

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

B.Voc. Nutrition Exercise and Health (Semester: I - II)

(Under Credit Based Continuous Evaluation Grading System)

Session: 2018-19



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

PROGRAMME SPECIFIC OUTCOMES OF B.VOC NUTRITION EXERCISE AND HEALTH

(Session: 2018-19)

PSO (1):- To gain basic knowledge of nutrients.

PSO (2):- To gain knowledge about food preparation.

PSO (3):- To develop knowledge about carbohydrates, proteins, fat.

PSO (4):- To develop the knowledge of different food preparation methods.

PSO (5):- To demonstrate different asan to the students.

PSO (6):- Enable the students to have a proper knowledge about the benefits of posture of different asan.

PSO (7):- To give knowledge about structure and function of human body.

PSO (8):- To provide knowledge about regulation of blood glucose in human body and role of pancreas towards blood glucose level.

PSO (9):- To develop the roles and responsibilities of diabetic educator also provide knowledge about first aid and different medical responses.

PSO (10):- To give knowledge about bio medical waste management their categories, color coding and types.

PSO (11):- To identify different healthcare system and functions of hospitals and facilities provided by dietetics department.

PSO (12):- To develop the role and functions of diet assistant.

PSO (13):- To develop the knowledge about balanced diet and food groups.

PSO (14):- To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.

PSO (15):- To enhance the soft skills of communication of diet assistant.

**B.Voc. Nutrition exercise & Health
(Session: 2018-19)**

**Scheme of Studies and Examination
(Credit Based Continuous Evaluation Grading System)**

Semester I									
Course code	Course type	Course Titles	Hours/week	Credits	Marks				Examination time (in Hours)
					Total	Ext.		CA	
						L	P		
BVNL- 1421/ BVNL- 1031/ BVNL-1431	C	Punjabi (Compulsory)/ Basic Punjabi/ Punjab History & Culture	2	2	50	40	-	10	3
BVNL- 1102	C	Communication skills in English	4	4	50	40	-	10	3
BVNM-1443	S	Introduction to Psychology	6	4	100	60	20	20	3+3
BVNM-1284	S	Basic Foods and Nutrition	6	4	100	60	20	20	3+3
BVNM- 1125	C	Basics of Computer	4	2	50	25	15	10	3+3
BVNP- 1286	C	Yoga and Body Fitness	4	4	50	-	40	10	3
BVNP-1287	S	Workshop	8	4	50	-	50	-	3
BVNP-1288	S	Entrepreneurial development- I	6	2	50	-	40	10	3
AECD-1161	C	Drug Abuse: Problem, Management and Prevention (Compulsory)	3	2	50	40	-	10	3
SECF-I492	C	*Foundation Programme	3	2	25	20	-	5	
		Total		30		575			

***Marks of these papers and credits will not be added in total marks and total credits. Only grades will be provided.**

Scheme of Studies and Examination

B.Voc. Nutrition exercise & Health

(Session: 2018-19)

(Credit Based Degree Course)

Semester II

Course code	Course type	Course Titles	Hours/ week	Credits	Max Marks			Examination time (in Hours)	
					Total	Ext.			CA
						L	P		
BVNL- 2421/ BVNL- 2031/ BVNL-2431	C	Punjabi (Compulsory)/ Basic Punjabi/ PHC	2	2	50	40	-	10	3
BVNM- 2102	C	Communication skill in English	4	4	50	25	15	10	3+3
BVNL- 2283	S	Diabetic Education-I	4	4	100	80	-	20	3
BVNL- 2284	S	Role of Diet Assistant	4	4	100	80	-	20	3
BVNM- 2285	S	Advance Nutrition	6	4	100	60	20	20	3+3
BVNP-2286	C	Entrepreneurial development- II	6	2	50	-	40	10	3
BVND-2287	S	Project-II	-	6	150	-	120	30	3
AECD-2161	C	Drug abuse: Problem, Management and Prevention (Compulsory)	3	2	50	40	-	10	3
SECM-2502	C	*Moral Education	2	2	25	20	-	5	1
Total				30	675				

***Marks of these papers and credits will not be added in total marks and total credits. Only grades will be provided.**

C-Compulsory

E-Elective

AECC- Ability Enhancement Compulsory Course

VBCC- Value Based Compulsory Course

B. Voc (Retail Mgt)/B.Voc (MSP)/ B.Voc (Animation)/B.Voc(TDAT)/B.Voc. (NEH)

Punjabi (Compulsory)

COURSE CODE- BVRL/BVML/BVAL/BVTL/BVNL-1421

COURSE OUTCOMES

CO1: ਆਤਮ ਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾ ਭਾਗ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਤਾਂ ਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿ ਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ। ਇਸ ਦਾ ਹੋਰ ਮਨੋਰਥ ਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲੰਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਤੋਂ ਜਾਣੂ ਕਰਾਉਣਾ ਵੀ ਹੈ ਤਾਂ ਕਿ ਉਹ ਸਮਕਾਲੀ ਸਮਾਜ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਦ੍ਰਿਸ਼ਟੀ ਬਣਾ ਸਕਣ।

CO2:ਗਿਆਨ ਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ)ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਗਿਆਨ ਦੇਣਾ ਹੈ।

CO3:ਪੈਰੂਾ ਰਚਨਾ ਅਤੇ ਪੈਰੂਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO4:ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ ਹੋਣਗੇ।

CO5:ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-I)

Session-2018-19

**B. Voc (Retail Mgt)/B.Voc (MSP)/ B.Voc (Animation)/B.Voc(TDAT)/B.Voc. (NEH)
Punjabi (Compulsory)
BVRL/BVML/BVAL/BVTL/BVNL-1421**

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

CA:10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ (ਕਵਿਤਾ ਭਾਗ), (ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ
ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

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08 ਅੰਕ

ਯੂਨਿਟ-II

ਗਿਆਨ ਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ), (ਸੰਪਾ. ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ, ਪ੍ਰੋ.
ਮਹਿੰਦਰ ਸਿੰਘ ਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

