

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

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

(Under Credit Based Continuous Evaluation Grading System)

Session: 2019-20



The Heritage Institution

**KANYA MAHA VIDYALAYA
JALANDHAR
(Autonomous)**

PROGRAMME SPECIFIC OUTCOMES OF B.VOC NUTRITION EXERCISE AND HEALTH

(Session: 2019-20)

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.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

B.Voc Nutrition, Exercise & Health Session-2019-20

Semester I								
Course code	Course type	Course Titles	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 1421/ BVNL- 1031/ BVNL-1431	C	Punjabi Compulsory/ ¹ Basic Punjabi/ ² PHC (Punjab History and Culture)	2-0-0	50	40	-	10	3
BVNL- 1102	C	Communication Skills in English	4-0-0	50	40	-	10	3
BVNM-1443	S	Introduction to Psychology	2-0-2	100	60	20	20	3+3
BVNM-1284	S	Basic Foods and Nutrition	2-0-2	100	60	20	20	3+3
BVNM- 1125	C	Basics of Computer	1-0-1	50	25	15	10	3+3
BVNP- 1286	S	Yoga and Body Fitness	0-0-4	100	-	80	20	3
BVND- 1287	S	Project -I	0-0-6	150	-	120	30	3
AECD-1161	AC	³ ***Drug Abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECF - I492	AC	³ ***Foundation Course	2-0-0	25	20	-	5	3
		Total	30	600				

C- Compulsory

S-Skill based

AC- Audit Course

¹Special paper in lieu of Punjabi (Compulsory).

²Special paper in lieu of Punjabi (Compulsory) for those students who are not domicile of Punjab.

³Grade points and grades of these courses will not be included in SGPA/CGPA of semester/ programme.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME B.Voc Nutrition, Exercise and Health Session-2019-20

(Credit Based Continuous Evaluation Grading System)

Semester II

Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 2421/ BVNL- 2031/ BVNL-2431	C	Punjabi Compulsory/ ¹ Basic Punjabi/ ² PHC (Punjab , History & Culture) (1717-1947)	2-0-0	50	40	-	10	3
BVNM- 2102	C	Communication Skills in English	3-0-1	50	25	15	10	3
BVNL- 2283	S	Diabetes Education I	4-0-0	100	80	-	20	3
BVNL- 2284	S	Role of Diet Assistant	4-0-0	100	80	-	20	3
BVNM- 2285	S	Advance Nutrition	2-0-2	100	60	20	20	3+3
BVNP - 2286	C	Entrepreneurial Development	0-0-2	50	-	40	10	3
BVND - 2287	S	Project II	0-0-6	150	-	120	30	3
AECD-2161	AC	³ Drug abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECM-2502	AC	³ Moral Education	2-0-0	25	20	-	5	1
		Total	30	600				

C- Compulsory

S- Skill based

¹ **Special paper in lieu of Punjabi (Compulsory).**

² **Special paper in lieu of Punjabi (Compulsory) for those students who are not domicile of Punjab.**

³ **Grade points and grades of these courses will not be included in SGPA/CGPA of semester/ programme.**

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

B.Voc Nutrition, Exercise and Health

Session-2019-20

(Credit Based Continuous Evaluation Grading System)

Semester III

Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 3101	C	Soft Skill and Communication	4-0-0	50	40	-	10	3+3
BVNL - 3282	C	Human Physiology	3-0-0	75	60	-	15	3
BVNL - 3283	C	Nutrition, Exercise and Immunity	3-0-0	75	60	-	15	3
BVNM- 3284	S	Diabetes Education II	2-0-2	100	60	20	20	3+3
BVNM- 3285	S	Food Science and Quality Control Standards	2-0-2	100	60	20	20	3+3
BVNM- 3286	S	Community Nutrition	2-0-2	100	60	20	20	3+3
BVNI – 3287	S	Internship	0-0-6	150	-	150	-	3
SECP - 3512	C	Personality Development	2-0-0	25	20	-	5	3
		Total	30	650				
	C- Compulsory S- Skill based							

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

**B.Voc Nutrition, Exercise and Health
Session-2019-20**

(Credit Based Continuous Evaluation Grading System)

