - Self-awareness – Know yourself – Interpersonal relationship and communication

**Unit V**

**Leadership:** Leadership Traits - Types of Leadership – Attitude: Assertiveness and Negotiation - Conflict Motives-Resolution - Importance of Team Work

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|---------------------|--|---------------------------|
| SEMESTER : III & IV | <b>NSS</b><br>Paper II<br>Subject Code: <b>U2NS4</b> | Hours : 120<br>Credit : 1 |
|---------------------|--|---------------------------|

### Unit I

**Special Camping Programme:** Contributions of Special Camping Programme - Objectives of the Special Camping programme - Suggestive list of activities during Regular as well as Special Camping

**Planning and Preparation of special Camping Programme:** Planning at Institution level - Guidelines for the success of Camp - Importance of successful camping programme - Guiding Principles - Organisation of camp - Administration of the Camp - Lodging Arrangements - Board Arrangements - Project Work - Involvement of the Community - Suggestive Model Schedule.

### Unit II

**Social Awareness:** Basics of Social Service, weaker sections of our society and their needs - NGOs : Role and Contribution – Civic responsibility – causes and prevention; role of youth - Drug Abuse and Trafficking – awareness of HIV/AIDS

### Unit III

**Environmental awareness:** Natural Resources – Conservation & Management - Water Conservation and Rainwater harvesting - Waste Management - Pollution Control; Water, Air, Noise and Soil - Energy Conservation - Wildlife Conservation.

### Unit IV

**First Aid:** Artificial Respiration - Control Of Bleeding - Fractures - Burns - Shock – Wounds - Eye Injuries - Heat Stroke - Snake Bite - Dog Bite – Poisoning

### Unit V

**Disaster Management:** Characteristics and types of Disasters(Geological and Mountain Area Disasters, Wind and Water Related Natural Disaster, Man Made Disasters), Causes and effects, Assistance during Natural/Other Calamities: Flood/Cyclone/Earth Quake/Accident etc.

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**RRC**

**Paper –I: Introduction of RRC and HIV/AIDS**

Hours : 120

Credit: 1

Subject Code: **U1RR4**

**Unit-I: RRC-Introduction**

RRC – Introduction: definition, Objectives, Strategies – Guidelines for membership and activity.

**Unit-II: Organogram**

Organogram- Tamil Nadu AIDS Control Society (TANSACS) - main components, strategies and intervention-components of RRC- Advisory Committee.

**Unit –III: Role and Responsibilities**

Role and responsibilities- Principal/RRC Chairman – RRC programme Officer- Peer educator.

**Unit- IV: Peer Education**

Peer education- Criteria for selecting the Peer educators- Method of Peer education- Outcome of the Training

**Unit-V: HIV/AIDS Clinical Identification**

AIDS symbol-Clinical latency- Acquired immunodeficiency syndrome- Transmission of HIV- Prevention -sexual contact, Antiviral therapy, Testing the blood-ELISA, Western Blot and PCR tests-

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**Paper-II: File Documentation & Awareness Creation**

Hours : 120

**Unit-I: Celebrating Life**

Celebrating Life Session- The content of the 6 hours celebrating module- Resource person Interactive session.

**Unit-II: Life Skills**

Life Skills-Definition- Tten life skills - Empathy, problem solving, Interpersonal relationship- Effective Communication- critical thinking-creative thinking-Management of Stress, Self-awareness- Decision making –Management of emotions.

**Unit-III: Exposure Visit**

Exposure Visit- Visit to ICTC- Blood bank –ART center- Community Care center- Network for people living with HIV.



**Unit-IV: Documentation**

Documentation - Guidelines for Documentation- Records- Preparation and Maintenance of Records.

**Unit-V: Awareness**

Stigma and Culture-Awareness creation for better prevention- Debates-Seminars-Exhibitions-Rallies-Roadshows.

**References:**

1. The Diary of Tamilnadu State AIDS Control Society, Chennai-8  
Red Ribbon Club, Madurai Kamaraj University
  2. Celebrating Life, Students handbook, published by Tamilnadu State AIDS Control Society, Chennai-8.
  3. www. tansacs.in
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**Scheme of Evaluation**

**Total marks: 100**

**Only Internal Assessment and No External Assessment.**

Internal Test: 10 marks (Minimum: 3 marks)

Assignment: 5 marks

Practical: 10 marks

Attendance: 75 marks (Minimum: 22 Marks)

Minimum Pass: 40 marks

***Practicals:***

Field work/Visit to Community Care Centre/ART/ICTC/Blood Bank / Participation in Conference / Seminars/Blood Donation/Peer Educators