ਲੇਖ : ਪਹੀਆ ਪ੍ਰਦੂਸ਼ਣ, ਭਰੂਣ ਹਤਿਆ ਦੇ ਦੇਸ਼ ਵਿਚ, ਨਾਰੀ ਸ਼ਕਤੀ, ਵਾਤਾਵਰਣੀ ਪ੍ਰਦੂਸ਼ਣ ਅਤੇ ਮਨੁੱਖ,
ਏਡਜ਼ : ਇਕ ਗੰਭੀਰ ਸੰਕਟ।

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਪੈਰੂਾ ਰਚਨਾ

() ਪੈਰੂਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।

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ਯੂਨਿਟ-IV

(ੳ) ਪੰਜਾਬੀ ਧੁਨੀ ਵਿਉਂਤ : ਉਚਾਰਨ ਅੰਗ, ਉਚਾਰਨ ਸਥਾਨ ਤੇ ਵਿਧੀਆਂ, ਸਵਰ, ਵਿਅੰਜਨ, ।

(ਅ) ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ : ਭਾਸ਼ਾ ਦਾ ਟਕਸਾਲੀ ਰੂਪ, ਭਾਸ਼ਾ ਅਤੇ ਉਪਭਾਸ਼ਾ ਦਾ ਅੰਤਰ, ਪੰਜਾਬੀ ਉਪਭਾਸ਼ਾਵਾਂ ਦੇ
ਪਛਾਣ ਚਿੰਨ੍ਹ।

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ
ਜਾਣਗੇ ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ।
ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਯੂਨਿਟ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ
ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester I)

Session-2018-19

B. Voc (Retail Mgt)/B.Voc(MSP)/B.Voc(Animation)/B.Voc(TDAT)/B.Voc. (NEH)

BASIC PUNJABI

Course code-BVRL/BVML/BVPL/BVAL/BVTL/BVNL-1031

Course outcomes

CO1:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO4:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਿੱਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO5:ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਵਿਚ ਹਫ਼ਤੇ ਦੇ ਸਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ਸਿਖਾਉਣਾ ਹੈ।

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester I)

Session-2018-19

B. Voc (Retail Mgt)/B.Voc(MSP)/B.Voc(Animation)/B.Voc(TDAT)/B.Voc. (NEH)

BASIC PUNJABI

(In lieu of Compulsory Punjabi)

Course Code-BVRL/BVML/BVPL/BVAL/BVTL/BVNL-1031

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory: 40

CA: 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

ਪੈਂਤੀ ਅੱਖਰੀ, ਅੱਖਰ ਕ੍ਰਮ, ਪੈਰ ਬਿੰਦੀ ਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰ ਵਿਚ ਪੈਣ ਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤਰਾਵਾਂ (ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ) ਲਗਾਖਰ (ਬਿੰਦੀ, ਟਿਪੀ, ਅਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ ।

08ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਸ਼ਬਦ ਬਣਤਰ : ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ (ਸਾਧਾਰਨ ਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤ ਸ਼ਬਦ, ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

08ਅੰਕ

ਯੂਨਿਟ-III

ਨਿਤ ਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀ ਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰ ਧੰਦਿਆਂ ਆਦਿ ਨਾਲ ਸੰਬੰਧਤ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਹਫ਼ਤੇ ਦੇ ਸਤ ਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂ ਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕ ਤੋਂ ਸੌ ਤਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿਚ ।

08ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਯੂਨਿਟ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-I)
Session-2018-19

Punjab History & Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)
(Under Credit Based Continuous Evaluation Grading System)

Course Code: BVRL/ BVML/ BVAL/ BVTL/ BVNL-1431

Time: 3 Hours
Credits: 2-0-0
Contact Hours: 2hrs/week

Max. Marks: 50
Theory: 40
CA: 10

Instructions for the Paper Setter:

Eight questions of equal marks (8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit-I

1. Land and the People.
2. Bhakti Movement

Unit -II

3. Life and Teaching of Guru Nanak Dev.
4. Contribution of Guru Angad Dev, Guru Arjun Dev, Guru Amar Das & Guru Ram Das.

Unit -III

5. Guru Hargobind.
6. Martyrdom of Guru Teg Bahadur

Unit -IV

7. Guru Gobind Singh and the Khalsa.
8. Banda Singh Bahadur: Conquests and Execution.

Suggested Reading

Kirpal Singh (ed.), *History and Culture of the Punjab, Part-II*, Punjabi University, Patiala. 1990.

Fauja Singh (ed.), *History of Punjab, Vol, III* Punjabi University, Patiala, 1987.

J.S. Grewal, *The Sikhs of the Punjab, Cup, Cambridge, 1991.*

Khushwant Singh, *A History of the Sikhs*, Vol. I, OUP, New Delhi, 1990

Bachelor of Vocation (Nutrition, Exercise & Health) (Semester-I)
Session-2018-19

COMMUNICATION SKILLS IN ENGLISH

Course Code - BVNL-1102

Examination Time -3 hrs

**L-T-P
2-0-0**

**Total Marks: 50
Theory: 40
Internal Assessment: 10**

The syllabus is divided in four sections as mentioned below:

Section–A

Reading Skills: Reading Tactics and strategies; Reading purposes–kinds of purposes and associated comprehension; Reading for direct meanings.

Section–B

Reading for understanding concepts, details, coherence, logical progression and meanings of phrases/ expressions.

Activities:

- Comprehension questions in multiple choice format
- Short comprehension questions based on content and development of ideas

Section–C

Writing Skills: Guidelines for effective writing; writing styles for application, personal letter, official/ business letter.

Activities

- Formatting personal and business letters.
- Organising the details in a sequential order

Section–D

Resume, memo, notices etc.; outline and revision.

Activities:

- Converting a biographical note into a sequenced resume or vice-versa
- Ordering and sub-dividing the contents while making notes.
- Writing notices for circulation/ boards

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.
3. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
4. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
5. *English Grammar in Use: A Self Study Reference and Practice Book Intermediate*

LearnersBook by Raymond Murphy, Cambridge University Press.

