

**MANONMANIAM SUNDARANAR UNIVERSITY  
TIRUNELVELI**

**UG COURSES – AFFILIATED COLLEGES**

**Part IV  
YOUTH LEADERSHIP**

**Syllabus (For all UG Courses) w.e.f 2016-17**

**V Semester**

This course is offered with an objective to improve the personality of the undergraduate students by making them understand the importance of the youth in nation development and ways and means to enhance the contribution of youth and the schemes thereof.

**Unit 01: Understanding Youth**

Definition, Profile of youth, categories of youth – Issues, Challenges and Opportunities for youth – Youth as an agent of social change – Role of Youth Leadership – Meaning and types of leadership – Qualities and traits of good leaders – Importance of youth leadership

**Unit 02: Health, Hygiene & Sanitation**

Definition, needs and scope of health education – Food and Nutrition – Safe drinking water, water borne diseases and sanitation (Swachh Bharat Abhiyan) – National Health programme

**Unit 03: Youth Health**

Healthy Lifestyles – HIV AIDS, Drugs and Substance abuse – Home Nursing – First Aid – Reproductive health

**Unit 04: Youth and Crime**

Sociological and Psychological Factors influencing Youth Crime – Peer Mentoring in preventing crimes – Awareness about Anti –Ragging –Cyber Crimes and its prevention – Juvenile Justice – Youth Development Programmes in India – Nation Youth Policy – Youth Development Programmes at the National Level, State Level and Voluntary Section – Youth Focused and youth –led organizations

**Unit 05: 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 functionaries – Youth Programme / Schemes of GOI.