

## **A STUDY ON THE NATIONAL SERVICE SCHEME (NSS) AND ITS EFFECTIVENESS IN CREATING A POOL OF EMPOWERED YOUTH**

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### **ABSTRACT**

*Higher Education in India can play a crucial in India's aspiration of emerging as a major global economic player. Education is widely believed to be the foundation of a society's productivity and economic well-being.*

*The National Service Scheme is an Indian government sector public service program conducted by the Government of India, the Ministry of Youth Affairs and Sports takes care of National Service Scheme. It is also called NSS. It's volunteers are learners from Under Graduate & Postgraduate programs of arts, commerce, science and engineering. This option of choosing NSS is available to all learners of all educational institution of Under Graduate & Post Graduates programs throughout India.*

*The core objective of the NSS is to provide practical exposure to NSS volunteers regarding various social issues existing in the society. Learners can voluntarily join NSS for two years where each year they give their 120 hours and take part in various government led community service activities & programs. Learner by participation in different projects and various activities, under NSS comes close to issues and develops emotional connectivity with issues in the society.*

*National Social Service (NSS) volunteer's transformation into a sensible and responsible citizen happens, Young learners are energetic and dynamic. NSS activities channelise their energy in right direction. Thus National Service Scheme is a medium for the transformation from non sensitive to social sensitive youth who will take initiative to solve issues which one come across. NSS units various activities at college level, university level and special residential camp of seven days creates a opportunities for volunteers to use their time for the service of a village or local community and even they can participate in National and state events like SRD State Republic Day Parade and NRD National Republic Day Parade at Rajpath in Delhi. NSS thus is a medium that acts as a catalyst to transform young learners energy in right direction .*

*The objective of this research is to analyse the effectiveness of NSS in transformation of volunteer into a sensible and responsible citizen by conducting a survey of volunteers and using t-tests and factor analysis for testing the data.*

**Key Words-** NSS, Empowered Youth

### **INTRODUCTION**

Higher Education is to impart knowledge, skill, and the right attitude and correct the behaviour of individuals in such a way that one can decently earn a living. Education, especially higher education consists of theoretical information and practical exposure to students so they get a link between learning and practicing it in reality.

I am specifically talking about commerce graduates college is only for four and a half hours rest of the time, they are free if they want they can get practical experience by working for a part-time job or learning any skill that can be rewarding I have considered that in today's time, students are just complaining that they are not having practical exposure, but if they want to grow every college

organize several guest lecture, seminars, workshops, conferences, inter-college competitions as well as intra college competition, other than these colleges also have NSS and NCC units which provides practical exposure.

What they lack is their interest or willingness to do something. Nothing in life is easy, everyone has to work smart. Today's students while collecting information in lectures are not very keen. They collect very little of what is being taught to them other than this they carry the attitude that they know everything, I have taken the case study of a few students who found the opportunity in the existing situation and are doing excellent in today's globalized environment, Number of opportunities have increased but simultaneously challenges have also increased. National Social Service (NSS) brings transformation in students through several projects which are undertaken by NSS volunteers.

A blended methodology of classroom training combined with on-the-job training is the best method of training and orienting students for a bright career ahead.

There is an increasing demand for technical and managerial skills. Talented and ambitious young boys and girls are learning fast the importance of making the right decisions at the right time as regards the type of education they should go in for.

*The National Service Scheme is an Indian government sector public service program conducted by the Government of India, the Ministry of Youth Affairs and Sports takes care of National Service Scheme. It is also called NSS. It's volunteers are learners from Under Graduate & Postgraduate programs of arts, commerce, science and engineering. This option of choosing NSS is available to all learners of all educational institution of Under Graduate & Post Graduates programs throughout India. .*

NSS objective is to build a culture of social welfare among the learners and a sense of responsibility and desire to provide service to society without expectation. NSS offers variety of services to the society, therefore there is a huge number of services in which volunteers can participate.

NSS volunteers while working make sure that needy gets help to solve their social and economic issues, and thus their economic and social development takes place. In doing so, volunteers learn from people in villages how to live happy inspite of scarcity of resources. NSS volunteers also provides support if any uncertainty like flood, draught or artificial uncertainty takes place by visiting site and offering requirements of the place.

