

Syllabus of NSS (Skill Based Courses) at UG Level

Course Code: VAC 101 Course | Name: Introduction to National Service Scheme

UNIT	TOPICS
1	Introduction and Basic concepts of NSS: History, Philosophy, aims & objectives of NSS, Emblem, flag, motto, song, badge etc. Organizational structure, roles and responsibilities of various NSS functionaries.
2	NSS Programmes and Activities: Concept of regular activities, special camping, Day camps; Adoption of Village/ slums, methodology of conducting survey; Financial pattern of the scheme; Coordination with different agencies.
3	Understanding Youth: Definition, Demographic Profile of youth; Youth Development Programmes in India: Youth related Issues, Challenges and Opportunities for youth; National Youth Policy; Youth-focused and Youthled organizations; Development of life competencies among Youth; Youth as social change Agent.
4	Community Mobilisation: Mapping of community stakeholders; Designing the message in the context of the problem and the culture of the community; Identifying methods of mobilisation; Youth-adult partnership.
5	Volunteerism and Shramdan: Role of youth in nation building; Indian Tradition of volunteerism/Shramdan; Needs & importance of volunteerism; Motivation and Constraints of Volunteerism; Role of youth in Disaster Management, Environmental Conservation.



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UNIT – 1

Introduction and Basic Concepts of NSS

25 One-Mark Questions and Answers

1. **Q:** What is the full form of NSS?
A: National Service Scheme.
2. **Q:** In which year was NSS launched?
A: 1969.
3. **Q:** Who launched the NSS?
A: The Government of India.
4. **Q:** NSS was launched during the birth centenary of which leader?
A: Mahatma Gandhi.
5. **Q:** What is the motto of NSS?
A: Not Me, But You.
6. **Q:** What is the symbol/emblem of NSS based on?
A: The giant Rath Wheel of Konark Sun Temple.
7. **Q:** How many spokes are there in the NSS symbol?
A: 8 spokes.
8. **Q:** What does the NSS badge represent?
A: It represents youth, energy, and continuity of life.
9. **Q:** What do the red and blue colours in the NSS badge signify?
A: Red signifies energy and blue signifies the cosmos.
10. **Q:** What is the main aim of NSS?
A: Personality development through community service.
11. **Q:** Which Ministry administers the NSS?
A: Ministry of Youth Affairs and Sports, Government of India.
12. **Q:** Who is the head of NSS at the national level?
A: Programme Adviser.
13. **Q:** What is the NSS song?
A: "Uttishth Bharat Lakshya Ke Liye".
14. **Q:** When is NSS Day celebrated?
A: 24th September.
15. **Q:** What is the colour of the NSS flag?
A: Red and blue.
16. **Q:** Who is responsible for the NSS unit at the college level?
A: NSS Programme Officer.
17. **Q:** Who are the main participants of NSS?
A: Students.

18. **Q:** Which educational commission first recommended social service as part of education?
A: University Education Commission (1948–49).
19. **Q:** What is the duration of NSS at the college level?
A: 2 years.
20. **Q:** What is the minimum duration of regular NSS activity per year?
A: 120 hours.
21. **Q:** What does NSS promote among students?
A: Social responsibility and leadership.
22. **Q:** What type of scheme is NSS?
A: Centrally sponsored scheme.
23. **Q:** Which document officially launched NSS?
A: National Education Policy, 1968.
24. **Q:** Who supervises NSS activities at the state level?
A: State NSS Officer.
25. **Q:** How many students are typically in one NSS unit?
A: 100 students.

Two-Mark Questions and Answers (Paragraph Format):

1. **Q1. What is the National Service Scheme (NSS)?**
Ans: The National Service Scheme (NSS) is a government-sponsored public service program aimed at developing the personality of students through community service. It encourages youth to participate in social work and nation-building activities while pursuing their education.
2. **Q2. What is the motto of NSS and what does it mean?**
Ans: The motto of NSS is *"Not Me, But You."* It reflects the spirit of selflessness and encourages volunteers to prioritize the needs of society over personal interest, promoting community welfare and service to humanity.
3. **Q3. Briefly explain the philosophy behind NSS.**
Ans: The philosophy of NSS is rooted in Gandhian thought, emphasizing voluntary community service, selfless action, and active participation in societal development. It aims to shape students into responsible citizens with a strong sense of social duty.
4. **Q4. Write a short note on the history of NSS.**
Ans: NSS was launched in 1969, marking the centenary of Mahatma Gandhi's birth. The idea was first recommended by the University Education Commission in 1948 and later adopted by the National Education Policy of 1968 to involve students in social service.
5. **Q5. Describe the NSS emblem.**
Ans: The NSS emblem is inspired by the Rath Wheel of the Konark Sun Temple in Odisha. It has eight spokes symbolizing the cycle of life and the continuous movement of time. It reflects youth's active role in social transformation.

6. **Q6. What do the colours in the NSS badge represent?**

Ans: The red colour in the NSS badge represents the energy and spirit of youth, while the blue colour signifies the vastness of the cosmos, highlighting that NSS volunteers are ready to serve the nation with boundless spirit and energy.

7. **Q7. What is the aim of NSS?**

Ans: The primary aim of NSS is the personality development of students through community service. It seeks to create a sense of social responsibility, leadership, and civic awareness among the youth.

8. **Q8. Who launched the NSS and under which ministry does it function?**

Ans: NSS was launched by the Government of India in 1969. It functions under the Ministry of Youth Affairs and Sports and is implemented in collaboration with educational institutions.

9. **Q9. What is the NSS song and what is its purpose?**

Ans: The NSS song is "*Uttishth Bharat Lakshya Ke Liye*". It inspires volunteers with a spirit of patriotism, service, and unity, reminding them of their mission to uplift the community and serve the nation.

10. **Q10. When is NSS Day celebrated and why?**

Ans: NSS Day is celebrated on 24th September every year. It commemorates the official launch of the NSS in 1969 and recognizes the contribution of volunteers in serving the nation through various social activities.

11. **Q11. What is the significance of the NSS badge?**

Ans: The NSS badge symbolizes the dynamic spirit and energy of youth. It encourages volunteers to dedicate themselves to continuous community development and uphold the values of discipline, dedication, and service.

12. **Q12. What is the structure of NSS at the national level?**

Ans: At the national level, NSS is managed by the Ministry of Youth Affairs and Sports, with a Programme Adviser overseeing policy matters and implementation in coordination with State NSS Cells and regional centers.

13. **Q13. Who is the NSS Programme Officer and what is their role?**

Ans: The NSS Programme Officer is a faculty member in a college who leads and guides the NSS unit. They are responsible for planning, organizing, and supervising all NSS activities and maintaining records of volunteers' participation.

14. **Q14. Who are the main stakeholders of NSS?**

Ans: The main stakeholders of NSS include students (volunteers), NSS Programme Officers, institutional heads, regional and state officers, and the central ministry. Together, they ensure the effective execution of the program.

