ADDITIONAL SUBJECTS

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**09DE101 INTRODUCTION TO NATIONAL YOUTH PROGRAMMES**

Credit 2:0:0

**Learning Objective:**

- To study the important concepts in Physical fitness.
- To study Rules and Regulation of Athletics and Games.
- To understand the role of National Cadet Corps in National Development and Security.
- To understand the role of National Service Scheme in Community Development.
- To sensitize the students about the importance of Rural Development in National Development.

**Unit 1 (NSO)**

Wellness: Physical fitness – Components of fitness – Importance of fitness – Effect of exercise on various body systems.

**Unit 2 (NSO)**


**Unit 3 (NCC)**

Unit 4 (NSS)

Orientation to NSS:  Genesis – Objectives of NSS – emblem – Motto – Organisation and administration set-up of NSS- Special Camping Programmes, Awards, Participation in Republic day Parade, National Integration Camps, Youth festivals, etc

Unit 5 (Rural Development)

Features and scope of Rural Development - General problems faced by rural population - Population growth, illiteracy, unemployment, problems in agricultural sector, health, hygiene, sanitation and nutrition, drinking water supply, housing.

Role of Educational institutions in rural development - Participatory development tools : Participatory Rural Appraisal, Participatory Learning and Action, Rapid Rural Appraisal - Government programmes for Rural Development.

References:

5. Larry G.Shaver., Essentials of Exercise Physiology.
6. Edward L . Fox & Donald K. Mathews., The Physiological basis of Physical Education and Athletics