Semester IV

Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 4101	C	Soft Skills and Communication	4-0-0	50	40	-	10	3
BVNL- 4282	S	Diabetes Education III	3-0-0	100	80	-	20	3
BVNL- 4283	C	Food Microbiology	3-0-0	100	80	-	20	3
BVNL-4284	S	Geriatric Aide	3-0-0	100	80	-	20	3
BVNM- 4285	S	Nutritional Biochemistry	2-0-2	100	60	20	20	3+3
BVNM -4286	S	Meal management	2-0-2	100	60	20	20	3
BVNI - 4287	S	Internship	0-0-3	100	-	100	-	3
AECE - 4221	C	Environmental Studies (Compulsory)	3-0-1	100	60	20	20	3
SECS - 4522	C	Social Outreach	2-0-0	25	-	25	-	1
		Total	30	775				
	C- Compulsory S- Skill based							

Bachelor of Vocation Nutrition, Exercise and Health
Session-2019-20

(Semester-I)

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

Semester I

Gen.Punjabi

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 ਵਾਕਫ਼ 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 and Health
Session-2019-20
(Semester-I)
Gen.Punjabi
Course Code : 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। (,) 8 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। 8 ਅੰਕ

ਯੂਨਿਟ-III

- () ਪੈਰਾ ਰਚਨਾ
 - () ਪੈਰਾ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।
- 08 ਅੰਕ

ਯੂਨਿਟ-IV

- ♦ 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 ਟੁਕ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜੁੜਵ 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 and Health
Session-2019-20
(Semester-I)

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 and Health
Session-2019-20
(Semester-I)
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 ਟੱਕ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜ਼ਰੂਰ 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 and Health
Session-2019-20
(Semester-I)

Punjab History & Culture (1415-1716)
(Special Paper in lieu of Punjabi compulsory)
(Under Credit Based Continuous Evaluation Grading System)

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

COURSE OUTCOMES:

After the completion of this course the students will be able to:

- CO 1:** Know the physical features of Punjab, its flora & fauna, the composition of population, culture, society, religion and polity.
- CO 2:** Make a comparison between the original philosophical & teachings of Sikh Gurus and their relevance in the present scenario.
- CO 3:** Have deep insight into the origin of Sikhism, foundation of the Khalsa, the conflict with Mughals and the rise of Banda Singh Bahadur and the aftermath.
- CO 4:** Have an in depth peep into the past in order to have better understanding of present & apply corrective measures.

Bachelor of Vocation Nutrition, Exercise and Health
Session-2019-20
(Semester-I)

Punjab History & Culture (1415-1716)
(Special Paper in lieu of Punjabi compulsory)
(Under Credit Based Continuous Evaluation Grading System)

Course Code: BVRL/ BVML/ BVAL/ BVTL/ BVNL/BVBL/BVPL-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 Ji
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 and Health
Session-2019-20
(Semester-I)
Communication Skills in English
Course Code : BVNL-1102

Course Outcomes:

After passing this course the student will develop the following Skills:

CO1: Reading skills that will facilitate them to become an efficient reader.

CO2: The ability to realise not only language productivity but also the pleasure of being able to articulate well.

CO3: The power to analyse, interpret and infer the ideas in the text.

CO4: The ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking.

CO5: Writing skills of students which will make them proficient enough to express ideas in a clear and grammatically correct English.

CO6: Ability to plan, organise and present ideas coherently on a given topic.

CO7: The skill to use an appropriate style and format in writing letters (formal and informal.)

Bachelor of Vocation Nutrition, Exercise and Health
Session-2019-20
(Semester-I)

Communication Skills in English
Course Code - BVNL-1102

Examination Time -3 hrs

L-T-P

4-0-0

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 Learners Book* 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: 2019-20)

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)
INTRODUCTION TO PSYCHOLOGY
COURSE CODE: BVNM-1443

Time: 3 Hrs.

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

Reference books:

1. Foundation of psychology by J.S. Walia.
2. A Manual of psychology by J. S. Walia.
3. Introduction to psychology by Shashi Jain.

B.Voc. Nutrition Exercise and Health (Semester– I)
(Session: 2019-20)
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: 2019-20)
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: 2019-20)

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: 2019-20)
BASIC FOOD AND NUTRITION
COURSE CODE: BVNM- 1284

Time: 3 Hrs.

