General Guidelines for Anandam Subject

1. "Anandam" is a mandatory and credited subject. The grades/Marks of which will be added to calculate the aggregate percentage of marks of the students (Refer to slide no. 6 of the PPT of Mrs. Shuchi Sharma, Secretary Higher Education). The marks will be reported in the Mark sheet and given full weight age.

2. Principals of all Colleges should ensure that the "Anandam subject" period of 30 minutes is displayed in the College Timetables.

3. This course applies only to the first year and PG (previous) classes in the current session 2020-21.

4. From the next session, that is 2021-22, it will be carried forward to the next class and so on.

5. In the Annual Scheme the students will have to submit one (01) project annually. Students of the Semester Scheme will have to submit one (01) project per semester.

6. The chosen projects should be such that can run for six months(one semester) and for the entire session in the annual scheme (Refer to slides 14 and 15 for suggestions regarding projects that can be taken up.)

   Mentors can adopt a colony/area/institute and guide the student groups under their mentorship to take up different issues like literacy/hygiene/ health/plantation etc in the same area.

   Student groups can work on the same topic of social benefit but the Mentors have to ensure that the work of each student group impacts different groups of beneficiaries.

   Some projects like making apps/providing computer literacy to poor students for example may require more time to show results. In such projects the role of the Mentors will be very crucial as they will determine the impact factor, number of beneficiaries and authenticity of the project. Only then can the Mentors allow the project to be carried forward throughout the session or the next semester as the case may be.

7. The synopsis of proposed projects which the student groups will undertake have to be shared urgently in the Google Drive of their new Anandam Gmail IDs created by the colleges in the enclosed format (no.1).

8. Colleges have to ensure that Project Assessment Committees at the college level (PAC)have to be constituted to assess the projects in which the students are engaged (Refer to slide no. 13 of the PPT of Mrs. Shuchi Sharma, Secretary Higher Education)

9. Principal have to ensure that students of 2nd year, 3rd year and PG final also maintain daily diaries of the acts of goodness done by them and volunteer to undertake group projects for this they will be given Certificates of Appreciation which will enhance their future career prospects.

10. Non Collegiate students will be exempted from submission for daily diaries but they will have to submit one (01) Project Report of the work done by them according to the date fixed by their examination centre. The Project Reports of Non Collegiate students will be submitted in hard copy to the examination Centre wherein they will be assessed by the College faculty members. Ananadam is a practical subject and accordingly fees for the same may be charged as per rules from the Non Collegiate students.

11. 'Anandam' is entirely an exercise to develop empathetic understanding of society among the students and inculcate the habit of sharing happiness and positivity in society. The purpose of introducing Anandam in the curriculum is to develop leadership qualities among the youth which will ultimately build a mentally happy and healthy society. The Mentors should therefore encourage students to do their best. The assessment of the projects also should be done in all fairness and without favour or prejudice. No student should be declared "Failed" in the work done by him/her.

12. At the end of the session exemplary social work of students, Mentors & Principals will be given Certificates of Appreciation.

13. All data and information like synopsis of Projects undertaken, Project reports, and month end reports have to be shared online ONLY. Hard copies will not be entertained.

FAQs for Anandam

Q. 1. What is Anandam?

Ans. Anandam is a necessary subject in which every student will have to engage.

~~Q. 2. Does it apply to students of all classes?~~
~~Ans. In the session 2020-21 it is applicable only to first year students at graduation (UG)~~
~~level and students of previous at post graduate (PG) level for evaluation purpose.~~

Q. 3. Do the students of the other classes also have to study Anandam subject?

Ans. The students of other classes like 2nd year 3rd year and PG final classes will also have to engage in the activities of Anandam. Students who volunteer their services for community welfare will be given a certificate of appreciation for their activities as it will enhance their career prospects

Q.4. What is the purpose of this new subject?

Ans. The purpose is to encourage students to interact with the community and understand its problems. This will give a platform to the students for expressing their creative abilities and be empathetic. It will also sensitize students to the "joy of giving and sharing" to which they have become indifferent.

Q.5. How will this subject help the students?

Ans. This subject is based totally on the joy of giving and sharing. It will prove very effective not only for the personal, social, ethical, academic and all round development of students but will also enhance their leadership qualities and thus their career prospects.

Q.6. What is the syllabus of Anandam?

Ans. The whole syllabus of comprises of activities of goodness done by the students at individual and group levels.

Q. 7. What are the maximum marks for this paper?

Ans. 100 marks.

2:27 pm

Q. 8. Will there be a written theory paper also?

Ans. No, the total assessment will be based on the individual activities and group projects.

Q. 9. Will the marks/grades be shown in the mark sheet?

Ans. Yes, it is a credited subject. Marks/Grades both will be entered in the mark sheet as per the university rules.

Q. 10. Will the marks/grades affect the total percentage?

Ans. Yes, the marks of this subject will be added along with the marks of the other three optional subjects.