15. **Q15. What is the role of students in NSS?**

Ans: Students, as NSS volunteers, engage in community service, awareness campaigns, and developmental activities. They play a vital role in promoting health, education, cleanliness, and social harmony in local communities.

16. **Q16. How many students can be enrolled in a single NSS unit?**

Ans: Each NSS unit typically comprises 100 student volunteers. These volunteers are selected

based on their willingness to serve and are involved in both regular and special camp activities throughout the year.

17. Q17. What are the main components of NSS activities?

Ans: NSS activities include regular community service (minimum 120 hours per year) and a 7-day special camp focused on themes like health, literacy, and environment, allowing volunteers to interact with and serve rural communities.

18. Q18. How does NSS contribute to personality development?

Ans: NSS helps develop leadership qualities, communication skills, teamwork, discipline, empathy, and a sense of social responsibility among students by involving them in real-life social issues and community work.

19. Q19. What is the organizational structure of NSS?

Ans: NSS has a four-tier structure: the national level (Ministry), regional level (regional centres), state level (State NSS Cell), and institutional level (NSS Units in colleges and universities), all working in coordination.

20. Q20. What are the responsibilities of NSS functionaries at the college level?

Ans: At the college level, functionaries like the Principal and NSS Programme Officer ensure volunteer enrolment, conduct regular activities and camps, maintain records, and promote NSS values among students through effective leadership.

Five-Mark Questions and Answers

Q1. Discuss the history and evolution of NSS in India.

Ans:

The National Service Scheme (NSS) was formally launched on **24th September 1969** by the **Government of India** under the **Ministry of Education**, during the **birth centenary of Mahatma Gandhi**, who strongly believed in student involvement in social service. The idea of involving students in nation-building through voluntary service was first recommended by the **University Education Commission (1948-49)**, headed by Dr. S. Radhakrishnan. Later, the **National Education Policy of 1968** emphasized the importance of social service in education. Based on this, the NSS was established in selected universities and colleges. Over time, it expanded across the country, helping lakhs of students participate in community service and social development.

Q2. Explain the aims and objectives of NSS.

Ans:

The **main aim** of NSS is to promote the **personality development of students through community service**. It encourages students to actively participate in **nation-building activities**, fostering qualities such as leadership, discipline, empathy, and social responsibility. The **objectives** include:

- Understanding the community and its problems.
- Developing a sense of social and civic responsibility.

- Gaining skills in mobilizing community participation.
 - Practicing national integration and social harmony.
 - Engaging in constructive community work.
- NSS helps students become responsible citizens who are aware of and committed to the welfare of society.
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Q3. Describe the philosophy and significance of the NSS motto – “Not Me, But You.”

Ans:

The NSS motto “**Not Me, But You**” reflects the **selfless spirit of service** and the need to place the welfare of others above oneself. It is inspired by the **Gandhian philosophy** of giving back to society and living for others. The motto signifies that every individual has a responsibility towards society, and true development comes through collective effort. NSS promotes the idea of **community over individual interest**, encouraging students to develop a sense of empathy, cooperation, and commitment toward social welfare. It teaches youth the value of **teamwork, humility, and sacrifice** in public life.

Q4. Write a short note on the NSS badge, emblem, and flag.

Ans:

The **NSS badge** is circular and features a symbol based on the **Rath Wheel of the Konark Sun Temple** in Odisha, which represents the cycle of life, time, and progress. It has **8 spokes** symbolizing 24 hours of a day, highlighting the **continuous effort** by volunteers in service.

The **red colour** of the badge stands for the **energy and spirit of youth**, while the **blue colour** represents the **cosmos**, indicating the NSS's wide reach and universal nature.

The **NSS flag** has the same emblem and colours, symbolizing the dedication, unity, and strength of NSS volunteers. Together, the emblem, badge, and flag reflect the dynamism and commitment of the NSS movement.

Q5. Describe the organizational structure of NSS.

Ans:

The **organizational structure of NSS** is divided into four main levels:

1. **National Level:** Managed by the **Ministry of Youth Affairs and Sports**, Government of India. It formulates policies, provides funding, and supervises implementation.
2. **State Level:** Led by the **State NSS Cell**, which coordinates with universities and colleges within the state.
3. **University Level:** Each university has a **University NSS Coordinator** who monitors all NSS units under it.
4. **College/Institution Level:** The **NSS Programme Officer (PO)** handles day-to-day functioning of the NSS unit and supervises students directly. Each unit typically has **100 student volunteers** and conducts regular activities and special

camps. This structure ensures smooth coordination and effectiveness in implementing NSS programs nationwide.

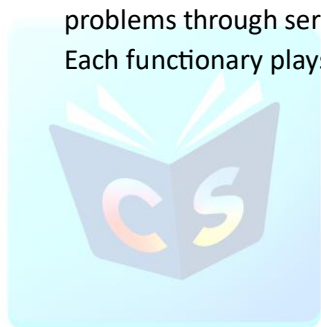
Q6. What are the roles and responsibilities of various NSS functionaries?

Ans:

NSS functionaries work at different levels to ensure the success of the scheme:

- **Ministry of Youth Affairs and Sports:** Acts as the apex body, sets guidelines, provides funds, and monitors the national implementation of NSS.
- **State NSS Officer:** Manages state-level coordination, conducts training, and assists universities and colleges.
- **University NSS Coordinator:** Supervises NSS activities within affiliated colleges, organizes state and university-level camps and training.
- **Programme Officer (PO):** A faculty member who is responsible for planning and executing NSS programs in the college. They guide students and maintain records.
- **Student Volunteers:** Participate in activities, attend camps, and help in solving local problems through service.

Each functionary plays a key role in achieving the core objectives of NSS.



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UNIT – 2

One-Mark Questions and Answers (NSS Programmes and Activities)

1. **Q:** What are the two major types of NSS activities?
A: Regular Activities and Special Camping.
2. **Q:** How many hours of regular NSS activity are mandatory per year?
A: 120 hours.
3. **Q:** What is the duration of a special NSS camp?
A: 7 days.
4. **Q:** What is the main objective of special camping?
A: Community development and student involvement in social work.
5. **Q:** What is a Day Camp in NSS?
A: A one-day program conducted on specific themes or occasions.
6. **Q:** What is the focus of NSS regular activities?
A: Continuous community service throughout the year.
7. **Q:** How many special camps can an NSS unit conduct in a year?
A: One camp per year.
8. **Q:** What is the concept of 'Adoption of a Village' in NSS?
A: Selecting a village for focused developmental activities.
9. **Q:** What is a slum in the context of NSS adoption?
A: A densely populated urban area with poor living conditions.
10. **Q:** What is the purpose of adopting a slum or village in NSS?
A: To improve the living conditions and awareness of the community.
11. **Q:** What is the first step in conducting a community survey?
A: Identifying the area and preparing a questionnaire.
12. **Q:** What is a socio-economic survey?
A: A survey to understand the social and economic conditions of a community.
13. **Q:** Why is a survey important in NSS activities?
A: It helps identify the needs and problems of the community.
14. **Q:** What kind of support does NSS receive from the government?
A: Financial assistance and administrative guidance.
15. **Q:** Who provides the financial support for NSS activities?
A: Government of India through the Ministry of Youth Affairs and Sports.
16. **Q:** What is the financial pattern for NSS units?
A: Funding is provided for both regular activities and special camps.