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

5. Determination of energy value of foods using calorimeter
6. Specific Dynamic action
7. Basal Metabolism
8. Determination of basal metabolism
9. Factors affecting the BMR

Reference Books:

1. Nutrition and child development by Dr. Rajwinder K. Randhawa.
2. Nutrition & Dietetics by Kumed Khanna.
3. Therapeutic Nutrition by B. Srilakshmi.

B.Voc. Nutrition Exercise and Health (Semester– I)
(Session: 2019-20)

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: 2019-20)
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: 2019-20)
Basics of Computer
Course code: BVNM-1125

Time: 3 Hrs.

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)
Paper- III: Basics of Computer
(Practical)
COURSE CODE: BVNM-1125

Time: 3 hrs.

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: 2019-2020)
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 and Health (Semester– I)
YOGA AND BODY FITNESS
(Practical)
COURSE CODE: BVNP -1286

Time: 3 Hrs.

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

L-T-P
0-0-4

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, Kapalbhathi, Anulom Vilom, Bhramari, Udgeet
- Techniques of Bhandhas: Mool, Uddiyan, Jalandhar
- Shudi kriyas: Jal neti, Sutra neti, Tratak.

Reference Books:

1. Yoga Asana by A. G. Mohan & Indra Mohan.

B.Voc Nutrition Exercise and Health (Semester– I)
Project-I
(Practical)
COURSE CODE: BVND -1287

Course outcome:-

- CO1. To understand different food groups
- CO2. To get the knowledge of leaflet and pamphlet
- CO3. To get the insight of various regional foods

B.Voc Nutrition Exercise and Health (Semester– I)
Project-I
(Practical)
COURSE CODE: BVND -1287

Time: 3 Hrs.

L-T-P
0-0-6

Max. Marks: 150
Practical Marks:120
CA: 30

CONTENT:-

- Prepare leaflet and pamphlet related to any disease to educate people in effective way.
- Prepare a working model of food groups.
- Educate 5 student of other department about nutrition and their deficiency disease
- Prepare a recipe file on theme based cooking :-Haryanvi, Punjab, Gujrati, Himachali

Bachelor of Vocation Nutrition, Exercise and Health
Session-2019-20
(Semester-I)

B.Voc (RM, MSP, Animation,TDAT, NEH,)Semester-I
DRUG ABUSE: PROBLEM, MANAGEMENT AND PREVENTION
Course Code: AECD-1161

Subject 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.

Bachelor of Vocation Nutrition, Exercise and Health

Session-2019-20

(Semester-I)

B.Voc (RM, MSP, Animation,TDAT, NEH)

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 – Benzedrine, 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

- **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.

References:

1. Ahuja, Ram (2003), *Social Problems in India*, Rawat Publication, Jaipur.
Extent, Pattern and Trend of Drug Use in India, Ministry of Social Justice and Empowerment, Government of India, 2004.
- Inciardi, J.A. 1981. *The Drug Crime Connection*. Beverly Hills: Sage Publications.
- Kapoor. T. (1985) *Drug epidemic among Indian Youth*, New Delhi: Mittal Pub.
- Modi, Ishwar and Modi, Shalini (1997) *Drugs: Addiction and Prevention*, Jaipur: Rawat Publication.

- National Household Survey of Alcohol and Drug abuse. (2003) New Delhi, Clinical Epidemiological Unit, All India Institute of Medical Sciences, 2004.
- Sain, Bhim 1991, *Drug Addiction Alcoholism, Smoking obscenity* New Delhi: Mittal Publications.
- Sandhu, Ranvinder Singh, 2009, *Drug Addiction in Punjab: A Sociological Study*. Amritsar: Guru Nanak Dev University.
- Singh, Chandra Paul 2000. *Alcohol and Dependence among Industrial Workers*: Delhi: Shipra.
Sussman, S and Ames, S.L. (2008). *Drug Abuse: Concepts, Prevention and Cessation*, Cambridge University Press.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – I)
(Session 2019-2020)

FOUNDATION COURSE

Course Title: Foundation Course

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

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
- 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

- 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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)

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

Semester II

Gen.Punjabi

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL-2421

COURSE OUTCOMES

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

C+2ਯਥਿਤਿਹਾਸਕ ਯਾਦਾਂ (ਇਤਿਹਾਸਕ ਲੇਖ ਸੰਗ੍ਰਹਿ) ਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚ ਸ਼ਾਮਿਲ 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 ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨਾਂ 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।