Q.11. What is the fee of Anandam?

Ans. There is no fee for Anandam at the college level. Anandam is a practical subject and therefore fees will be charged as per university rules.

Q.12. What kind of activities does a student have to do?

Ans. Every student has to do two kinds of activities: (1.) individual activity and (2.) group activity

Q.13 What is meant by individual activity?

Ans. It means doing something good every day for the community or the needy by every student,

Q.14. How will the individual activity be recorded

Ans. Each student will have to maintain a daily diary in which he/she will record his/her daily act of goodness. This diary has to be submitted to the mentors along with the group Project Report.

Q.15. What is meant by group activity?

Ans. Group activity means taking up a project that benefits the community society, especially needy people, by a group of 8 to 10 students.

Q.16. How many Projects will a student group have to complete?

Ans. Students in Semester scheme have to take up one Group Community Service Project per semester. Students in annual scheme also have to take up one (01) Group Community Service Project per year.

Q.17. What is Anandam day?

Ans. Anandam Day is the day which will be celebrated in the last week of every month. On this day all student groups of the college will display the progress of their project work through posters/ slogans and share their experiences of the joy of giving.

Q.18. What will be the criteria of assessment of the activities conducted under Anandam

Ans. The assessment of activities done by students on the individual and group level will be based on one (1) project per/semester. One (01) project in the Annual Scheme. Assessment will be as follows:

01 Project Per semester = 50 Marks　　　　**01 Project annually = 100 Marks**

S. No.	Parameters	Marks for Semester Scheme	Marks for Annual Scheme
1	Submission of daily diary to the mentor	05	10
2	Synopsis of Project undertaken	10	20
3	Presence and participation on Anandam day	10	20
4	Project undertaken and Project Report (see distribution of marks in the table below)	25	50
	TOTAL	50	100

Evaluation of Project Report		
S. No.	Parameters	Maximum Marks 50
1	Videos of group activities	10
2	Photographs of students' participation and involvement in community	10
3	Problem solving and challenging issues addressed/innovation	30

Suggestions for Individual Activities

1. Switch off lights/fan/electronic equipment in schools/colleges/public places/offices which are not in use.
2. Turn off running taps in school/colleges/public places/offices which are not in use.
3. Discourage burning of plastics wastes/tyres etc in resdential and public places.
4. Help the old/offer a seat to old/weak/women at home/buses or public places.
5. Stop somebody from cruelty to animals.
6. Ensure that paper is not wasted and both sides of a blank paper is used.
7. Call/visit needy/ill/old/friends/relatives/to cheer them up.
8. Stop eve teasing/harassment of women.
9. Plant a sapling.
10. Water a tree.
11. Spare time to help a neighbour/friend.
12. Share food/water/medicine/with some needy person.
13. Stop people from throwing garbage on roads.
14. Talk kindly and politely to all specially to the poor.
15. Respect women/girls through words and gestures.
16. Not using abusive language in front of childern/women.
17. Returning lost wallet/purse/documents to the owner.
18. Letting somebody take your turn in lifts/queues.
19. Maintaining silence for students/old/neighbours by not playing music on high volume.
20. Giving a gift to a person whom you dislike.
21. Helping somebody with computer related issues like E-mail/ Searching internet/ Print outs.

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1. Adopt an area/colony/office to organize and monitor Water and Power saving Campaigns through slogans/posters to teach people the value of natural resources.
2. Adopt an area/colony/office to train people about plastic/organic waste disposal.
3. Form a group to ensure injured and sick cows/animals are taken care of.
4. Adopt an area/colony to rectify water /electricity/waste/roads/pollution issues.
5. Create a book/food/clothes/mobile/equipment bank and distribute it to the needy.
6. Monitor unauthorized cutting of trees related programs
7. Engage in plantation and afforestation programs.
8. Adopt local heritage sites or spots of tourist interest and work for its restoration and publicity on tourist guide maps.
9. Coordinate with hospitals and organise medical check-up camps of children/women in poor localities.
10. Form drug/alcohol de-addiction help groups and motivate people.
11. Organize Vocational Skill Training Programs in juvenile jails and women homes.
12. Form a group to help workers/house maids to form cooperatives for small scale loans.
13. Form a group to monitor and resolve eve teasing/ harassment of women/ children/ old people.
14. Form a group to restore and publicise local art forms like weaving/dyeing/maandna/folk songs/manuscripts.
15. Form age/gender specific groups for collective yoga/meditation.
16. Form a group to restore wells/step wells or other water sources.
17. Form a group to motivate people to employ rain water/ solar energy harvesting techniques.
18. Form a group to maintain a public garden/park for the residents.
19. Train youngsters about computer programming and apps.
20. Engage in " **Beti Bachao Beti Padhao**" programs for over all development and empowerment of girl child in your locality.
21. Innovate/Design Simple technology using local resources that saves labour/time of labourers and poor farmers and impacts their lives positively.