Camps are held annually, funded by the government of India, and are usually located in a rural village or a city suburb. Volunteers may be involved in such activities as Cleaning, afforestation, stage shows, or a procession creating awareness of such issues as social problems, education, and cleanliness, Awareness Rallies, Inviting doctors to health camps

The core methods of the National Service Scheme (NSS) are:

- Defining the area in which they work
- Connecting volunteers with specific area of working.
- Defining requirements of the area and encouraging local public participation for understanding sustaining the work.
- Develop a sense of connectivity in volunteers with local people.
- Encourage learner to work as a team.
- Develop leadership skill.
- Develops communication skills
- Creates inner motivation.
- Provides required resources.
- Sensitize about nature.
- Introduce them to self.

#### **Evolution:**

In Beginning NSS Started in 37 universities having forty thousand volunteers, the scheme has expanded rapidly and now it have more than 26 crores volunteers spread over 200 Universities, Polytechnics, Junor college Systems. The efforts of NSS volunteers is appreciated by the ministers, community, universities, colleges, and everyone as NSS volunteers always render selfless service.

#### **Slogan:**

The Slogan of NSS is "*Not Me But You*", contemplate the nature of democratic living and maintains the need for selfless service. NSS inculcates learners to develop gratitude for other people's opinion and also shows consideration for all living beings. The doctrine of the NSS is well conveyed by its slogan, which underlines the belief that the prosperity of an individual is ultimately dependent on the prosperity of the society as a whole and therefore, the NSS volunteers shall strive for the prosperity of the society.

#### **Icon:**

The Icon for the NSS has been based on the world-famous Konark Sun Temple's 'Rath Wheel' situated in Orissa, India. The wheel depicts the cycle of formation, protection, and liberation and indicates the consisistence movements in life. The Icon thus stands for change and continuity hints the continuous working of NSS for social change.

#### **Emblem**

The NSS Symbol is embossed on the emblem. The eight bars in the wheel represent the 24 hours of a day. The red colour indicates that the volunteer is full of young blood that is vibrant, dynamic, vital, and full of exuberance. The navy-blue colour indicates the universe of which the NSS is a minute part, ready to contribute its portion for the well-being of people.

### **1. Adoption of hamlet**

1.1 Adoption of a hamlet and area is a essential activity in NSS.

#### **Reaching hamlet leader.**

1.2 It is essential to develop reach with more than one hamlet that can assist to choose a hamlet whose leader is approachable, In thisNSS unit can take the help of the area authorities like District Panchayat Officer, District Tribal Welfare Officer, District Medical Officer, Extension Officer of Agriculture, Irrigation and Education Departments for choosing the village. It is to be noted that the selected hamlet should be of short distance from the college as constant contact is essential to undertake activities.

#### **Research of Hamlet/ Adopted Area**

1.3 Conducting a research to know social and economic condition is field activity that helps to know facts of Hamlet. The report of such research will provide up-to-date data for the issues and capacity of the hamlet and guide in activity planning for the development of hamlet. The applied research will help the learners to enhance their analytical skills and develops rational thinking. This will help them to identify various issues of that hamlet.

#### **Selection of Issue.**

1.4 selection of issue is based on need assessment and than activity to be undertaken are decided. The NSS Program officers should use their judgement and select the projects that can be completed by taking involvement and assistance of the communities or agencies.

1.5 The purpose of the Embracing a Rural or area is to give new notions for advancement to the rural residents which would improve their living conditions.

### **2. Working of Informal settlements**

It is essential to work for informal settlement, especially near college location, for colleges of urban areas.

#### **Research of the Informal settlements**

2.1 To work for informal settlement, there should be a composite primary data collection team consisting of learners from different educational backgrounds.

#### **Services in the Informal settlements**

2.3 The informal settlement also known as Jhopris and Jhuggis can be selected by the NSS units with the purpose of reaching grassroot areas of issues is analysing issues. This, activities may be preventing water logging, consturction of community toilets, Repairing drainage with NGO can be undertaken.

### **NSS volunteers for Informal settlements Work**

2.4 Thinking about the living conditions and position of Informal settlements residents, volunteers who have high motivation, adjustable, and mentally grown up learners are selected for solving the issues in informal settlements.