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)

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

Semester II

Gen.Punjabi

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. ਹਿੰਦਰ
ਸਿੰਘ ਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ, 2007 ਲੇਖ : ਸਾਹਿਤ ਤੇ ਲੋਕ ਸਾਹਿਤ, ਅੱਖਾਂ,
ਅਚੇਤਨ ਦਾ ਗੁਣ ਤੇ ਸੁਭਾਅ, ਕੰਪਿਊਟਰ ਅਤੇ ਇੰਟਰਨੈਟ, ਮਨੁੱਖੀ ਅਧਿਕਾਰ।

08 ਅੰਕ

ਯੂਨਿਟ-III

() ਸ਼ਬਦ ਬਣਤਰ ਅਤੇ ਸ਼ਬਦ ਰਚਨਾ : ਪਰਿਭਾਸ਼ਾ, ਮੁਢਲੇ ਸੰਕਲਪ

()

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 ਟੁਕ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜ਼ਰੂਰ 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 ਅਗੇ ਵਧ ਤੋਂ ਵਧ ਚਾਰ
ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚ ਕਰ ਸਕਦਾ ਹੈ।

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)

(Session 2019-2020)

**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 ਕਿਰਿਆ 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 ਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ

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।

(Session 2019-2020)

B. Voc (Retail Mgt)/B.Voc(MSP)/B.Voc(Animation)/B.Voc(TDAT)/B.Voc. (NEH)
ਮੁੱਢਲੀ ਪੰਜਾਬ(In lieu of Compulsory Punjabi)

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

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks: 50

Theory : 40

Internal Assessment: 10

ਪਾਠ ਕ੍ਰਮ

ਯੂਨਿਟ-I

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

08 ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਵਾਕ ਬਣਤਰ : ਮੁਢਲੀ ਜਾਣ ਪਛਾਣ 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

ਪੈਰੂ 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। ਸੈਕਸ਼ਨਾਂ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟ ਜ਼ਰੂਰ 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 and Health) (Semester – II)
(Session 2019-2020)**

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

COURSE OUTCOMES:

This course aims to enhance students' knowledge and understanding of Maharaja Ranjit Singh's period and to challenge preconceptions about that period with fresh perspectives on the people and their contacts with the British.

On successful completion of the course, students will have developed the capacity to:

- CO 1:** Critically discuss major social, political, economic, and cultural structures, events, and themes shaping the administration of Punjab under British period
- CO 2:** Evaluate and analyse different sources and modern historiography.
- CO 3:** Identify and assess evidence of social change and continuity throughout the period
- CO 4:** Critically evaluate the rise and fall of Sikh Empire and the internal disputes
- CO 5:** Conduct research using primary sources and historiography relating to the period
- CO 6:** Formulate logical arguments substantiated with historical evidence
- CO 7:** Express ideas clearly in both written and oral modes of communication

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)**

**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

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

Unit -II

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

Unit -III

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

Unit -IV

6. Role of Punjab in the Freedom Struggle.
7. 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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)
Communication Skills in English
Course Code - BVNM-2102

Course Outcomes:

After passing this course the students will develop the following Skills:

CO1: Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports.

CO2: Improvement of speaking skills enabling them to converse in a specific situation.

CO3: Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking.

CO4: The capability to present themselves well in a job interview.

CO5: The ability of Note-Taking to be able to distinguish the main points from the supporting details and the irrelevant information from the relevant one.

CO6: Speaking skills of the students enabling them to take active part in group discussion and present their own ideas.

CO7: The capability of narrating events and incidents in a logical sequence

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)**

**Communication Skills in English
Course Code - BVNM-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

Section–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

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)

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)**

**Communication Skills in English
Course Code - BVNM-2102
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:

- 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.
- Group discussion comprising 8 to 10 students on a familiar topic. Time for each group will be
 - to 20 minutes.

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

B.Voc. Nutrition Exercise and Health (Semester– II)
(Session: 2019-20)
DIABETES 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 and Health (Semester- II)
DIABETES EDUCATION-I
(Theory)
COURSE CODE: BVNL -2283

Time: 3 Hrs.