17. **Q:** What is the usual cost per volunteer for a special camp?
A: ₹20 per volunteer per day (may vary by year and policy).
18. **Q:** What does coordination in NSS mean?
A: Working together with other government or non-government agencies.
19. **Q:** Name one government department NSS units coordinate with.
A: Health Department.
20. **Q:** Give one example of an NGO NSS may coordinate with.
A: Red Cross Society.
21. **Q:** What is the benefit of inter-agency coordination in NSS?
A: Better resource sharing and impact on society.
22. **Q:** What does the NSS unit prepare before starting a camp?
A: An action plan or schedule.
23. **Q:** What is the maximum number of volunteers in one NSS special camp?
A: 50 volunteers (standard in many colleges).
24. **Q:** Can a Day Camp be held within the college campus?
A: Yes.
25. **Q:** Which survey method is commonly used by NSS?
A: Door-to-door or household surveys.

Two-Mark Questions and Answers (Paragraph Format)

1. **Q1. What are regular NSS activities?**

Ans: Regular NSS activities are the routine community service tasks performed by volunteers throughout the academic year. Each volunteer must complete **at least 120 hours annually** by participating in cleanliness drives, awareness campaigns, health programs, and other socially useful tasks.

2. **Q2. What is the meaning of a special camping program in NSS?**

Ans: A special camping program is a **7-day residential camp** organized by an NSS unit in an adopted village or slum. Volunteers engage in focused development activities like literacy, health awareness, sanitation, and environmental conservation during this period.

3. **Q3. What is a Day Camp in NSS?**

Ans: A Day Camp is a **one-day non-residential activity** organized for quick community work or awareness events. It includes programs such as blood donation drives, rallies, or environmental awareness events conducted without staying overnight.

4. **Q4. Why does NSS adopt villages or slums?**

Ans: NSS adopts villages or slums to undertake **long-term community development projects**. This helps volunteers focus on the problems of a specific area, build rapport with residents, and implement meaningful and sustainable changes.

5. **Q5. What is the purpose of a community survey in NSS?**

Ans: The purpose of a community survey is to **understand the needs and conditions** of the people living in a particular area. It helps NSS volunteers collect data about literacy, income, health, and sanitation, which is used for planning service activities.

6. **Q6. What is the financial pattern of the NSS scheme?**

Ans: The financial pattern of NSS includes funds provided by the **Ministry of Youth Affairs and Sports**. Funding is given separately for **regular activities and special camping programs**, usually based on the number of volunteers enrolled.

7. **Q7. What kind of activities are conducted during special camps?**

Ans: Activities in special camps include **cleanliness drives, plantation, awareness programs, literacy campaigns, and health check-ups**. Volunteers live in the community and work closely with local people for real development.

8. **Q8. How does NSS coordinate with other government agencies?**

Ans: NSS units coordinate with departments like **Health, Education, Forest, and Panchayat** to implement joint programs. These collaborations help in better resource sharing and make social initiatives more impactful.

9. **Q9. What is the role of NGOs in NSS activities?**

Ans: NGOs assist NSS units by providing **expertise, training, and resources**. They often collaborate in areas like health, disaster relief, and education, enhancing the scope and quality of NSS work.

10. **Q10. What is the eligibility to participate in a special camp?**

Ans: To participate in a special camp, an NSS volunteer must have **completed 120 hours of regular activities** in a year and must be **physically fit and willing** to stay in a rural or slum area for 7 days.

11. **Q11. What are the main objectives of conducting a village survey?**

Ans: The main objectives are to **identify social and economic problems**, understand public needs, and gather data that helps volunteers plan and implement community service activities effectively.

12. **Q12. Mention any two regular NSS activities.**

Ans: Two regular NSS activities include:

13. **Campus cleanliness drives**

14. **Blood donation awareness campaigns**

13. **Q13. What is meant by “Adoption of a Village” in NSS?**

Ans: It means selecting one village where the NSS unit will regularly work for a **specific time period** to implement programs related to health, education, hygiene, and development with **continuous involvement**.

14. **Q14. Why are surveys important in NSS?**

Ans: Surveys are important as they help **collect real-life data**, identify problems, and create **action-based plans** for effective intervention in communities, making service activities more goal-oriented.

15. **Q15. What are awareness rallies in NSS?**

Ans: Awareness rallies are events where NSS volunteers march in groups with placards and slogans to spread messages on issues like **cleanliness, health, education, or environment**, aiming to educate the public.

16. **Q16. How does NSS promote health awareness in the community?**

Ans: NSS organizes **health check-up camps, awareness drives on hygiene**, campaigns against diseases, and street plays to educate the community on preventive healthcare and cleanliness.

17. **Q17. What are the expected outcomes of NSS special camps?**

Ans: Outcomes include **increased awareness, improved sanitation, better community interaction**, and the personal growth of volunteers in areas like leadership and teamwork.

18. **Q18. What is the financial provision for NSS day camps?**

Ans: NSS receives limited **day-specific funding** from the central government for day camps, usually calculated based on the number of participants and duration.

19. **Q19. Who approves the NSS special camp proposal in a college?**

Ans: The proposal is prepared by the **Programme Officer** and approved by the **Institution Head**, followed by communication with the **University NSS Coordinator** and funding agency.

20. **Q20. How does NSS help in disaster management?**

Ans: NSS volunteers assist in **relief, rescue, and rehabilitation work** during natural disasters. They help distribute food, guide victims, and coordinate with local authorities and NGOs.

Five-Mark Questions and Answers:

Q1. Explain the concept of Regular Activities and Special Camping in NSS.

Ans:

The activities in NSS are broadly classified into **Regular Activities** and **Special Camping Programs**. Regular activities are carried out by volunteers throughout the academic year and include tasks like campus cleaning, health awareness programs, blood donation drives, plantation, literacy campaigns, etc. Each volunteer is expected to contribute at least **120 hours per year** toward these activities. On the other hand, **Special Camping Programs** are **7-day residential camps** conducted in adopted villages or slums. These camps focus on specific themes such as health, education, environment, and community development. Volunteers live and work in rural areas during the camp, engaging directly with local people to bring positive change. Both these activities aim to promote civic responsibility and personal development among students.

Q2. What is the importance of adopting a village or slum in NSS?

Ans:

Adopting a village or slum is a unique and impactful aspect of NSS. It allows the unit to **focus efforts on a specific area**, ensuring sustained development over a longer period. The selected village or slum becomes the center of NSS activities like health awareness, sanitation drives, adult education, and environmental campaigns.