2.5 List of the activities that can be undertaken in informal settlements -

- (a) Research on Community
- (b) Research on Community Workers
- (c) Organizing Community

Volunteers can help the local communities by launching several activities like setting up a free medical distribution centre, Health campaign, Primary education, and health projects like immunization, first aid centre, child care, nutrition classes, and free legal consultancy services, etc. They can also help in making children's groups, Mahila-mandals, and SHG for Micro finance.

(c) Organizing Community: NSS volunteers develop connection with the residents, can also form community associations to solve local issues on a group basis with local resources, self-help, and mutual help.

### 3. Coordination with NGO

3.1 To undertake the solution to solve the issues involvement of NGO and selection of projects, about community work. NGO can also help in implementation of NSS projects. Other voluntary associations like Adult Education Samitis, Nasha Bandi Boards, Yuva Mandals, and Manila Mandals can also provide added help to the NSS units. Similarly, voluntary land statutory welfare agencies such as Community Centres, Residential Institutions for children/women, and the Aged, and Institutions for the physically handicapped and disabled can also provide assistance to the NSS volunteers to solve the issues.

#### Volunteer Quotes

" Suddenly my life seemed very beautiful and valuable to me. I noticed that people whom I just took for granted in my life, suddenly became so close to me. I realized their importance in my life. And the reason behind these changes is NSS. When I saw the kids in NSS, lacking such basic requirements of life without which I can't even imagine my life, I came to know how well off and lucky I am. The good thing is they know the importance of their life and have no regrets. I had many such experiences in NSS which made a remarkable impact and will always be remembered..."

A life-changing experience... *Aditi Khot an NSS volunteer shares her experience of being a part of the NSS Winter Camp.* I was initially reluctant to join the NSS Winter, as I had doubted that it would deface the fun and happiness of my holidays. But the dire need for credits made me change my mind and I signed up for the NSS made us realize the worth of the numerous opportunities that we get many of which we don't even value. Those six days were the best in my life which taught me the real worth of our lives. Joyful experiences in the company of my friends apart, and this visit to a rural area was very helpful in increasing my outlook. First of all, I have been to a village a long time ago. This visit revived some of my memories, and I am very thankful for that. I also made many new friends, which has contributed to my personality development.

"All in all, I have done a lot of different things at NSS and it has been fun. There were also many other volunteers which made the whole experience much easier. We had a great time planning and holding activities for children and youth. We also spent a lot of time together outside work which made my experience even better!"

NSS is a voluntary association of college students to inculcate the spirit of social welfare in students & and this spirit has arisen in me while working as a volunteer in the activities organised by the NSS unit of my college. The project has its importance whether it's an area where I got to know about a place, managing a project, working in unity, and many more useful things which are very helpful throughout my life or the college level project where I learn efficiency in working. Overall experience is great & there is no hard & tough work which every1 things

I have understood human emotions and behavior better than I used to. Learned to maintain the balance between respect and order. Learned that leadership means to enjoy the work with the members rather than to order them. Learned trust is not free of charge we have to earn it

Learned there is joy in small things. We just need to seek happiness. Learned we can stand like a team no matter what happens. And a lot that cannot be expressed.

Most importantly sensitized about society what's right and what's wrong in our society. Got solutions on how to deal with some problems and got a very good family. How to work with a team Great to learn how to work with others as a team, and everyone should get opportunities in a team. Volunteer "Although my first two days in camp were an adjustment, the people at camp supported me every step of the way. Because of this organization, I have been able to learn about and appreciate the culture of the ashram.

These are the experiences of very few many more volunteers have many other positive views about NSS which they love to share and every volunteer is proud of being an NSS volunteer

### Objective of the study.

- 1) To study the NSS program.
- 2) To analyze the effectiveness of the NSS program in shaping the personality of volunteers

### Hypothesis

H0- NSS helps in developing the personality of NSS volunteers.

H1-NSS does not help in developing the personality of NSS volunteers.