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: 2019-20)

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

Time: 3 Hrs.

Max. Marks: 100

Theory Marks: 80

CA: 20

L-T-P
4-0-0

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 its 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: 2019-20)

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)
ADVANCE NUTRITION
(Theory)

COURSE CODE: BVNM-2285

Time: 3 Hrs.

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, Intoductory 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: 2019-20)

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: 2019-20)
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
 8. Preservation: jams, jelly, pickles, chutney
 - Table setting: Types of table settings
 - Napkin folding: methods of napkin folding
 - Find food adulteration with some samples
 - Methods of serving

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

(Session: 2019-20)

Entrepreneurial Development

(Practical)

COURSE CODE: BVNP-2286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop knowledge about Diet cal software.

CO2:- To develop knowledge about therapeutic diets.

CO3:- To develop knowledge about diet counseling.

B.Voc Nutrition Exercise and Health (Semester– II)
(Session: 2019-20)
Entrepreneurial Development
(Practical)
COURSE CODE: BVNP-2286

Time: 3 Hrs.

L-T-P
0-0-2

Max. Marks:50
Practical Marks:40
CA:10

- Operation of diet clinic and diet counselling
- Computer application in use of nutrition related to software:
- Diet cal
- Online software
- Report and presentations of case study
- Seminars will be based on the topics covering recent advances in the field of nutrition, community nutrition, Public health and allied areas
- Reports on visits to food industry

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

(Session: 2019-20)

Project -II

(Practical)

COURSE CODE: BVND-2287

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To develop knowledge about genetically modified foods.

CO2:- To develop knowledge about different food groups.

CO3:- To develop knowledge about how to prepare recipes book.

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

**Project-II
(Practical)**

COURSE CODE: BVND-2287

Time: 3 Hrs.

Max. Marks:150

Practical Marks:120

CA:30

L-T-P

0-0-6

- Study on genetically modified foods and herbs. (Prepare E – Book).
- Study on different food groups – cereals, pulses, vegetables, oils, spices and nuts.
(Prepare PowerPoint Presentation)
- Prepare recipes books (E- book).

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)**

B.Voc (RM, MSP, Animation,TDAT, NEH)

Semester-II

Drug Abuse: Problem, Management and Prevention(Compulsory)

Course Code: AECD-2161

Subject Outcomes:

2. 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;
3. CO2. How to be supportive during the detoxification and rehabilitation process.
4. 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.
5. 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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)

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

Drug Abuse: Problem, Management and
Prevention (Compulsory) (Theory)
Course Code: AECD-2161

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-I

1) Consequences of Drug Abuse for:

- Individual – Education, employment and income issues.
- Family – Violence
- Society – Crime.
- 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:

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

UNIT-IV

1. Awareness of drug abuse

4. 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.

References:

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

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – II)
(Session 2019-2020)**

Course Title: Moral Education

Course Intended for: Sem II students of all streams

Course code: SECM-2502

Course Duration: 30 hrs

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

SESSION 2018-19

Civic sense

Opposite sex relations

Globalization and IT boom – cellphone 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

B.Voc. (Nutrition, Exercise and Health) (Semester-III)

Session-2019-20

(Theory)

SOFT SKILLS AND COMMUNICATION

Course Code: BVNL/BVTL-3101

Examination Time: 3 Hrs

Total Marks: 50

Theory: 40

CA: 10

Instructions for the Examiner:

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

Section-A: One question will be set from Unit I of the syllabus with internal choice and it will consist of **10 marks**.

Section-B: One question of theoretical nature will be set from Unit II of the syllabus with internal choice and it will consist of **10 marks**. The question may have sub-parts.

Section-C: Two questions with internal choice will be given based on the topics in Unit III. Each question will carry five marks. **(2x5=10 marks)**

Section-D: Two questions with internal choice will be given based on the topics in Unit IV. Each question will carry five marks. **(2x5=10 marks)**

Unit I

1. Basic reading skills
2. Reading Comprehension

Unit II

3. Basic sentence formation
4. Vocabulary building

Unit III

5. Basic writing skills
6. Basic composition:
 - a) Paragraph Writing
 - b) Letter Writing
 - (i) Formal
 - (ii) Informal
 - c) Notice/ Memo

Unit IV

7. Goal setting, team building, team work, time management thinking and reasoning and communication with others.

Recommended Books:

1. *The Student's Companion* by Wilfred D. Best.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.
3. *English Grammar in Use: A Self Study Reference and Practice Book Intermediate Learners Book* by Raymond Murphy, Cambridge University Press.