This approach helps in **building relationships with the community**, identifying real issues through surveys, and implementing targeted solutions. For volunteers, it provides practical exposure to rural or underprivileged life and helps develop empathy, leadership, and problem-solving skills. It also fulfills the core NSS goal of connecting students with real social challenges.

Q3. Describe the methodology of conducting a survey in NSS activities.

Ans:

Surveys play a vital role in planning NSS activities. The process begins with **selecting the target area**, such as a village or slum. Then, a **questionnaire** is designed to gather data on aspects like population, education, health, sanitation, income, and employment.

NSS volunteers usually go **door-to-door**, interact with residents, and fill in the responses. The collected data is analyzed to understand the **needs and problems** of the community. Based on this analysis, the unit creates an action plan for regular or camp-based activities. Surveys not only help in planning but also in assessing the impact of NSS programs over time.

Q4. Explain the financial pattern of the NSS scheme.

Ans:

The NSS is a **centrally sponsored scheme**, and its funding is provided by the **Ministry of Youth Affairs and Sports, Government of India**. The financial pattern includes two major components: **Regular Activities** and **Special Camping Programs**. Each NSS unit receives a **fixed amount per volunteer per year** for regular activities, covering expenses like materials, transportation, refreshments, and awareness materials.

For special camps, additional funds are allotted based on the number of participants, generally covering **boarding, lodging, training, and activity expenses** for the 7-day duration. The Programme Officer is responsible for maintaining records of expenditure and ensuring the proper use of funds in accordance with government guidelines.

Q5. What is the role of coordination with different agencies in NSS?

Ans:

Coordination with various **government and non-government agencies** is crucial for the success of NSS activities. NSS units often collaborate with departments like **Health, Education, Forest, Panchayat, and NGOs** for implementing community-based programs. These agencies provide **technical support, training, and resources**, which enhance the effectiveness and reach of NSS initiatives.

For example, the Health Department may assist in organizing medical camps, while NGOs may help in spreading awareness about social issues. Such collaborations also ensure proper utilization of local knowledge, expertise, and infrastructure. Moreover, this coordination helps NSS volunteers learn teamwork, planning, and inter-agency cooperation—skills essential for community development.

Q6. List and explain major activities undertaken in NSS Special Camps.

Ans:

NSS Special Camps are intensive 7-day programs aimed at **holistic community development**. Key activities include:

- **Health Camps:** Free medical check-ups, blood donation, and awareness on hygiene.
 - **Cleanliness Drives:** Promoting sanitation through Swachh Bharat campaigns.
 - **Tree Plantation:** Environmental protection and afforestation drives.
 - **Literacy Campaigns:** Teaching children and adults basic reading and writing skills.
 - **Awareness Rallies:** On topics like drug abuse, HIV/AIDS, and gender equality.
 - **Cultural Programs:** Promoting local culture and social values among villagers.
- These activities are theme-based and align with national priorities. They help students develop leadership, social skills, and a sense of service while contributing meaningfully to rural upliftment.

UNIT – 3

One-Mark Questions and Answers

(Understanding Youth: Profile, Policies & Development Programmes)

1. **Q:** Who is considered as 'youth' according to the UN definition?
A: Persons between 15 to 24 years.
2. **Q:** What is the youth age group defined in India's National Youth Policy 2014?
A: 15 to 29 years.
3. **Q:** Which ministry handles youth affairs in India?
A: Ministry of Youth Affairs and Sports.
4. **Q:** Name the current National Youth Policy of India.
A: National Youth Policy 2014.
5. **Q:** What is the main objective of the National Youth Policy?
A: To empower youth to achieve their full potential.
6. **Q:** What is meant by demographic dividend?
A: Economic growth potential from a large working-age population.
7. **Q:** What is the population percentage of youth in India (approx)?
A: Around 34% of the total population.
8. **Q:** Which day is celebrated as National Youth Day in India?
A: 12th January.
9. **Q:** Whose birth anniversary is celebrated as National Youth Day?
A: Swami Vivekananda.
10. **Q:** Name any one Youth Development Programme in India.
A: Nehru Yuva Kendra Sangathan (NYKS).
11. **Q:** What does NYKS stand for?
A: Nehru Yuva Kendra Sangathan.
12. **Q:** When was NYKS established?
A: 1972.
13. **Q:** What does NSS stand for?
A: National Service Scheme.
14. **Q:** Which youth organization is run by the Ministry of Defence?
A: National Cadet Corps (NCC).
15. **Q:** What is one major challenge faced by youth today?
A: Unemployment.
16. **Q:** What is one common issue related to youth health?
A: Drug addiction.

17. **Q:** What is one opportunity available for Indian youth?
A: Start-up and entrepreneurship programs.
18. **Q:** What is life competency?
A: Skills required to deal effectively with daily life challenges.
19. **Q:** Give one example of a life skill.
A: Decision-making.
20. **Q:** What is meant by youth-led organization?
A: An organization managed and operated by young people.
21. **Q:** What is the role of youth in social change?
A: Youth act as agents of reform and innovation in society.
22. **Q:** What is the full form of RGNIYD?
A: Rajiv Gandhi National Institute of Youth Development.
23. **Q:** Where is RGNIYD located?
A: Sriperumbudur, Tamil Nadu.
24. **Q:** What is one government scheme for youth skill development?
A: Pradhan Mantri Kaushal Vikas Yojana (PMKVY).
25. **Q:** Which Indian youth policy emphasizes youth participation in nation building?
A: National Youth Policy 2014.

Two-Mark Questions and Answers (Understanding Youth):

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1. **Q1. Define the term 'youth' as per the National Youth Policy 2014.**
Ans: The National Youth Policy 2014 defines youth as individuals in the age group of **15 to 29 years**. This age group is considered crucial for personal development and national progress.
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2. **Q2. What is meant by demographic dividend?**
Ans: Demographic dividend refers to the **economic advantage** a country gains when it has a **larger working-age population** compared to dependents. India has a huge youth population, offering a potential demographic dividend.
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3. **Q3. Mention two major youth development programmes in India.**
Ans: Two major youth development programmes are the **National Service Scheme (NSS)** and the **Nehru Yuva Kendra Sangathan (NYKS)**. Both aim to promote social service and youth participation in nation building.
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4. **Q4. What is the significance of National Youth Day in India?**
Ans: National Youth Day is observed on **12th January** every year to commemorate the birth anniversary of **Swami Vivekananda**, who inspired youth with his teachings and ideas.

5. **Q5. What is the role of youth as social change agents?**

Ans: Youth play a key role as **social change agents** by bringing new ideas, challenging outdated practices, promoting equality, and leading social reforms through activism, technology, and innovation.

6. **Q6. State two features of the National Youth Policy 2014.**

Ans: The National Youth Policy 2014 aims to: (i) **empower youth** to realize their potential, and (ii) promote **youth participation** in education, employment, and national development.

7. **Q7. Write a short note on Nehru Yuva Kendra Sangathan.**

Ans: Nehru Yuva Kendra Sangathan (NYKS), established in **1972**, is one of the largest youth organizations in the world. It aims to involve rural youth in community development and volunteerism.