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under: The question paper will be divided into four sections:

Section-A: The question of theoretical nature will be set from Section-A of the syllabus with internal choice and it will consist of 8 marks.

Section-B: Two comprehension passages will be given to the students based on the Section-B and the candidates will have to attempt one carrying 8 marks.

Section-C: Two questions will be given based on the topics given in the Section-C and the candidates will have to attempt one carrying 8 marks.

Section-D: One out of the two questions will have to be attempted by the candidates based on the topics given in Section-D of the syllabus. It will carry 8 marks.

Important Note:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question may be attempted from any of the four sections.

(8 x 5 = 40 marks)

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

INTRODUCTION TO PSYCHOLOGY

(Theory)

COURSE CODE: BVNM-1443

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1) – To enable them to understand the personality of an individual

CO (2) – To gain knowledge about attention and intelligence of an individual

CO (3) – To understand the emotions of an individual

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

INTRODUCTION TO PSYCHOLOGY

COURSE CODE: BVNM-1443

Time: 3 Hrs.

6 Hrs/Week

L-T-P

2-0-2

Max. Marks: 100

Theory Marks: 60

Practical Marks: 20

CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set; two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

(Theory)

UNIT-I

- Meaning of psychology
- Methods Of Psychology

UNIT-II

Introduction to concepts and research in the areas of:-

- Personality
- Emotion

UNIT-III

- Learning
- Memory
- Perception

UNIT-IV

- Attention
- Intelligence
- Physiological basis of behavior

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

INTRODUCTION TO PSYCHOLOGY

(Practical)

COURSE CODE: BVNM-1443

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1) – to enable them to understand the personality of an individual

CO (2) – To gain knowledge about attention and intelligence of an individual

CO (3) – To understand the emotions of an individual

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

**Introduction to Psychology
(Practical)**

COURSE CODE: BVNM-1443

Time: 3 Hrs.

Marks: 20

Note: Paper will be set on the spot by the examiner

Course Contents:

- EPQ
- Maze learning
- Division of attention
- Verbal test of attention

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

BASIC FOODS AND NUTRITION (THEORY)

COURSE CODE: BVNM- 1284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To gain basic knowledge of nutrients.

CO2:- To gain knowledge about food preparation.

CO3:- To develop knowledge about carbohydrates, proteins, fat.

CO4:- To develop the knowledge of different food preparation methods.

CO5:- To develop the knowledge of food as source of energy and determine basal metabolism rate.

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

BASIC FOOD AND NUTRITION

COURSE CODE: BVNM- 1284

Time: 3 Hrs.

6 hrs/week

L-T-P

2-0-2

Max. Marks: 100

Theory Marks: 60

Practical Marks: 20

CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

(Theory)

Course Contents:

UNIT-I

Introduction to nutrition- Food as a sources of nutrients, functions of food, definition of Nutrition, nutrients, adequate, optimum and good nutrition, malnutrition.

Classification of food

Importance and functions of food.

Functional Foods

UNIT-II

Food Preparation

Basic terminology used in Cooking.

Different methods of cooking - Dry heat, moist heat, frying and microwave cooking.

Effect of coking on nutritive value of food.

UNIT-III

Role of fiber in food

Carbohydrates - Composition, classification, functions, food sources, requirement, deficiencies.

Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies.

Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies.

UNIT-IV

Energy- Unit of energy, food as a source of energy, energy value of food, the body need of energy. Factors affecting energy requirement

1. Determination of energy value of foods using calorimeter
2. Specific Dynamic action

3. Basal Metabolism
4. Determination of basal metabolism
5. Factors affecting the BMR

B.Voc. Nutrition Exercise and Health (Semester– I)
(Session: 2018-19)

BASIC FOODS AND NUTRITION
(Practical)
COURSE CODE: BVNM- 1284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

Co (1) – To identify the different food stuff, weight and measures and cooking.

CO (2) – To distinguish between different types of cooking methods.

CO (3) – To develop the knowledge about cleaning of kitchen equipments, utensils, floor and cupboard.

B.Voc. Nutrition Exercise and Health (Semester– I)
(Session: 2018-19)
Basic Foods and Nutrition
(Practical)
COURSE CODE: BVNM- 1284

Time: 3 Hrs.

Marks: 20

Note: Paper will be set on the spot by the examiner

Course Contents:

- 1) Identification of different food stuffs, weight and measures and cooking terms.
- 2) Beverage- e.g. Hot and cold (Tea, Coffee, fruit and milk based, beverage) etc.
- 3) Prepare 5 dishes using following methods
 - (a) Boiling: Pulses, rice, soups, deserts, etc.
 - (b) Shallow Frying: Pancakes, snacks, etc.
 - (c) Deep Frying: Sweet and savory snacks, main dishes, etc.
 - (d) Fermenting and Steaming: Idli, dosa, dhokla, etc.

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

Basics of Computer

Course code: BVNM-1125

Time: 3 Hrs.

4 hrs/week

L-T-P

1-0-1

Max. Marks:50

Theory Marks:25

Practical Marks: 15

CA:10

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

(Theory)

Course Contents

UNIT –I

Introduction to Computer, Data Processing,

UNIT-II

Concept of data and information

UNIT-III

Introduction of computer hardware and software

UNIT-IV

Introduction to MS- Word- General- Formatting, Editing, Spell-grammar check, Printing and saving, Mail Merge.

B.Voc. Nutrition Exercise and Health (Semester– I)

(Session: 2018-19)

Basics of Computer (Practical)

COURSE CODE: BVNM-1125

Time: 3 hrs.

Marks: 15

Paper will be set on the spot by the examiner.

Course Contents:

MS-Word: Formatting, Editing, Spell Grammar Check, Printing and Saving, Mail-Merge.

