



SRI VASAVI ENGINEERING COLLEGE (AUTONOMOUS)

(Sponsored by Sri Vasavi Educational Society)

(Approved by AICTE, New Delhi & Permanently affiliated to JNTUK, Kakinada)

(Accredited by NAAC with „A“ Grade, Recognized by UGC under section 2(f) & 12(B))

Pedatadepalli, **TADEPALLIGUDEM-534 101.W.G.Dist.(A.P)**

Minutes of the Meeting of Board of Studies on NSS/SPORTS held on 28-11-2023

The following items were discussed in the meeting:

1. Introducing the members of BOS by Chairman.

The chairman of BOS extended a formal welcome and introduced the NSS coordinators and course Instructors of NSS and sports.

2. Syllabus for the NSS course offered in 1st year B.Tech Programme:

The detailed syllabus for the following courses (for 1st year B.Tech under V23 regulation i.e. for 2023-24 batch students) along with prescribed text books have been presented.

Courses: NSS/ NCC/ SCOUTS & GUIDES/ COMMUNITY SERVICE

3. Syllabus for the course offered in 1st year B.Tech Programme:

The detailed syllabus for the following courses (for 1st year B.Tech under V23 regulation i.e. for 2023-24 batch students) and activities planned.

Courses: HEALTH AND WELLNES, YOGA AND SPORTS.

4. Suggestions given by Dr Shyam Kumar, Programme Coordinator, NSS JNTU-K:

NSS course should be taught as a real time activities but not as a classroom teaching. This course has been made as a credit based course in the university to create awareness among engineering students to face real life problems. Instructors must train the students to be mentally tough and understand the needs of these skills.

Course coordinators must identify 6-10 parameters from each unit and set a criteria point from each unit. Students must be assessed based on the criteria. Course Instructors must be guided on the parameters setting and evaluation process.

He advised students of NSS units should work in reality and understand the true essence of serving rather than focusing on taking pictures and uploading.

Technological University colleges should plan for a relevance activities when they are in 7 days camp. The aim of the camp is to create awareness among the villagers or farmers in agriculture about the importance of technology usage in their tasks. Example drone usage in insecticides spreading.

Appreciated Principal sir and NSS Programme Officers for their valuable contribution in NSS and sports activities. Also stated that Sports activities are essential part of all round development. It provides the opportunity for students to become strong physically and mentally. It creates great sense of team spirit.

5. Suggestions given by Dr U Nagababu, District programme Officer, West Godavari & Eluru District:

Course Instructors must ensure the students understand the importance of NSS before starting any activity. Also ensure that the concept of service is clear to them. Students must represent their college through activities. Students must be prepared to do service in the society.

Informed Principal sir about the new NSS unit for the college.

6. Concluding remarks by BOS chairman:

BOS chairman thanked all the members of the meeting.



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The following members attended the NSS/SPORTS BOS Meeting online

S.No	Name of the Member	Designation & Address	Designation on BOS
1	Sri. N. Raja Sekhar	Assoc. Professor & HOD NSS Programme Officer Unit-I	Chairman
2	Dr. G. Syam Kumar	Programme Coordinator, NSS & Sports, JNTUK Kakinada.	University Nominee
3	Dr. U. Naga Babu	District Program Officer, West Godavari & Eluru	External Member
4	Sri. R L R Lokesh Babu	Assistant Professor of ECE NSS Programme Officer, Unit-II	Member
5	Sri. P. Naga Ramesh	Assistant Professor of Physics Faculty Coordinator	Member
6	Sri M. Venkatesh	Assistant Professor of Mechanical Faculty Coordinator	Member
7	Sri S. Sankar	Assistant Professor of EEE Faculty Coordinator	Member
8	Sri Jyoti Ganapati	Assistant Professor of Civil Faculty Coordinator	Member
9	Smt Santhi Rupa	Assistant Professor of CSE Faculty Coordinator	Member
10	Miss VPS Prathyusha	Lecturer of AIML	Member
11	Sri P Venkata Ashok	Assistant Professor of Physical Education	Member
12	Sri S Satish	PET	Member
13	Sri M V R Krishna Raju	PET	Member
14	Sri G Srikanth	PET	Member
15	Smt K Lavanya	PET	Member
16	Ms Jyoti	PET	Member
17	Master P Prem Chaitanya	Course Instructor (IIIB.Tech AIM)	Student Member
18	P Sri Pavani	Course Instructor (IVB.Tech ECE)	Student Member