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**Part – V YOUTH RED CROSS (YRC)**

**Paper – I**

Hours : 120

Credit: 1

Subject Code: **UIYR4**

**Unit – I**

**History of Red Cross Society**

Henry Durant- Memories of Salbarino – Origin of Red Cross Society – Geneva Convention

**Unit – II**

**International and National Red Cross movements**

IRCS – Organisation – Objectives – Administrative structure – Organizational set up of Indian Red Cross Society and its activities

**Unit – III**

**Fundamental Principles and regulations**

Humanity – Impartiality – Neutrality – Independence – Voluntary service – Unity – Universality – Aims of the Emblem – Red Cross – Red Crescent – Protective use – Indicative use – Abuse

**Unit – IV**

**Youth Red Cross**

Youth Red Cross Movement – Origin – Objectives – Organisation – Activities: Awareness of Blood Donation- Eye Donation –Humeoclophin level

**Unit – V**

**Rescue activities of Red Cross Society**

Battle field – National disasters – Role of Red Cross Society in relief activities

**Text Book**

Note on First Aid by S. Theertham, St.John Ambulance Association

**Reference Books**

1. ICRC Answers to your Questions
  2. Youth Red Cross Journals
  3. Red Cross Society(Tamil)
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**Part – V YOUTH RED CROSS (YRC)**

**Paper – II**

Hours : 120

**Unit – I**

**Structure and functions of Human body**

Skeleton – bones – joints – heart and circulation

**Unit – II**

**General Principles of First Aid**

First aid – definition – scope and rules - First aid box

**Unit – III**

**Types of First Aid**

Wounds and hemorrhage – Burns and Scalds – Respiratory tract – Unconsciousness - Heart attack  
– Fractures – Snakebites – insects biting

**Unit – IV**

**Types of Knots**

Bowline knot – Running Bowline knot – Reef knot – Clove Hitch knot

**Unit – V**

**Emergency services**

Accidents – 100, 103 - Fire Service / Rescue Service – 101 - Ambulance Service – 102, 108 -  
Emergency & Accidents – 1099 - Emergency Help line in National Highways – 1033 - Blood  
Bank Emergency Help line – 1910 - Eye Bank Emergency Help line – 1919

**Text Book:**

1. Notes on First Aid by S. Theertham, St. John Ambulance Association
2. M.Mubarak Ali First Aid (Tamil)

**Reference Books**

1. ICRC Answers to your Questions
  2. Youth Red Cross Journals
  3. Red Cross Society(Tamil)
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**Part – V Extra Curricular**

**DISCIPLINE: Physical Education and Sports**

**Subject Code: U2PS4**

**SYLLABUS**

Hours : 120

Credit: 1

**PAPER - I**

**FOUNDATION OF PHYSICAL EDUCATION & SPORTS (I YEAR)**

**Unit I – Introduction to Physical Education**

Meaning and Scope - Aim and objectives of Physical Education. Olympic – Oath, Flag and Games (Ancient and Modern).

**Unit II – Careers in Physical Education**

Teaching - Fitness and Health related Management - media & other related opportunities.

**Unit III – Introduction of Yoga**

Meaning, Benefits – Essentials of Yoga – Suriyanamaskar – Asanas - Pranayama - Kriyas & Meditation.

**Unit IV – Volley Ball and Ballbadminton**

Fundamental Skills - Specific Warm-up & Warm-down - Essential fitness components - Rules & regulations - Layout of the Court.

**Unit V – Track & Field**

100 mts - Shotput - long jump – Technique, Rules and Regulations.

**References:**

1. Wuest Deborah A and Charles A. Bucher (1987) Foundations of Physical Education, New Delhi, B.I. Publication Pvt. Ltd.,
2. Elangovan R (2002) Udarkalvi oru Arimugam – Tirkunelveli, Aswin Publication
3. Hoeger Werner W.K and Sharon A. Hoeger (1990). Fitness and Wellness, Colorado: Morton Publishing Company
4. Chandrasekaran K. (1999) Sound Health through Yoga Sedapatti: Prem Kalyan Publications
5. Bevinson Perinbaraj (2003) Playfield, Karaikudi, Vinsi Publications
6. Prabhakar Eric, The Way to Athletic gold , Delhi, Affiliated East – West press Private Ltd



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**PAPER - II**

**SPORTS PHYSIOLOGY & HEALTH EDUCATION (II YEAR)**

Hours : 120

**Unit I - Sports Physiology**

Effects of Exercises on various Systems of the Body – Muscular, respiratory, circulatory and digestive Systems.