B.Voc. Nutrition Exercise and Health (Semester- I)

(Session: 2018-2019)

YOGA AND BODY FITNESS

(Practical)

COURSE CODE: BVNP -1286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO (1):- To demonstrate different asan to the students.

CO (2):- Enable the students to have a proper knowledge about the benefits of posture of different asan.

CO (3):- To make them understand the use of exercise in daily life.

B.Voc. Nutrition, Exercise & Health (Semester– I)

(Session: 2018-19)

YOGA AND BODY FITNESS

(Practical)

COURSE CODE: BVNP -1286

Time: 3 Hrs.

4 hrs/week

L-T-P

0-0-4

Max. Marks: 50

Practical Marks: 40

CA: 10

Note: Paper will be set on the spot by the examiner

Course Contents:

- Eight limbs of ashtang yoga: Yama, Niyama, Asanas, Pranayam, Pratyahara, Dharna, Dhyana, Samadhi.
- Surya Namaskar: Guiding principles of Surya Namaskar.
- Meditative asana: Sukh Asana, Vajar Asana, Sidha Asana, Padam Asana
- Relaxative asana: Shav Asana, Makkar Asana
- Culture asana: Tad Asana, Trik Tad, Ardh Chakkar, Katti Chakkar, Trikon, Janushir, Kon Asana, Manduk, Ushtar, Bhujang, Shalbh, Uttanpad, Pawanmukt, Makkar, Setubandh.
- Meditations: Mindful, Cyclic, Awareness of breathe
- Pranayam : Bhastrika, Kapalbhati, Anulom Vilom, Bhramari, Udgeet
- Techniques of Bhandhas: Mool, Uddiyan, Jalandhar
- Shudi kriyas: Jal neti, Sutra neti, Tratak.

B.Voc. Nutrition, Exercise & Health (Semester– I)
(Session: 2018-19)

B.Voc. (RM, MSP, Animation, TDAT, NEH)
(Session 2018-19)

DRUG ABUSE: Problem, Management and Prevention (Theory)
Course Code: AECD-1161

Time:3 Hrs
Credit:2-0-0

Max. Marks: 50
Theory: 40
CA: 10

Instructions for the Paper Setter

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-1

- 1) Meaning of Drug Abuse:** Concept and Overview, Historical Perspective of Drug Abuse, Drug Dependence, Drug Addiction, Physical and Psychological Dependence: Drug Tolerance and withdrawal symptoms.

UNIT-II

2) Types of Abused Drugs and their Effects -I

- 1) Stimulants: Amphetamines – Bensedrine, Dexedrine, Cocaine.
- 2) Depressants: Alcohol Barbiturates: Nembutal, Seconal, Phenobarbital and Rohypnol.
- 3) Narcotics: Heroin, Morphine, Oxycodone.

UNIT III

3) Types of abused drugs and their effects - II

- 1) Hallucinogens: Cannabis, Marijuana, Hashish, Hash Oil, MDMA, LSD.
- 2) Steroids.

UNIT-IV

- 4) Nature and Extent of the Problem:** Magnitude or prevalence of the menace of Drug Abuse in India and Punjab, Vulnerable groups by age, gender and economic status, Signs and Symptoms of Drug Abuse: Physical, Academic, Behavioural and Psychological Indicators.

B.Voc. Nutrition, Exercise & Health (Semester– I)

(Session: 2018-19)

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
7. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
8. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
9. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
10. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.

FOUNDATION PROGRAMME

Course Title: Foundation Programme

Course Duration: 30 hours

Course intended for: Semester I students of undergraduate degree programmes of all streams.

Course Credits: 2

Course Code: SECF-1492

PURPOSE & AIM

This course has been designed to strengthen the intellectual foundation of all the new entrants in the college. One of the most common factors found in the students seeking admission in college after high school is the lack of an overall view of human history, knowledge of global issues, peaks of human intellect, social/political benchmarks and inventors & discoverers who have impacted human life. For a student, the process of transformation from school to college is full of apprehension and intimidation of the system. The Foundation Programme intends to bridge the gap between high school and college education and develop an intellectual readiness and base for acquiring higher education.

INSTRUCTIONAL OBJECTIVES

- to enable the students to realise their position in the whole saga of time and space
- to inculcate in them an appreciation of life, cultures and people across the globe
- to promote, in the students, an awareness of human intellectual history
- to make them responsible and humane world citizens so that they can carry forward the rich legacy of humanity

CURRICULUM

MODULE	TITLE	CONTACT HOURS
I	Introduction & Initial Assessment	2
II	The Human Story	3
III	<i>The Vedas, The Gita & Eastern Philosophy</i>	2.5
IV	<i>The Holy Bible & Genesis</i>	2.5
V	Woman: A Journey through the Ages	2.5
VI	Changing Paradigms in Society, Religion & Literature	2.5
VII	Makers of Modern India	2.5
VIII	Racism & Martin Luther King Jr.	2.5
IX	Modern World at a Glance: Political & Economic Perspective	2.5
X	Technology & Human Life	2.5
XI	The KMV Experience	2.5
XII	Final Assessment, Feedback & Closure	2.5

B.Voc. Nutrition, Exercise & Health (Semester– I)
(Session: 2018-19)

EXAMINATION

- **Total Marks: 25 (Final Exam: 20; Internal Assessment: 5)**

- Final Exam: multiple choice quiz. Marks – 20; Time: 1 hour

- Internal Assessment: 5 (Assessment: 3; Attendance:2)

Comparative assessment questions (medium length) in the beginning and close of the programme. Marks: 3; Time: 0.5 hour each at the beginning and end.