Year&Programme	IstB.Tech	L	T	P	C
Regulation	V23	0	0	1	0.5
Nameof theCourse	NSS/NCC/SCOUTS&GUIDES/COMMUNITY SERVICE				
CourseCode	V23SPP01				
Branch	Common to All				

Course Objectives:

The objective of introducing this course is to impart discipline, character, fraternity, teamwork, social consciousness among the students and engaging them in selfless service.

Course Outcomes: After completion of the course the students will be able to

CO1: Understand the importance of discipline, character and service

motto.

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 down-trodden people.

CO5: Develop leadership skills and civic responsibilities.

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 orientation 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/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 program 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 Programme-Sexual Abuse, Adolescent Health and Population Education.
- v) Any other programme in collaboration with local charities, NGOs etc.

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. 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 voice on the subject.

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Year&Programme	IstB.Tech	L	T	P	C
Regulation	V23	0	0	1	0.5
NameoftheCourse	HEALTHANDWELLNESS,YOGAANDSPORTS				
CourseCode	V23SPP02				
Branch	Common to All				

Course Objectives:

The main objective of introducing this course is to make the students maintain their mental and physical wellness by balancing emotions in their life. It mainly enhances the essential traits required for the development of the personality.

Course Outcomes: After completion of the course the student will be able to

CO1: Understand the importance of yoga and sports for Physical fitness and sound health.

CO2: Demonstrate an understanding of health-related fitness components.

CO3: Compare and contrast various activities that help enhance their health. **CO4:**

Assess current personal fitness levels.

CO5: Develop Positive Personality

UNIT I

Concept of health and fitness, Nutrition and Balanced diet, basic concept of immunity
Relationship between diet and fitness, Globalization and its impact on health, Body Mass Index (BMI)
of all age groups.

Activities:

- i) Organizing health awareness programme in community
- ii) Preparation of health profile
- iii) Preparation of chart for balanced diet for all age groups

UNIT II

Concept of yoga, need for and importance of yoga, origin and history of yoga in Indian context, classification of yoga, Physiological effects of Asanas-Pranayama and meditation, stress management and yoga, Mental health and yoga practice.

Activities:

Yogapractices–Asana, Kriya,Mudra,Bandha,Dhyana,SuryaNamaskar

UNIT III

Concept of Sports and fitness, importance, fitness components, history of sports, Ancient and Modern Olympics, Asian games and Commonwealth games

Activities:

- i) Participation in one major game and one individual sport viz., Athletics, Volleyball, Basketball, Handball, Football, Badminton, Kabaddi, Kho-kho, Table tennis, Cricket etc. Practicing general and specific warmup, aerobics
- ii) Practicing cardio respiratory fitness, treadmill, run test, 9 min walk, skipping and running.

Reference Books:

1. Gordon Edlin, Eric Golanty. Health and Wellness, 14th Edn. Jones & Bartlett Learning, 2022
2. T.K.V.Desikachar. The Heart of Yoga: Developing a Personal Practice
3. Archie J. Bahm. Yoga Sutras of Patanjali, Jain Publishing Company, 1993
4. Wiseman, John Lofty, SAS Survival Handbook: The Ultimate Guide to Surviving Anywhere Third Edition, William Morrow Paperbacks, 2014
5. The Sports Rules Book/Human Kinetics with Thomas Hanlon.--3rd ed. Human Kinetics, Inc. 2014

General Guidelines:

1. Institutes must assign slots in the Timetable for the activities of Health/Sports/Yoga.
2. Institutes must provide field/facility and offer the minimum of five choices of as many as Games/Sports.
3. Institutes are required to provide sports instructor / yoga teacher 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, totalling to 90 marks.
- A student shall be evaluated by the concerned teacher for 10 marks by conducting viva voice on the subject.