8. **Q8. Mention two major challenges faced by Indian youth today.**

Ans: Two major challenges faced by Indian youth are **unemployment** and **mental health issues**, which hinder their overall growth and contribution to society.

9. **Q9. What are life competencies?**

Ans: Life competencies are **essential life skills** such as communication, decision-making, critical thinking, and emotional intelligence, which help youth manage everyday challenges effectively.

10. **Q10. What do you mean by youth-led organizations?**

Ans: Youth-led organizations are those that are **initiated, managed, and run by youth themselves**, aiming to address social, educational, or environmental issues from a young perspective.

11. **Q11. Explain the importance of youth in national development.**

Ans: Youth are vital for national development as they bring **energy, creativity, and innovation**. They contribute to the economy, participate in governance, and drive social reforms.

12. **Q12. Name two government schemes focused on youth skill development.**

Ans: Two major schemes are: (i) **Pradhan Mantri Kaushal Vikas Yojana (PMKVY)**, and (ii) **Skill India Mission**, both aimed at training youth to become employable.

13. **Q13. Mention two key objectives of NSS.**

Ans: The main objectives of NSS are: (i) to develop **social and civic responsibility** among youth, and (ii) to promote **volunteerism and community service**.

14. **Q14. What are youth-related issues in the modern world?**

Ans: Youth-related issues include **peer pressure, substance abuse, lack of job opportunities, and mental stress**, which can lead to social and emotional problems.

15. **Q15. What is the function of the Ministry of Youth Affairs and Sports?**

Ans: The Ministry is responsible for **formulating policies, implementing youth programs, and promoting sports and development initiatives** for youth across India.

16. **Q16. What is RGNIYD and its role in youth development?**

Ans: RGNIYD stands for **Rajiv Gandhi National Institute of Youth Development**, which is a national institute that conducts training, research, and capacity-building programs for youth empowerment.

17. **Q17. Give two examples of youth-focused organizations.**

Ans: Two examples are **NSS (National Service Scheme)** and **NCC (National Cadet Corps)**. These provide platforms for youth to serve society and develop leadership skills.

18. **Q18. How can youth contribute to environmental awareness?**

Ans: Youth can lead **environmental campaigns**, promote **green practices**, participate in **tree plantation drives**, and raise awareness through **social media and community programs**.

19. **Q19. What do you understand by youth empowerment?**

Ans: Youth empowerment means **providing education, skills, opportunities, and support** so that young people can make informed decisions and contribute meaningfully to society.

20. **Q20. How can life skills help youth deal with peer pressure?**

Ans: Life skills like **assertiveness, decision-making, and self-awareness** help youth resist negative peer pressure and make choices that align with their values and goals.

5 MARK:

Q1. Define youth and explain their significance in national development.

Answer:

Youth refers to the age group between 15 to 29 years as per the National Youth Policy of India. This period is a transitional phase from dependence to independence, filled with energy, passion, ideas,

and potential. Youth form a major portion of the population in India, making them a powerful demographic group.

The youth play a crucial role in the progress and development of a nation. They are considered the backbone of a country because of their energy and ability to bring change. Youth contribute to the economy by joining the workforce, starting businesses, and helping in innovation and technology. They also take part in social activities and community services, contributing to social harmony and unity.

Youth help in political development by participating in elections, raising voices against injustice, and taking part in democratic processes. Their creative ideas, when given proper platforms, can help solve major issues such as climate change, gender inequality, and unemployment. If educated, skilled, and guided properly, they can take India to new heights. However, if not supported, the same youth population can become a burden, leading to unemployment, crime, or social unrest.

Hence, the proper development and engagement of youth in national tasks is very important. They are not only the future of the country but also its present power.

Q2. Describe the demographic profile of youth in India.

Answer:

India has one of the youngest populations in the world. According to the 2011 Census, more than 34% of India's population falls in the age group of 15–34 years. This is a huge number, and it gives India a unique demographic advantage, often called the "demographic dividend".

The majority of youth in India live in rural areas, and a significant portion still lacks access to quality education and employment opportunities. The male-female ratio among youth is also improving slowly, though female participation in the workforce is still low in comparison to males.

With such a huge youth population, India has the potential to boost its economy, increase productivity, and reduce poverty. However, challenges like lack of proper education, health issues, drug addiction, unemployment, and low awareness about rights and duties affect youth potential.

To take advantage of the demographic dividend, the government needs to focus on skill development, health care, mental health awareness, quality education, and job creation. If done properly, this youth power can turn into a golden opportunity for India's growth.

Q3. Explain the major youth development programmes in India.

Answer:

India has introduced several youth development programmes to empower the young generation and involve them in nation-building. Some important programmes include:

- 1. National Service Scheme (NSS):**

Launched in 1969, NSS encourages college and university students to participate in community service. Through camps, village adoption, cleanliness drives, and awareness campaigns, NSS helps in building social responsibility and leadership qualities.

- 2. Nehru Yuva Kendra Sangathan (NYKS):**

NYKS, one of the largest youth organizations in the world, was established to organize rural

youth into youth clubs and involve them in nation-building. It promotes literacy, environment protection, and self-employment.

3. **Skill India Mission:**

This programme aims to train over 40 crore people in various skills by 2022. It promotes entrepreneurship and helps youth become job-ready.

4. **National Youth Corps:**

This scheme involves volunteers aged 18 to 29 to serve in rural areas and help in developmental activities.

These programmes not only help youth in building their future but also make them aware of their responsibilities as citizens. They play an important role in personality development and community engagement.

Q4. What are the major issues and challenges faced by youth in India?

Answer:

Despite being a powerful force, Indian youth face several issues and challenges:

1. **Unemployment:**

One of the biggest problems is the lack of job opportunities. Even educated youth struggle to find suitable jobs, leading to frustration.

2. **Lack of Skill Development:**

There is a gap between academic education and practical skills. Many youths are not industry-ready.

3. **Mental Health Issues:**

Due to pressure from studies, unemployment, and competition, many youths suffer from anxiety, depression, and other mental health problems.

4. **Substance Abuse:**

Involvement in drugs and alcohol is rising among the youth, especially in urban areas. This leads to health problems and crime.

5. **Gender Inequality:**

Girls often face more challenges like early marriage, fewer educational opportunities, and safety issues.

6. **Lack of Awareness:**

Many youths are not aware of government schemes, career opportunities, and rights.

These challenges need to be addressed by improving the education system, creating jobs, offering mental health support, and increasing awareness.

Q5. What is the National Youth Policy? State its objectives.

Answer:

The **National Youth Policy (NYP)** is a policy framework launched by the Government of India to

empower and support the youth of the country. The latest version, **NYP 2014**, focuses on youth aged 15 to 29 years.