- Total marks: 25 converted to grade for final result

- Grading system: 90% marks & above: A grade

80% - 89% marks : B grade

70% - 79% marks : C grade

60% - 69% marks : D grade

50% - 59% marks : E grade

Below 50% marks : F grade (Fail - must give the exam again)

SYLLABUS

Module I Being a Human: Introduction & Initial Assessment

- Introduction to the programme

- Initial Assessment of the students through written answers to a couple of questions

Module 2 The Human Story

- Comprehensive overview of human intellectual growth right from the birth of human history

- The wisdom of the Ancients

- Dark Middle Ages

- Revolutionary Renaissance

- Progressive modern times

- Most momentous turning points, inventions and discoveries

Module 3 *The Vedas, The Gita & The Indian Philosophy*

- Origin, teachings and significance of *The Vedas*

- Upanishads and Puranas

- Karma Theory of *The Bhagwad Gita*

- Main tenets of Buddhism & Jainism

- Teachings of Guru Granth Sahib

Module 4 *The Holy Bible & Genesis*

- Book of Genesis: Creation and Fall

- Noah's Ark

- Moses & The Ten Commandments

- Christ and His teachings

- Christianity and the world

Module 5 Changing Paradigms in Society, Religion & Literature

- Renaissance: The Age of Rebirth

- Transformation in human thought

- Importance of humanism

- Geocentricism to heliocentricism

- Copernicus, Galileo, Columbus, Darwin and Saint Joan

B.Voc. Nutrition, Exercise & Health (Semester– I)

(Session: 2018-19)

- Empathy and Compassion

Module 6 Woman: A Journey through the Ages

- Status of women in pre-vedic times
- Women in ancient Greek and Roman civilizations
- Women in vedic and ancient India
- Status of women in the Muslim world
- Women in the modern world
- Crimes against women
- Women labour workforce participation
- Women in politics
- Status of women- our dream

Module 7 Makers of Modern India

- Early engagement of foreigners with India
- Education: The first step to modernization
- Railways: The lifeline of India
- Raja Ram Mohan Roy, Gandhi, Nehru, Vivekanand, Sardar Patel etc.
- Indira Gandhi, Mother Teresa, Homai Vyarawala etc.
- The Way Ahead

Module 8 Racism: Story of the West

- European beginnings of racism
- Racism in the USA - Jim Crow Laws
- Martin Luther King Jr. and the battle against racism
- Apartheid and Nelson Mandela
- Changing face of racism in the modern world

Module 9 Modern World at A Glance: Political & Economic Perspective

- Changing world order
- World War I & II
- UNO and The Commonwealth
- Nuclear Powers; Terrorism
- Economic Scenario: IMF, World Bank
- International Regional Economic Integration

Module 10 Technology and Human Life

- Impact of technology on modern life
- Technological gadgets and their role in our lives
- Technology and environment
- Consumerism and materialism
- Psychological and emotional consequences of technology
- Harmonising technology with ethics and humaneness

Module 11 The KMV Experience

B.Voc. Nutrition, Exercise & Health (Semester– I)
(Session: 2018-19)

- Historical Legacy of KMV
- Pioneering role in women emancipation and empowerment
- KMV Contribution in the Indian Freedom Struggle
- Moral, cultural and intellectual heritage of KMV
- Landmark achievements
- Innovative initiatives; international endeavours
- Vision, mission and focus
- Conduct guidelines for students

Module 12 Final Assessment, Feedback & Closure

- Final multiple choice quiz
- Assessment through the same questions asked in the beginning
- Feedback about the programme from the students
- Closure of the programme

PRESCRIBED READING

- *The Human Story* published by Dawn Publications

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

B. Voc (Retail Mgt)/B.Voc (MSP)/ B.Voc (Animation)/B.Voc(TDAT)/B.Voc. (NEH)
Semester II
Punjabi (Compulsory)
COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL-2421

COURSE OUTCOMES

CO1:ਆਤਮ ਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀ ਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਹਾਣੀ ਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀ ਜਗਤ ਨਾਲ ਜੋੜਣਾ ਹੈ।

CO2:ਇਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਲ ਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾ ਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨ ਇਤਿਹਾਸ ਤੋਂ ਜਾਣੂ ਕਰਵਾਉਣਾ ਹੈ।

CO3:ਸੰਖੇਪ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤ ਕਰਨ ਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4:ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO5:ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ ਪੜ੍ਹਣ ਨਾਲ ਵਿਦਿਆਰਥੀ ਇਸਦੇ ਮੁੱਢਲੇ ਸੰਕਲਪਾਂ ਨੂੰ ਆਧਾਰ ਬਣਾ ਕੇ ਇਹਨਾਂ ਸੰਕਲਪਾਂ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ।

CO6:ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO7:ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

B. Voc (Retail Mgt)/B.Voc (MSP)/ B.Voc (Animation)/B.Voc(TDAT)/B.Voc. (NEH)

Punjabi (Compulsory)
COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL-2421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks : 50
Theory: 40
CA : 10

ਪਾਠ ਕ੍ਰਮ ਅਤੇ ਪਾਠ ਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮ ਅਨਾਤਮ (ਕਹਾਣੀ ਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮ ਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,
ਅੰਮ੍ਰਿਤਸਰ।(- ,)

08 ਅੰਕ

ਯੂਨਿਟ-II

ਗਿਆਨ ਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜ ਵਿਗਿਆਨਕ ਲੇਖਾਂ ਦਾ ਸੰਗ੍ਰਹਿ)(ਸੰਪ. ਡਾ. ਸਤਿੰਦਰ ਸਿੰਘ, ਪ੍ਰੋ. ਮਹਿੰਦਰ ਸਿੰਘ
ਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,ਅੰਮ੍ਰਿਤਸਰ, 2007 ਲੇਖ :ਸਾਹਿਤ ਤੇ ਲੋਕ ਸਾਹਿਤ, ਅੱਖਾਂ, ਅਚੇਤਨ ਦਾ ਗੁਣ
ਤੇ ਸੁਭਾਅ, ਕੰਪਿਊਟਰ ਅਤੇ ਇੰਟਰਨੈੱਟ, ਮਨੁੱਖੀ ਅਧਿਕਾਰ।

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁੱਢਲੇ ਸੰਕਲਪ
() ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ

