

S.S. Jain Subodh P.G. College, Jaipur
(Autonomous)
VALUE ADDED COURSES
B.A/B.Sc./B.Com./ All Specializations / BBA/BCA
Semester V

Title of course- A n a n d a m
Credits - 2
Nodal Department to run course - Sociology.
Scheme of Examination Maximum Marks - 50 Minimum Marks - 20
Name of Proposed Outside Partners /Institutions /Industry/ Govt. Org. etc. - Any Government Organization and NGOs
Syllabus • Individual Activities • Group Activities • 1 hour lecture per week • Report of Group Project • Lecture/Webinar, Interactive Session to be organized in College for students on Anandam Day (Last Working Day of every Month) Guidelines • Adopt an area/colony/office to train people about plastic/organic waste disposal. • Form a group to ensure that injured and sick cows and other animals in your area are taken care of. • Adopt an area/colony to rectify issues related to water /electricity/ waste disposal/ road safety/pollution, etc. • Create a book/food/clothes/mobile/equipment bank and distribute it to the needy. • To Monitor unauthorized cutting of trees and related issues. • Engage in massive plantation and a forestation programs. • Adopt local heritage sites or spots of tourist interest and work for its restoration and publicity on tourist guide maps. • Coordinate with hospitals / NGOs and organise medical check-up camps for children/women in poor localities. • Form drug/alcohol de-addiction help-groups and motivate people. • Organize Vocational Skill Training Programs in juvenile jails and women homes. • Form a group to help workers/house maids to make cooperatives for small scale loans. • Form a group to monitor and resolve eve-teasing/ harassment of women, children and old people. • Form a group to restore and publicise local art-forms like weaving/ dyeing, maandna, folk songs, old manuscripts, etc • Form age/gender specific groups for collective yoga/meditation in a community, society, hostel, etc. • Form a group to restore wells/step wells/ponds or other similar water sources. • Form a group to motivate people to employ rain water harvesting and solar energy

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harvesting techniques.

- Form a group to maintain a public garden/park for the residents of a particular area.
- To train youngsters about computer programming and apps.
- Engage in " Beti Bachao Beti Padhao" programs for over all development and empowerment of girl child in your locality.
- Innovate/Design Simple technology using local resources that saves labour time of labourers and poor farmers and impacts their lives positively.
- E-literacy programs, to help organizations/individuals with email and websites, etc.
- Time giving activities to adopted communities for spreading awareness regarding Govt. programmes/Schemes.
- Sports activities like yoga, meditation, drills and physical exercises in adopted areas
- Spread awareness about dental care, first-aid training, etc.
- Form group for attending to old people to assist them for market and groceries, etc.

Examination Scheme:-

Programme Evaluation Methods:-

S.No.	Parameters	Max. Marks
1	Attendance	05
2	Discipline	10
3	Participation in Anandam Day (Last working day of every month)	10
4	Anandam Diary	25
	Total	50

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