Objectives of NYP:

1. **Create a productive workforce:**
To equip youth with employable skills and knowledge for the job market.
2. **Develop a healthy generation:**
To promote physical and mental well-being among youth through health awareness and services.
3. **Ensure social values:**
To develop moral and ethical values, respect for diversity, and national unity.
4. **Promote civic engagement:**
To encourage participation of youth in democratic processes, volunteerism, and community service.
5. **Enable inclusion:**
To include marginalized youth (like disabled, tribal, rural, and backward class youth) in mainstream development.

The policy aims to turn youth into active partners in nation-building by supporting their growth in every aspect—educational, social, and economic.

Q6. How can youth act as agents of social change?

Answer:

Youth are powerful change-makers in society. They are full of energy, ideas, and the courage to bring new thinking into action. Here are ways how they can be agents of social change:

1. **Awareness and Education:**
Educated youth can spread awareness about social issues like gender equality, environment protection, child labour, etc.
2. **Use of Technology:**
Youth use social media and digital platforms to spread messages, organize campaigns, and bring attention to important causes.
3. **Volunteering and Social Service:**
Through programmes like NSS and NYKS, youth work in slums and villages to improve sanitation, health, and education.
4. **Entrepreneurship:**
Young entrepreneurs can create solutions to social problems and generate jobs through startups.
5. **Political Participation:**
They raise voices against injustice, promote democracy, and fight against corruption.

6. **Skill Building:**

By improving their own skills and helping others, youth can reduce unemployment and poverty.

With proper guidance, support, and training, youth can lead India toward a better and more developed society.



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UNIT – 4

ONE MARK:

1 What is community mobilisation?

→ Community mobilisation is the process of engaging and motivating community members to participate in development activities.

2 What is the first step in community mobilisation?

→ Mapping of community stakeholders.

3 Who are stakeholders in a community?

→ Stakeholders include individuals or groups affected by or involved in a community issue, such as leaders, organizations, and citizens.

4 Why is stakeholder mapping important?

→ It helps identify key people and groups who can influence or support the mobilization process.

5 What is a community message?

→ A community message is the key communication or information shared with the community to address a specific problem.

6 Why should the message suit the culture of the community?

→ To ensure better understanding, acceptance, and cooperation from the community.

7 What is a communication strategy in mobilisation?

→ It is a plan to deliver messages effectively using appropriate tools and methods.

8 Give one example of a community mobilisation method.

→ Organizing awareness rallies.

9 What is youth-adult partnership?

→ It refers to collaboration between youth and adults to work together on community projects.

10 Name one benefit of youth-adult partnership.

→ It builds trust and shares experience and energy in solving problems.

11 What is the role of youth in mobilisation?

→ Youth take part in planning, organizing, and leading mobilisation activities.

12 What does mapping mean in community work?

→ It means identifying and listing all the key persons, institutions, and resources in a community.

13 Who can be considered a local stakeholder?

→ Village leaders, school teachers, shopkeepers, health workers, etc.

14 What is a cultural barrier in community mobilisation?

→ A cultural barrier is a misunderstanding or resistance caused by differences in traditions or beliefs.

15 Name one tool for delivering community messages.

→ Posters.

16 What is one major aim of community mobilisation?

→ To create awareness and bring change in the community.

17 What role does local language play in mobilisation?

→ It makes communication more effective and relatable.

18 What is participatory mobilisation?

→ When community members actively take part in planning and executing the activities.

19 Why is feedback important in mobilisation?

→ It helps understand the community's response and improve future actions.

20 What is the role of cultural sensitivity in mobilisation?

→ It ensures that mobilisation respects local traditions and values.

21 Name one creative method of mobilisation.

→ Street plays.

22 What is community outreach?

→ Reaching out to community members to involve them in social causes.

23 What does inclusive mobilisation mean?

→ Involving all sections of society, including women, elderly, and marginalized groups.

24 What is the meaning of behavioural change in the community context?

→ Encouraging people to adopt healthier, safer, or more responsible behaviours.

25 How does NSS promote community mobilisation?

→ Through student volunteers working in villages and urban slums to solve social issues.

□ 2-Mark Questions and Answers:

1. What is the meaning of community mobilisation?

→ Community mobilisation is the process of involving people in the community to take action for solving their own problems by participating in awareness and development activities.

2. Define stakeholder mapping in the context of community mobilisation.

→ Stakeholder mapping is the process of identifying, analyzing, and listing individuals or groups who have influence or interest in a community issue or activity.

3. Why is it important to identify community stakeholders?

→ It helps in understanding who can support or oppose the activity, and allows better planning and cooperation for successful mobilisation.

4. What is the role of message designing in community mobilisation?

→ Message designing ensures that the message is clear, culturally appropriate, and encourages the community to take action.

5. Give two examples of community stakeholders.

→ Local leaders and school teachers are two common community stakeholders.

6. **What is a youth-adult partnership?**
→ A youth-adult partnership is a collaboration where both young people and adults work together with equal respect, responsibility, and leadership to bring change.
7. **Mention any two characteristics of an effective community message.**
→ The message should be simple and relevant to the local culture and language.
8. **Why is cultural understanding important in mobilisation?**
→ It helps in building trust and avoids misunderstanding or resistance from the community.
9. **What are two methods used for community mobilisation?**
→ Street plays and door-to-door campaigns are two commonly used methods.
10. **How does stakeholder involvement help in mobilisation?**
→ It increases participation, improves planning, and ensures support from influential people in the community.
11. **Give two reasons why youth should be involved in community mobilisation.**
→ Youth are energetic and can connect well with the community, especially with other young people.
12. **What do you mean by community outreach?**
→ Community outreach refers to efforts made to reach people in a community to educate, inform, or offer services related to a social cause.
13. **What is the role of NSS volunteers in community mobilisation?**
→ NSS volunteers help in creating awareness, organizing events, and encouraging public participation to solve local problems.
14. **Explain the importance of local language in mobilisation.**
→ Using local language ensures better communication and builds a deeper connection with the people.
15. **How can you make mobilisation more inclusive?**
→ By involving women, differently-abled, elderly people, and minorities in the planning and execution of programmes.
16. **State two challenges of community mobilisation.**
→ Lack of interest among people and cultural resistance are two common challenges.
17. **What are two objectives of community mobilisation?**
→ To create awareness about social issues and to encourage collective action for improvement.
18. **Why is message delivery important in mobilisation?**
→ Without proper delivery, the message will not reach the right people, and the impact will be low.
19. **Name two traditional methods of community mobilisation.**
→ Folk songs and group discussions are traditional ways used in many rural areas.
20. **How can mobilisation activities promote behavioural change?**
→ By educating people and motivating them through relatable stories, examples, and role models, leading them to change harmful or outdated practices.

5 MARK:

✓ 1. What is Community Mobilisation? Explain its importance.

Answer:

Community mobilisation is the process of bringing together all members of a community to take collective action towards a common goal. It involves raising awareness, building relationships, and encouraging participation from local people to solve problems like health, education, sanitation, or social issues. The core idea is that the people who are affected by a problem should be actively involved in finding and implementing solutions.