### Research design

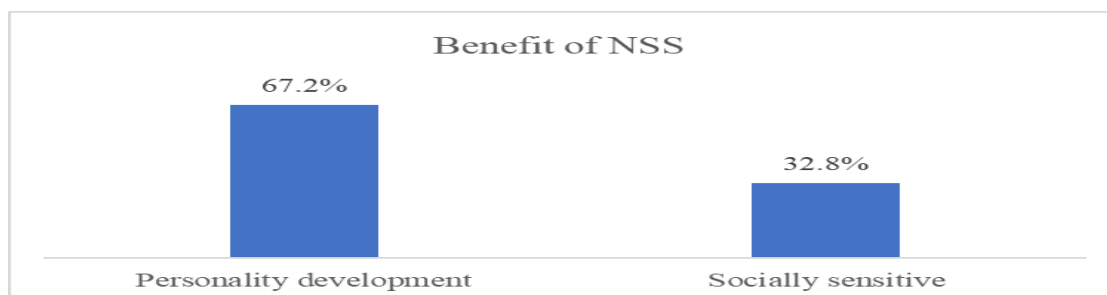
It is an analytical study that will collect data from secondary and primary sources with a sample size of 137 respondents and will apply suitable tests to test the data.

### Objective of the study.

*Objective 1: To study the NSS program.*

### Benefit of NSS

	Frequency	Percent
Personality development	92	67.2
Socially sensitive	45	32.8
Total	137	100.0

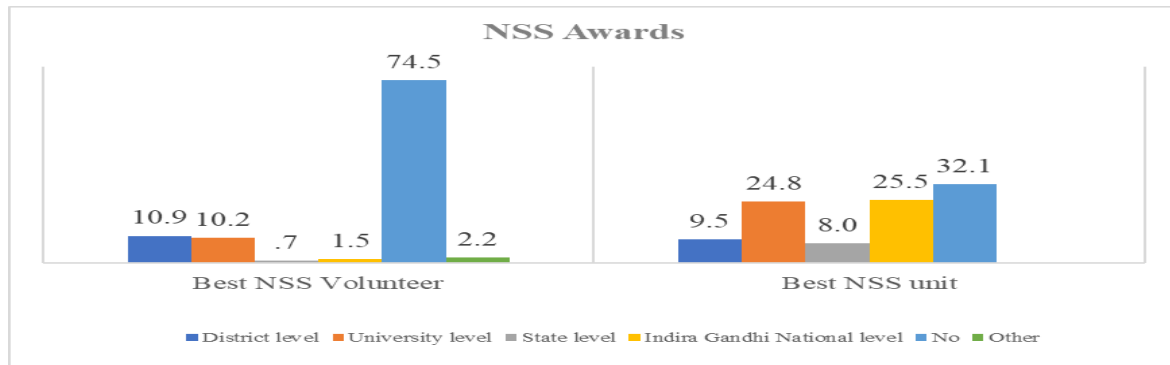


It has been observed that 67.2% of NSS volunteers say that being a part of an NSS unit has helped them in their personality development and 32.8% have become socially sensitive

### NSS Awards

NSS Awards				
	Best NSS Volunteer		Best NSS unit	
	Frequency	Percent	Frequency	Percent
District level	15	10.9	13	9.5
University level	14	10.2	34	24.8
State level	1	.7	11	8.0
Indira Gandhi National level	2	1.5	35	25.5
No	102	74.5	44	32.1
Other	3	2.2		

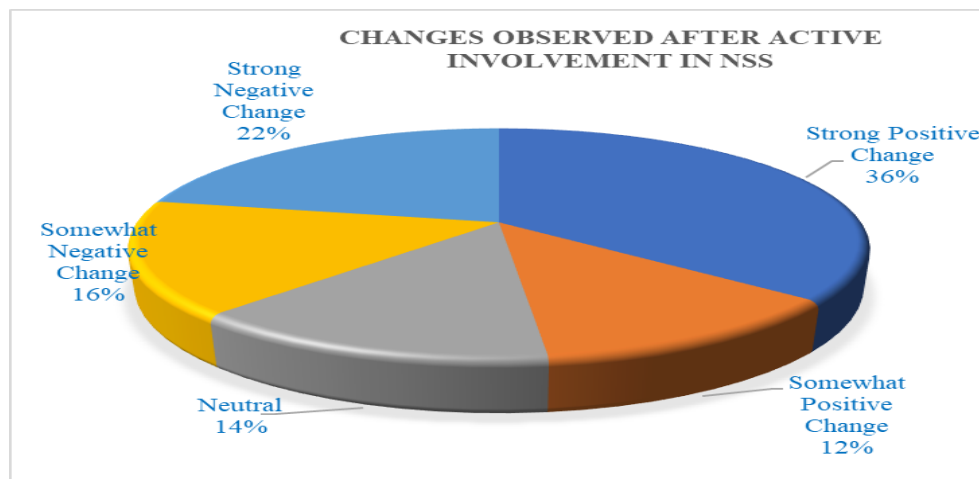
Total	137	100.0	137	100.0
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The graph represents the distribution of NSS Awards received by individuals.