B.Voc. Nutrition Exercise and Health (Semester- III)
(Session: 2019-20)
Human physiology
(Theory)
COURSE CODE: BVNL-3282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To develop the knowledge of cell structure and functions of inclusion bodies.
- CO2. To understand the elementary knowledge of structure and functions of cardiovascular system.
- CO3. To develop the knowledge of different types of endocrine glands and its functions.
- CO4. To develop the knowledge about digestive system and its structure, function, digestion and absorption of carbohydrates, proteins and fats.
- CO5. To develop the knowledge of structure and function of urinary system.
- CO6. To develop the knowledge of respiratory system and reproductive system.

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

Human Physiology

(Theory)

COURSE CODE: BVNL -3282

Time: 3 Hrs.

Max. Marks:75

Theory Marks:60

CA:15

L-T-P

3-0-0

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-I

4. Review of cell structure and functions of inclusion bodies.

5. Physiology of lymphatic system

Functions of lymphatic system: lymph nodes, vessels, spleen and thymus.

3. Cardio Vascular System:

Basic properties of the heart, cardiac output, blood pressure and factors affecting it and hypertension.

UNIT-II

4. Physiology of Kidneys:

Mechanism of urine formation and the role of the kidneys in water and electrolyte balance.

5. Physiology of nervous system

Structure and function of brain and spinal cord.

UNIT –III

6. Physiology of respiratory system

Knowledge of structure and function of respiratory organs.

7. Physiology of the digestive system:

Secretory and digestive function of the salivary glands, the stomach, the pancreas, the liver and intestine. Mechanism of absorption of carbohydrates, proteins and fats.

UNIT -IV

8. Physiology of endocrine glands:

Functions of the Thyroid, parathyroid, adrenal cortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from medules, hypo or hyperactuchy.

9. Physiology of reproductive system

Knowledge of structure and function of male and female reproductive organs.
Menstrual cycle.

Books Recommended:

3. Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.Saunders of Company,1968.
4. Guyton, AC, Text Book of Medical Physiology W.B. Saunders & Company.
5. Strand, F.L. Modern Physiology. Macmillan Publication.
6. Davidson, B. And Smith E., Text Book of Physiology and Biochemistry, 1972.

B.Voc. Nutrition, Exercise and Health (Semester– III)

(Session: 2019-20)

**Nutrition, Exercise and Immunity
(Theory)**

COURSE CODE: BVNL-3283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about nutrition and its component.

CO2. To understand the elementary knowledge of immune system and role of nutrients in immune functions.

CO3. To develop the knowledge about infections.

CO4. To develop the knowledge about role of nutraceuticals and functional foods.

CO5. To develop the knowledge about HIV, Tuberculosis.

CO6. To develop the knowledge about prebiotics, probiotics and food allergy.

B.Voc Nutrition Exercise and Health (Semester– III)
Nutrition, Exercise and Immunity
(Theory)
COURSE CODE: BVNL -3283

Time: 3 Hrs.

Max. Marks:75
Theory Marks:60
CA:15

L-T-P
3-0-0

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

- Meaning Of Nutrition And Its Elements
- Positive Health Behaviours

UNIT – II

- Immune system: The defense mechanisms of the body.
- Role of nutrients in immune functions. Under nutrition causes and consequences.
- Infection: risk of infection, influence of infections on nutrition and susceptibility to infection.

UNIT-III

- Role of nutrients in prevention of risk of infections.
- Age related immune depression.
- Role of nutraceuticals and functional foods.

UNIT –IV

- Nutrition, HIV /AIDS and tuberculosis.
- Probiotics, Prebiotics and immunity
- Food allergy.

References:

1. Handbook of nutrition and immunity by M. Eric Gershwin.
2. Textbook of physiology - IGNOU

B.Voc. Nutrition Exercise and Health (Semester- III)
(Session: 2019-20)
DIABETES EDUCATION-II
(Theory)
COURSE CODE: BVNM -3284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, and Impaired Glucose Tolerance (IGT).