The importance of community mobilisation is very high in social work and development. Firstly, it builds a sense of unity and shared responsibility among the people. When people come together and work for a cause, the chances of success increase because the community itself takes ownership of the program. Secondly, it creates awareness about important issues that people may ignore due to a lack of information. Thirdly, it makes the process more sustainable because when people are involved, they tend to continue the work even after the external support ends.

NSS volunteers play a key role in community mobilisation. They act as a bridge between the government, NGOs, and the local people. By organising meetings, street plays, awareness drives, and discussions, volunteers make sure people understand the issues and are motivated to act.

In short, community mobilisation helps in empowering the people, solving local problems effectively, and creating a strong and active civil society.

✓ 2. Explain the process and purpose of mapping community stakeholders.

Answer:

Mapping community stakeholders means identifying and analyzing the people, groups, or institutions that have an interest in or can influence a community-related issue or project. These stakeholders may include local leaders, school teachers, women's groups, self-help groups (SHGs), panchayat members, health workers, NGOs, youth, and religious leaders.

The process of mapping includes several steps. First, the NSS volunteers must identify who the stakeholders are. This is done by studying the community, talking to residents, and noting down people who have influence or interest. Second, volunteers categorize them based on their role – whether they are supporters, neutral, or may resist the change. Finally, a stakeholder chart is made that includes names, contact details, area of influence, and possible contribution.

The purpose of stakeholder mapping is to involve the right people in the planning and execution of community programs. For example, if we are running a sanitation campaign, school teachers and ward members can help spread the message. Similarly, health workers can guide on safe practices.

When community stakeholders are involved, the program gets better support, more reach, and a higher chance of success. It also ensures that the initiative is not dependent on outsiders only, but has roots inside the community itself.

✓ **3. What is message designing? Why is it important in community mobilisation?**

Answer:

Message designing is the process of creating clear, culturally appropriate, and effective communication that delivers the core idea of a community campaign. It is one of the most important steps in community mobilisation because the success of a program depends heavily on how well people understand the message and relate to it.

An effective message should be short, simple, direct, and relevant to the lives of the people. It should also be created using local language, symbols, and examples so that people connect emotionally and practically with the idea. For instance, if we are spreading awareness about cleanliness, using local folk songs or slogans that people know will make the message more powerful.

The importance of message designing lies in three major areas. First, it helps in catching attention. A catchy slogan or a creative poster can attract more people to participate. Second, it ensures understanding. A well-designed message ensures that people not only hear it but also remember and act upon it. Third, it respects the local culture. If the message is against community beliefs or values, people may reject it. So, designing a message with cultural respect is important.

NSS volunteers are trained to prepare creative posters, slogans, street plays, and presentations as part of message design to engage different age groups and community members.

✓ **4. Describe various methods used for community mobilisation.**

Answer:

Community mobilisation can be carried out using several methods, depending on the nature of the issue, the target audience, and available resources. These methods aim to create awareness, inspire action, and ensure public participation.

Some of the most effective methods include:

1. **Street Plays and Skits:** These are performed in public places to raise awareness in a dramatic and entertaining way. They are especially effective in rural and semi-urban areas.
2. **Door-to-Door Campaigns:** Volunteers go from house to house to speak to people directly. This method helps in one-on-one communication and allows people to ask questions.
3. **Public Meetings:** Organising village-level meetings, gram sabhas, or youth gatherings to discuss a problem and possible solutions. These meetings encourage community discussion and decision-making.
4. **Posters and Banners:** Visual tools like posters, charts, and banners are used to spread messages in crowded areas like markets, schools, and hospitals.
5. **Rallies and Processions:** NSS units often organise rallies with slogans and placards to gather public attention on specific issues.
6. **Social Media and Radio:** In urban areas, platforms like Facebook, WhatsApp, and community radio can also be used to reach a wider audience.

These methods are often used together for better impact. For example, before a rally, volunteers may distribute leaflets and later organise a meeting. The success of any method depends on the creativity of the volunteers and their connection with the community.

✓ **5. What is a youth-adult partnership? Explain its role in community mobilisation.**

Answer:

Youth-adult partnership is a working relationship where young people and adults share responsibilities, make decisions together, and take action towards a common goal. It is not about adults guiding youth or youth working separately. It is about equal collaboration and mutual respect.

In community mobilisation, this partnership plays a very significant role. Youth bring energy, new ideas, and a fresh perspective. Adults bring experience, knowledge of systems, and access to resources. When these strengths are combined, the result is more innovative, inclusive, and sustainable programs.

For example, in a cleanliness drive, youth can spread awareness through creative tools like flash mobs or social media, while adults can arrange logistics, involve the panchayat, and ensure permissions.

The benefits of youth-adult partnership are many. It improves communication between generations, encourages leadership in youth, and gives them real-world learning. It also breaks stereotypes and builds community trust.

In NSS, students are trained to lead initiatives but always involve teachers, guardians, and local adults for guidance and support. This makes the mobilisation process stronger and more successful.

✓ **6. Why is cultural sensitivity important in community mobilisation?**

Answer:

Cultural sensitivity means understanding, respecting, and adjusting to the beliefs, values, and practices of the community. In community mobilisation, this is extremely important because people are more likely to participate in programs that align with their traditions and way of life.

For example, if a community follows certain rituals or customs, any campaign or message that insults or ignores them may face resistance. On the other hand, if the program includes local songs, stories, and symbols, people feel more connected.

Cultural sensitivity also builds trust between volunteers and the public. When people see that NSS volunteers are respecting their views and language, they open up and cooperate better. It also avoids conflict and misunderstanding, which can slow down mobilisation work.

Therefore, before starting any activity, it is essential to study the local culture. Talking to elders, attending local events, and learning the language are helpful steps. This not only makes the campaign successful but also strengthens the relationship between the community and volunteers.

UNIT – 5

ONE MARK:

1 What is volunteerism?

Volunteerism is the act of offering services without any financial gain to help others or a cause.

2 What is Shramdan?

Shramdan means voluntary contribution of physical labor for community work.

3 Name one traditional form of volunteerism in India.

Shramdan is a traditional form of volunteerism in India.

4 Who are volunteers?

Volunteers are individuals who offer their time and effort freely for social causes.

5 What is the role of youth in nation building?

Youth contribute through education, innovation, social service, and responsible citizenship.

6 Give one example of volunteer activity in NSS.

Cleaning public places like parks or roads is a common volunteer activity.

7 Name a major constraint in volunteerism.

Lack of motivation is a major constraint in volunteerism.

8 What motivates people to volunteer?

A sense of social responsibility or personal satisfaction motivates people.

9 What is disaster management?

Disaster management involves preparing for, responding to, and recovering from disasters.

10 What is the role of youth in disaster management?

Youth help by rescuing victims, spreading awareness, and distributing relief materials.

11 Which value is promoted through Shramdan?

Community service and unity.

12 What is environmental conservation?

Protecting and preserving natural resources is called environmental conservation.

13 Mention one youth-led activity for environmental conservation.

Plantation drives are a youth-led activity for environmental protection.