- The best NSS volunteer award is received by only a few respondents. The majority of 74.5% of respondents did not receive the award. Only 10.9% have won this award at the district level, and 10.2% have received it at the university level.
- The best NSS unit is won by a large number of respondents. 25.5% have received the award at the Indira Gandhi level. 24.8% have received it at the University level. Still, most of the respondents (32.1%) have not received the award. Also, very few 9.5% have won it at the District level and 8% at the State level.

#### Level of change observed after active involvement in NSS



The above Pie Chart depicts the level of change observed after active involvement in NSS

- The proportion of respondents showing strong positive change is 35.8%
- The proportion of respondents showing somewhat positive change is 12.4%
- The proportion of respondents showing neutral changes is 13.9%
- The proportion of respondents showing somewhat negative change is 16.1%
- The proportion of respondents showing strong negative change is 21.9%

**Objective 2: To analyze the effectiveness of the NSS program in shaping the personality of volunteers**

Predictors	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	2.392	.756		3.165	.002

Motive of joining	.551	.281	.165	1.961	.052
Participation in NSS programme	-.194	.072	-.226	-2.692	.008

Regression Analysis is used to test the factors responsible for the change observed in NSS volunteers. The Sig. (p-value) for 'motive of joining NSS' and 'Participation in NSS program' is less than or equal to 0.05 (alpha value). Therefore, this part of the research concludes that the changes observed in NSS volunteers are influenced by two factors 'Motive of joining NSS' and 'Number of NSS programmes they have participated in'. These 2 variables are considered as the significant variables.

Change in NSS volunteers =  $2.392 + (0.551) \text{ Motive of joining} + (-0.194) \text{ Participation in NSS program}$ .

The value mentioned in the brackets are regression coefficient values. The change in NSS volunteer is measured on the scale of 1 to 5, 1 being the strong positive change and 5 being the strong negative change. The coefficient value of participation is negative (-0.194), in our case which indicates that more the number of participations in NSS programmes more strong positive change is observed in them. Similarly, the co-efficient of motive is 0.551 which indicates that changes observed in NSS volunteer is directly related to their clear motive of joining NSS.

### HYPOTHESIS

H<sub>0</sub> NSS helps in developing the personality of NSS volunteers.

H<sub>1</sub> NSS does not help in developing the personality of NSS volunteers.

### ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Helpful in developing personality	Between Groups	.005	1	.005	.213	.645
	Within Groups	2.930	135	.022		
	Total	2.934	136			
Change in personality and thought process	Between Groups	.008	1	.008	.286	.594
	Within Groups	3.875	135	.029		
	Total	3.883	136			

ANOVA was applied to compare the role of NSS in developing the personality of NSS volunteers. The p-value obtained for variables indicating the effects of NSS was greater than 0.05, which suggests that we retain H<sub>0</sub>. Therefore, the result concludes that NSS helps in developing the personality of NSS volunteers. It also infers that NSS changes the personality and thought process of NSS volunteers.

### Conclusion:

Thus, from the above information it can be concluded What is NSS, and how it works. how it is transforming students to become responsible citizens. thus N.S.S. is an effective instrument of training and creating empowered youth who can contribute to nation development"

### Link for questionnaire

[https://docs.google.com/forms/d/e/1FAIpQLSe0ppL9fIwB0kxa6-ntJ9c9x2\\_2-fGd-tXs73-Z--hA\\_UdN9w/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSe0ppL9fIwB0kxa6-ntJ9c9x2_2-fGd-tXs73-Z--hA_UdN9w/viewform?usp=pp_url)

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