08 ਅੰਕ

ਯੂਨਿਟ-IV

() ਸੰਖੇਪ ਰਚਨਾ
() ਮੁਹਾਵਰੇ ਅਤੇ ਅਖਾਣ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ।
ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ
ਵੀ ਯੂਨਿਟ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵਧ ਤੋਂ ਵਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ
ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

B. Voc (Retail Mgt)/B.Voc(MSP)/B.Voc(Animation)/B.Voc(TDAT)/B.Voc. (NEH)
BASIC PUNJABI
Course code-BVRL/BVML/BVPL/BVAL/BVTL/BVNL-2031

Course outcomes

- CO1: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ। ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।
- CO2: ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।
- CO3: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।
- CO4: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।
- CO5: ਵਿਦਿਆਰਥੀ ਵਾਕ ਦੀ ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਇਸਦੀ ਬਣਤਰ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਭਾਸ਼ਾ ਤੇ ਪਕੜ ਮਜ਼ਬੂਤ ਹੋਵੇਗੀ।
- CO6: ਪੈਰ੍ਹਾ ਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।
- CO7: ਸੰਖੇਪ ਰਚਨਾ ਕਰਨ ਨਾਲ ਵਿਦਿਆਰਥੀ ਆਪਣੀ ਗੱਲ ਨੂੰ ਸੰਖੇਪ ਵਿਚ ਕਹਿਣ ਦੀ ਜਾਚ ਸਿੱਖਣਗੇ ਅਤੇ ਇਹ ਦਿਮਾਗੀ ਕਸਰਤ ਵਿਚ ਸਹਾਈ ਹੋਵੇਗੀ।
- CO8: ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ ਚਿੱਠੀ ਪੱਤਰ ਲਿਖਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਕਲਾ ਵਿਚ ਨਿਪੁੰਨ ਕਰਨਾ ਹੈ।
- CO9: ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

B. Voc (Retail Mgt)/B.Voc(MSP)/B.Voc(Animation)/B.Voc(TDAT)/B.Voc. (NEH)

ਮੁੱਢਲੀ ਪੰਜਾਬੀ

(In lieu of Compulsory Punjabi)

Course code-BVRL/BVML/BVPL/BVAL/BVTL/BVNL-2031

ਸਮਾਂ: 3 ਘੰਟੇ

Maximum Marks : 50

Theory: 40

CA : 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ (ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ, ਕਿਰਿਆ
ਵਿਸ਼ੇਸ਼ਣ, ਸਬੰਧਕ, ਯੋਜਕ ਅਤੇ ਵਿਸਮਿਕ)

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ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ

(ੳ) ਸਾਧਾਰਨ ਵਾਕ, ਸੰਯੁਕਤ ਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

(ਅ) ਬਿਆਨੀਆ ਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕ ਵਾਕ ਅਤੇ ਹੁਕਮੀ ਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

08 ਅੰਕ

ਯੂਨਿਟ-III

ਪੈਰਾ ਰਚਨਾ

ਸੰਖੇਪ ਰਚਨਾ

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿੱਠੀ ਪਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਅਖਾਣ ਅਤੇ ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕ ਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਯੂਨਿਟ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ A-D ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ I-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਯੂਨਿਟ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਯੂਨਿਟ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਯੂਨਿਟ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

**B.Voc (Retail Mgt.)/B.Voc (MSP)/B.Voc (Animation)/B.Voc (TDAT)/B.Voc. (NEH)
Punjab History & Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)
(Under Credit Based Continuous Evaluation Grading System)**

Course Code: BVRL/ BVML/ BVAL/ BVTL/ BVNL-2431

Time: 3 Hours
Credits L-T-P: 2-0-0
Contact Hours: 2hrs/week

Max. Marks: 50
Theory: 40
CA: 10

Instructions for the Paper Setter:

Eight questions of equal marks (8 marks) are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

Unit -I

1. Sikh Struggle for Sovereignty.
2. Ranjit Singh : Conquests, Administration and the Anglo-Sikh Relations.

Unit -II

3. Anglo-Sikh Wars and the Annexation.
4. The Punjab under the British: New Administration, Education and social Change.

Unit -III

5. Economic Changes: Agricultural
6. Socio-Religious Reform Movements.

Unit -IV

7. Role of Punjab in the Freedom Struggle.
8. Fairs and Festivals.

Suggested Reading

Kirpal Singh (ed.), *History and Culture of the Punjab*, Part-II, Punjabi University, Patiala, 1990.
Fauja Singh (ed.), *History of Punjab*, Vol, III, Punjabi University, Patiala, 1987.
J.S. Grewal, *The Sikhs of the Punjab*, Cup, Cambridge, 1991.
Khushwant Singh, *A History of the Sikhs*, Vol. I, OUP, New Delhi, 1990

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

COMMUNICATION SKILLS IN ENGLISH

Course Code - BVNL-2102

Time: 3 hours (Theory)
3 hours (Practical)

Max. Marks: 50
Theory: 25 Marks
Practical: 15 Marks
Internal Assessment: 10 Marks

Course Contents:

Section–A

Listening Skills: Barriers to listening; effective listening skills; feedback skills.

Activities: Listening exercises – Listening to conversation, News and TV reports

Sect

ion–B Attending telephone calls; note taking and

note making.**Activities:** Taking notes on a
speech/lecture

Section–C

Speaking and Conversational Skills: Components of a meaningful and easy conversation; understanding the cue and making appropriate responses; forms of polite speech; asking and providing information on general topics.

Activities: 1) Making conversation and taking turns

2) Oral description or explanation of a common object, situation or concept

Section–D

The study of sounds of English, stress
Situation based Conversation in English
Essentials of Spoken English

Activities: Giving Interviews

B.Voc. Nutrition, Exercise & Health (Semester– II)
(Session: 2018-19)

Recommended Books:

1. *Oxford Guide to Effective Writing and Speaking* by John Seely.
2. *Business Communication* by Sethi, A and Adhikari, B., McGraw Hill Education 2009.
3. *Communication Skills* by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).
4. *A Course in Phonetics and Spoken English* by J. Sethi and P.V. Dhamija, Phi Learning.