14 What does NSS stand for?

National Service Scheme.

15 In which year was NSS launched?

16 Who can become an NSS volunteer?

Any college or university student can become an NSS volunteer.

17 Why is volunteerism important in India?

It helps address social issues and strengthens community bonds.

18 What is a major benefit of volunteerism for youth?

It develops leadership and communication skills.

18 What does "Shram" mean?

It means labor or hard work.

19 Which famous leader promoted the idea of Shramdan?

Mahatma Gandhi.

20 Give one example of youth helping in a natural disaster.

Youth helping during floods by distributing food and water.

21 Mention one problem faced by youth volunteers.

Lack of proper training.

22 Name one organization that encourages youth volunteerism.

NSS (National Service Scheme).

23 How does volunteerism help the environment?

It promotes activities like tree plantation and cleanliness drives.

24 Why is youth considered an important force in society?

Because they are energetic, innovative, and open to change.

TWO MARK:

1. What is the meaning of volunteerism?

Volunteerism means offering time, skills, and service without expecting any reward. It is done to support society and bring positive change.

2. Define Shramdan with an example.

Shramdan means giving physical labor voluntarily. For example, students cleaning a village road is an act of Shramdan.

3. How is Shramdan related to Indian culture?

In Indian culture, Shramdan is a traditional way of serving the community. People come together to build wells, clean temples, or repair roads voluntarily.

4. What is the role of youth in nation-building?

Youth help in building the nation by spreading awareness, supporting development work, participating in politics, and promoting peace.

5. Why is volunteerism important in disaster management?

Volunteers help in rescue operations, providing first aid, distributing food and water, and supporting relief camps during disasters.

6. Give two motivations for volunteerism.

People volunteer because they feel social responsibility and want to develop personal skills like leadership and communication.

7. What are two constraints of volunteerism?

Lack of time and lack of training are two common constraints in volunteerism.

8. Explain the contribution of NSS volunteers during natural disasters.

NSS volunteers assist in relief work, create awareness, help rescue victims, and provide basic aid to affected people.

9. **What is the connection between volunteerism and environment conservation?**
Volunteers help conserve the environment by planting trees, cleaning rivers, reducing plastic, and creating awareness about pollution.
10. **How can youth spread awareness about social issues?**
Youth can organize rallies, street plays, social media campaigns, and workshops to spread awareness.
11. **Mention two benefits of volunteerism for students.**
It helps in personal growth and develops qualities like teamwork, discipline, and social responsibility.
12. **How does Shramdan create unity in the community?**
When people work together for a common cause, it builds understanding, cooperation, and unity among them.
13. **What is the role of NSS in promoting volunteerism?**
NSS encourages students to take part in community service and understand their role in social development.
14. **Name two famous personalities who promoted volunteerism.**
Mahatma Gandhi and Swami Vivekananda promoted volunteerism through service and sacrifice.
15. **How can volunteers help in schools?**
Volunteers can teach poor children, organize cleanliness drives, or arrange books for the school library.
16. **Give two examples of voluntary activities done by youth.**
Tree plantation and conducting health camps are two common voluntary activities.
17. **Why is youth energy important for national development?**
Youth are active, energetic, and full of new ideas. Their involvement leads to faster and better development.
18. **How does volunteerism promote leadership?**
By managing activities and teams, volunteers learn planning, communication, and decision-making skills.
19. **How can students contribute to environmental conservation?**
Students can reduce waste, reuse materials, plant trees, and spread awareness about protecting nature.
20. **What are two ways to motivate youth for volunteering?**
Appreciation of efforts and providing skill-building opportunities can motivate youth to volunteer.

5 MARK:

Q1. Explain the role of youth in nation-building.

Answer:

Youth are the backbone of a nation. Their energy, ideas, and dedication are important for national progress.

- Youth contribute by spreading awareness about social issues like education, cleanliness, and health.
 - They participate in community service, organize campaigns, and help in rural development.
 - Many youth take part in politics, NGOs, and social work to bring change.
 - They also help in skill development and employment generation through innovation.
 - Youth with good values and leadership can reduce corruption and promote peace.
- Thus, the active participation of youth ensures a strong and developed nation.

Q2. What is Shramdan? Describe its importance in Indian society.

Answer:

Shramdan means voluntary physical labor offered for the welfare of society.

- In Indian culture, it is a noble tradition seen in villages and temples.
 - It includes activities like cleaning roads, repairing public places, digging ponds, etc.
 - It builds a sense of unity, responsibility, and cooperation among people.
 - Shramdan reduces the burden on the government and promotes self-reliance.
 - Gandhiji promoted Shramdan during the freedom struggle to involve everyone in nation-building.
- Hence, Shramdan is not only a service but a way of connecting people for common good.

Q3. What is volunteerism? Discuss its benefits.

Answer:

Volunteerism means offering help, services, or skills willingly and without expecting anything in return.

Benefits of Volunteerism:

- Helps in personal growth by developing qualities like leadership, teamwork, and discipline.
 - Builds a strong and caring community by addressing issues like education, environment, and health.
 - Increases awareness about civic responsibilities and social issues.
 - Creates opportunities to learn practical skills and improve communication.
 - Boosts emotional satisfaction and confidence as one contributes positively to society.
- Volunteerism plays a major role in social development and promotes peace and cooperation.

Q4. Explain the role of youth in environmental conservation.**Answer:**

Youth can play a key role in protecting the environment through various initiatives:

- Organize tree plantation drives and promote green practices like reducing plastic use.
 - Conduct awareness campaigns on climate change, pollution, and sustainable living.
 - Participate in cleaning rivers, parks, and public places under Swachh Bharat or other local missions.
 - Use social media to spread environmental messages and inspire others.
 - In schools and colleges, form eco-clubs and conduct nature-friendly activities.
- The enthusiasm and commitment of youth can bring long-term positive effects on our environment.

Q5. What are the challenges or constraints in volunteerism?**Answer:**

While volunteerism is important, there are some common challenges:

- **Lack of Time:** Students or working people may not have enough time to volunteer.
 - **Lack of Training:** Volunteers often do not get proper training, which reduces effectiveness.
 - **Financial Issues:** Many volunteers work without funds, which limits activities.
 - **Social Pressure:** Sometimes family or society discourages volunteering, calling it a waste of time.
 - **Lack of Recognition:** When efforts are not recognized, volunteers lose motivation.
- To overcome these, proper planning, support, and appreciation must be given to volunteers.

Q6. Describe the role of youth in disaster management.**Answer:**

Youth play a vital role in helping during and after disasters:

- They act as first responders by helping victims, providing first aid, and supporting rescue teams.
- Youth help in spreading awareness about safety measures before disasters like floods, earthquakes, or cyclones.
- After a disaster, they assist in distributing food, clothes, medicines, and organizing relief camps.
- They can also support rebuilding and rehabilitation work in affected areas.
- NSS volunteers and other youth groups play an important role in managing emergencies. Thus, youth are a valuable resource in saving lives and restoring normalcy during disasters.



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