**Unit II- Introduction of Health Education**

Meaning, Nature, Need & Scope of Health Education – Factors influencing health and stress management.

**Unit III- Healthy Life**

Wellness – Fitness – Nutrition - Ill effects of consuming tobacco and alcohol.

**Unit IV -First Aid**

Definition, Treatment for Shock, Poisoning, Drowning, Bleeding, haemorrhage, Fracture and Sprain.

**Unit V - Basket Ball & Kabaddi**

Fundamental skills – Specific Warm-up & warm down - essential fitness components - rules & regulations, Layout of the court.

**References:**

1. Shavel L.G. 1981 Essentials of Exercise Physiology, New Delhi, Subject Publications.
2. Basu D.S.M. and Kamal R. (1989) Introduction To Health Education, A.P. – Publications, Jalandhar
3. Nirmal saini (2001) Ballbadminton: sapna publications.
4. Dhanaraj V. Huburt, 1991 Volley ball A modern approach, Patiala, SAINSNIS,
5. Coleman Brain and Peter ray (1976) Basket ball, East Ardsley : EP publishing Ltd.,
6. Reddi A.R, (1974) Scientific Kabaddi Madras Raman's Publishing Company
7. Anonym, 1990 First Aid, New Delhi Sr. John Ambulance Association Head Quarters.

**PRACTICAL SYLLABUS**

**PAPER – I (I Year)**

Each Performance 4Marks

5 x 4 = 20 Marks

- 1) 100 Meters
- 2) Long Jump
- 3) Shot put
- 4) Four Asanas (Surya Namaskar compulsory)
- 5) 1500 Meters run/walk



**Norms for Girls**

**100 Meters**

|                        |         |
|------------------------|---------|
| 13.0 Seconds and Below | 4 Marks |
| 13.1 to 14.0 Seconds   | 3 Marks |
| 14.1 to 15.0 Seconds   | 2 Marks |
| 15.1 to 16.0 Seconds   | 1 Mark  |
| 16.1 to above Seconds  | 0 Mark  |

**Long Jump**

|                            |         |
|----------------------------|---------|
| 4.00 Metres and above      | 4 Marks |
| 3.50 Metres to 3.99 Metres | 3 Marks |
| 3.00 Metres to 3.49 Meters | 2 Marks |
| 2.50 Metres to 2.99 Metres | 1 Mark  |
| Below 2.50 Metres          | 0 Mark  |

**Shot put**

|                         |         |
|-------------------------|---------|
| 6 Metres and above      | 4 Marks |
| 5 Metres to 5.99 Metres | 3 Marks |
| 4 Metres to 4.99 Meters | 2 Marks |
| 3 Metres to 3.99 Metres | 1 Mark  |
| Below 3 Metres          | 0 Mark  |

**1500 Metres Walk**

|                         |         |
|-------------------------|---------|
| 8 Minutes and Below     | 4 Marks |
| 8.01 to 9 Minutes       | 3 Marks |
| 9.01 to 10 Minutes      | 2 Marks |
| 10.01 to 11 Minutes     | 1 Mark  |
| 11.01 Minutes and above | 0 Mark  |

**Norms for Boys**

**100 Metres**

|                        |         |
|------------------------|---------|
| 12.0 Seconds and Below | 4 Marks |
| 12.1 to 13.0 Seconds   | 3 Marks |
| 13.1 to 14.0 Seconds   | 2 Marks |
| 14.1 to 15.0 Seconds   | 1 Mark  |
| 15.1 to above          | 0 Mark  |

**Long Jump**

|                            |         |
|----------------------------|---------|
| 5.00 Metres and above      | 4 Marks |
| 4.50 Metres to 4.99 Metres | 3 Marks |
| 4.00 Metres to 4.49 Meters | 2 Marks |
| 3.50 Metres to 3.99 Metres | 1 Mark  |



3.49 and Below 0 Mark

**Shot put**

7 Metres and above 4 Marks

6.50 Metres to 6.99 Metres 3 Marks

6.00 Metres to 6.49 Meters 2 Marks

5.50 Metres to 5.49 Metres 1 Mark

Below 5.50 Metres 0 Mark

**1500 Metres Walk**

5.0 Minutes and Below 4 Marks

5.01 to 5.30 Minutes 3 Marks

5.31 to 6.00 Minutes 2 Marks

6.01 to 6.30 Minutes 1 Mark

6.31 Minutes above 0 Mark

**PRACTICAL SYLLABUS**

**PAPER – II (II Year)**

**(For both boys and girls)**

Any two Fundamental skills in Basket ball or Kabaddi

and

Any two Fundamental skills in Volleyball or Ball badminton

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