Instructions for the paper setters and distribution of marks:

The question paper will consist of four sections and distribution of marks will be as under: The question paper will be divided into four sections.

Section-A: Two questions with internal choice will be set from Section-A of the syllabus and these questions will be theoretical in nature corresponding to the syllabus of Section-I. Each will carry 6 marks.

Section-B: Two questions with internal choice will be set from Section-B of the syllabus. One will be theoretical and the second will be practical in nature. Each will carry 6 marks.

Section-C: Two questions with internal choice will be set from Section-C of the syllabus and these will be theoretical in nature. Each will carry 6 marks.

Section-D: Two questions with internal choice will be set from Section-D of the syllabus. One question will be theoretical in nature and the other will be practical in nature (based on phonetic transcription and stress). Each will carry 6 marks.

Important Note:

The candidate will have to attempt five questions in all selecting one from each section of the question paper and the fifth question may be attempted from any of the four sections.

(5 x 5 = 25 marks)

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

PRACTICAL / ORAL TESTING

Marks: 15

Course Contents:

1. Oral Presentation with/without audio visual aids.
2. Group Discussion.
3. Listening to any recorded or live material and asking oral questions for listening comprehension.

Questions:

1. Oral Presentation will be of 5 to 7 minutes duration. (Topic can be given in advance or it can be of student's own choice). Use of audio visual aids is desirable.
2. Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be 15 to 20 minutes.

Note: Oral test will be conducted by external examiner with the help of internal examiner.

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

DIABETIC EDUCATION-I
(Theory)
COURSE CODE: BVNL -2283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give knowledge about structure and function of human body.

CO2:- To provide detail information about digestive system.

CO3:- To give brief introduction to diabetes.

CO4:- To provide knowledge about regulation of blood glucose in human body and role of pancreas towards blood glucose level.

CO5:- To develop the roles and responsibilities of diabetic educator also provide knowledge about first aid and different medical responses.

CO6:- To give knowledge about bio medical waste management their categories, color coding and types.

CO7:- To provide knowledge about standards for bio medical waste and bio medical waste treatment.

B.Voc. Nutrition, Exercise & Health (Semester- II)
(Session: 2018-19)

DIABETIC EDUCATION-I
(Theory)
COURSE CODE: BVNL -2283

Time: 3 Hrs.
4 hrs/week
L-T-P
4-0-0

Max. Marks: 100
Theory Marks: 80
CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Content:

UNIT-I

Structure and function of human body

The Digestive system:

Structure and function of the salivary glands, the stomach , the pancreas, the liver, the small intestine and large intestine . Mechanism of digestion and absorption of carbohydrates, proteins and fats.

Introduction to Diabetes:

Types of Diabetes: Type I , Type II and gestational diabetes

- Regulation of blood glucose in human body
- Role of pancreas towards blood glucose levels

UNIT-II

Roles and responsibilities of diabetic educator

UNIT-III

First aid, emergency medical response

UNIT-IV

Bio Medical Waste Management

- Bio Medical Waste Management & treatment
- Categories of bio-medical waste
- Bio-medical waste- color coding, types of waste, etc.
- Standards for bio-medical waste disposal
- Means of bio-medical waste treatment

Note: Students have to Visit healthcare institutions and clinical attachments.

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louts, Times Mirror/MosbyCollege : 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay EasternLtd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised &enlarged) B. app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)

ROLE OF DIET ASSISTANT

(Theory)

COURSE CODE: BVNL -2284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To identify different healthcare system and functions of hospitals and facilities provided by dietetics department.

CO2:- To develop the role and functions of diet assistant.

CO3:- To develop the knowledge about food and nutrition.

CO4:- To develop the knowledge about balanced diet and food groups.

CO5:- To enhance the knowledge of personnel hygiene of diet assistant. Teach them different aspects of healthy living.

CO6:- To enhance the soft skills of communication of diet assistant.

CO7:- To develop the knowledge about art of effective communication.

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)
ROLE OF DIET ASSISTANT
(Theory)
COURSE CODE: BVNL -2284

Time: 3 Hrs.
4 hrs/week
L-T-P
4-0-0

Max. Marks: 100
Theory Marks: 80
CA: 20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Content:

UNIT-I

Healthcare system

- Healthcare service providers (primary, secondary & tertiary)
- Hospital functions.
- Food and Dietetics department and it's facilities.

Role of the diet assistant

- Functions of diet assistant
- Care of food storage equipment kitchen equipment and articles needed
- Patient comforts and safety
- Ethical behavior and understanding of certain administrative functions

UNIT-II

Introduction to food and nutrition

- Balanced diet and food groups

Introduction to dietetics related medical terminology

- Use of dietetics related medical terminology in daily activities with colleagues, patients and family.

UNIT-III

Personnel Hygiene of Diet Assistant

- Personnel Hygiene of Diet Assistant
- Healthy living
- Procedures of hand hygiene
- Techniques of grooming
- Techniques of use of PPE
- Vaccination against common infectious disease

Role of Diet Assistant-Sanitation, Safety& First Aid

- Role of Diet Assistant –Sanitation, Safety and First Aid
- Food hygiene and
- Safety
- Common emergency conditions and what to do in medical emergencies
- Describe the basics of first aid
- Understanding and precautions and precautions to ensure self safety

UNIT-IV

Soft Skill and Communication-I

- Art of effective communication
- Effective Communication with patients & family
- Effective communication with peers / colleagues using medical terminology in communication

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/MosbyCollege : 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay EasternLtd. 1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised &enlarged) B. app C-1985.
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)

ADVANCE NUTRITION

(Theory)

COURSE CODE: BVNM-2285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop the knowledge to classify different functions and requirements of fat soluble vitamin and water soluble vitamin.

CO2:- To identify the bio-availability, requirement and deficiency of different vitamins.

CO3:- To develop the knowledge of food preservation, food spoilage and principle of food preservation.

CO4:- To develop the knowledge of food adulteration and standards, toxic effects of food adulteration.

CO5:- To develop the knowledge of food hygiene in purchasing, preparation, cooking and serving of food.

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)
ADVANCE NUTRITION
(Theory)
COURSE CODE: BVNM-2285

Time: 3 Hrs.
6 hrs/week
L-T-P
2-0-2

Max. Marks:100
Theory Marks:60
Practical marks:20
CA:20

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section.

Content

UNIT -I

Vitamin- Classification, unit of measurements sources, requirements functions and deficiency of following vitamins.

(a) Fat Soluble vitamins A, D, E and K

(b) Water soluble vitamins- C, B1-B2, B3, B6, B12 and Folic acid.

Mineral- Functions, Sources, Bio-availability requirement and deficiency of following minerals calcium, iron, iodine, fluorine, Sodium, Potassium, Phosphorus, and Magnesium

UNIT-II

Food Preservation

Importance and scope of food preservation

Causes of Food spoilage

Principles of food preservation

Household Methods of food preservation

UNIT-III

Food adulteration and standards

Definition

Common adulterants & their test in different food stuffs

Toxic Effects of food adulteration

Food standards

UNIT-IV

Food hygiene

Purchasing

Preparation

Cooking

Serving

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th ed. St. Louts, TimesMirror/Mosby College: 1988.
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) WilayEastern Ltd. 1990.
3. Swaminathan S: Advanced text book on foods Nutrition, Vol. I, II (2nd ed. Revised &enlarged) B. app C-1985.
4. Willson, EVAD Principles of Nutrition 4thed New York John Willey

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)

ADVANCE NUTRITION

(Practical)

COURSE CODE: BVNM-2285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop knowledge about different nutrients.

CO2:- To develop knowledge about therapeutic diets.

CO3:- To enhance the cooking skills with absorbing more nutrients.

CO4:- To develop knowledge about different food group

B.Voc. Nutrition Exercise and Health (Semester– II)

(Session: 2018-19)

ADVANCE NUTRITION

(Practical)

COURSE CODE: BVNM-2285

Time: 3 hrs

Marks: 20

Note: Paper will be set on the spot by the examiner

Prepare 5 dishes using following methods

1. High protein
2. High fiber
3. High energy
4. High iron
5. Sprouting
6. Low cost recipes
7. Low calorie recipes

B.Voc. Nutrition Exercise and Health (Semester– II)
(Session: 2018-19)
DRUG ABUSE: Problem, Management and Prevention (Compulsory)
(THEORY)
COURSE CODE: AECD-2161

COURSE OUTCOMES:

- **CO1:** This information can include factual data about what substance abuse is; warning signs of addiction; information about how alcohol and specific drugs affect the mind and body;
- **CO2:** How to be supportive during the detoxification and rehabilitation process.
- **CO3:** Main focus of substance abuse education is teaching individuals about drug and alcohol abuse and how to avoid, stop, or get help for substance use disorders.
- **CO4:** Substance abuse education is important for students alike; there are many misconceptions about commonly used legal and illegal substances, such as alcohol and marijuana.

B.Voc. Nutrition Exercise and Health (Semester- II)
(Session: 2018-19)

DRUG ABUSE: Problem, Management and Prevention (Compulsory)
(THEORY)

COURSE CODE: AECD-2161

Examination Time: 3Hrs
Credits: 2

Total Marks: 50
Theory: 40
CA: 10

Instructions for the Examiner

Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any Section.

UNIT-I

1) Consequences of Drug Abuse for:

- 1) Individual – Education, employment and income issues.
- 2) Family – Violence
- 3) Society – Crime.
- 4) Nation – Law and order problem

UNIT-II

2) Management of Drug abuse:

- 1) Medical Management: Medication for treatment and to reduce withdrawal effects, Drug De-addiction clinics, Relapse management.
- 2) Psycho-Social Management: Counselling, family and group therapy, behavioural and cognitive therapy, Environmental Intervention.

UNIT-III

3) Prevention of Drug Abuse:

- 1) Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.
- 2) School, Counselling, Teacher as role-model. Parent-Teacher-Health Professional Coordination, Random testing on students.

UNIT-IV

4) Awareness of drug abuse

- 1) Media: Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program.
- 2) Legislation: NDPs act, statutory warnings, policing of borders, checking supply/ smuggling of drugs, strict enforcement of laws, time bound trial.

Book References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
2. Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
3. Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
4. Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
5. Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.
6. National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
7. Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
8. Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
9. Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
10. Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.

B.Voc. Nutrition Exercise and Health (Semester– II)
(Session: 2018-19)

Session 2018-19 Course

Title: Moral Education

Course Duration: 30 hrs

Course Intended for: II Sem students of all streams

Course Objectives:

- To sensitize students about the role and importance of human values and ethics in personal, social and professional life.
- To enable students to understand and appreciate ethical concerns relevant to modern lives.
- To prepare a foundation for appearing in various competitive examinations.
- To sensitize the students about the current issues and events of national and international importance.
- To highlight plausible implications of ethical human conduct , trustful and mutually fulfilling human behaviour and mutually enriching interaction with nature .

Course Contents:

- Introduction to Moral Education
- Need , content and purpose
- Vedic values
- Character building

The Self and You

- Understanding the Self –Self-awareness, fighting the five evils (lust, anger, attachment, ego and greed), Self growth.
- Personal ethics
- Aspiration v/s ambition, self- seeking v/s selflessness
- Physical and mental health

The Family and You

- Importance of family- the basic unit of human interaction.
- Generation gap
- Relationship with siblings and elders

The Society and You

- Social responsibility · Our rights and duties
- Civic sense
- Opposite sex relations
- Globalization and IT boom – cell phone menace
- Peer pressure
- Gender issues

The Nation and You

- International peace and brotherhood
- Saving the environment
- Communal harmony, Tolerance, Understanding of Cultures

- Respect for Martyrs
- National Pride