CO3:- To give knowledge about pathology of diabetes and complications of diabetes.

CO4:- To provide knowledge about hand care, foot care, eye care for diabetes patients.

CO5:- To provide knowledge about initial assessment and reassessment of diabetic patients.

B.Voc Nutrition Exercise and Health (Semester– III)
Diabetes Education -II
(Theory)
COURSE CODE: BVNM -3284

Time: 3 Hrs.

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

1. Diabetes overview :

Definition of Diabetes, Types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, Impaired Glucose Tolerance (IGT)

4. Risk factors for diabetes:

Primary and Secondary factors

UNIT -II

3. Pathology of diabetes:

Causes and Symptoms of Diabetes

4. Complication of Diabetes:

Nephropathy, Neuropathy, Retinopathy, Diabetic Coma, Insulin Shock etc.

UNIT- III

7. Investigation used for diagnosis of diabetes:

GTT, FBG, PPBG, RBG, HbA1c, Urine Micral, Ketones test, Lipid Profile,

5. Insulin and its types, syringe and pen injection types/ parts, usage techniques and safety measures while using insulin injections.
6. Hypoglycaemia: Definition, complications, treatment and its management

UNIT -IV

8. Special care for diabetic patients: Hand care, Foot care, Eyes care and Weight management
9. Initial assessment of diabetic patients: Biochemical and Anthropometric assessment, Disease history and current status evaluation
10. Reassessment of diabetic patients and follow ups: Diet counselling, Diet and Drug Insulin management

References:

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

B.Voc Nutrition Exercise and Health (Semester– III)
Diabetes Education -II
(Practical)
COURSE CODE: BVNM -3284

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To make them understand about Biochemical and Anthropometric assessment, Disease history and current status evaluation.

CO2. To develop the knowledge of diet counseling, diet and drug insulin management.

B.Voc Nutrition Exercise and Health SEM –III
Diabetes Education –II
(Practical)
COURSE CODE: BVNM-3284

Time: 3 Hrs.

Marks: 20

CONTENTS:

NOTE: Students have to visit healthcare institutions and clinical attachments.

- Biochemical and Anthropometric assessment, Disease history and current status evaluation
- Diet counselling, Diet and Drug Insulin management.

B.Voc Nutrition Exercise and Health SEM -III
Food science and quality control Standards
(Theory)

COURSE CODE: BVNM-3285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To knowledge about principal of food science.
- CO2. To develop the knowledge about starchy food, flours, fats and oils.
- CO3. To develop the knowledge about meat structure, egg, milk and milk products.
- CO4. To develop the knowledge about pulses, legumes, fruits and vegetables.
- CO5. To develop the knowledge about sampling procedure and sensory evaluation.
- CO6. To develop the knowledge about grading and marketing standards.

B.Voc Nutrition Exercise and Health SEM -III
Food science and quality control Standards
(Theory)

COURSE CODE: BVNM-3285

Time: 3 Hrs.

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.

CONTENTS

UNIT- I

Importance of quality control and assurance.

Food Adulteration: common food adulterants, consumer awareness, domestic methods of identification and prevention.

Food laws and regulations – Prevention of Food Adulteration Act, Fruit Product Order , Agmark , Essential commodity Act and Consumer Protection and Bureau of Indian Standard , Codex standard , hazard analysis and critical control point.

Unit-II

Meat structure, constituents of meat, post mortem changes, methods of cooking and changes in meat during cooking, tenderness, and juiciness

Egg; - structure, composition and selection coagulation of egg protein, eggs cooked in shells and parched eggs.

Milk and milk products; - composition and constituents of milk, coagulation of milk protein, curd cream, butter and cheese

Pulses and legumes, composition, method of processing and cooking, effect of processing such as, roasting, parching, soaking, germination and fermentation

Fruits and vegetables ;- structure , texture, pigments and acid and fruits and vegetables, browning reactions , pectin's substances theory of pectin gel formation, testing of pectin factors effecting gel formation

UNIT- III

Sampling procedure.

Application of food standards, sampling and specifications for raw foods and food products for additives, preservatives, colouring matters, antioxidants, emulsifying and stabilizing agents.

Various methods for the assessment of quality of different foods.

Selection of secondary panel and sensory valuation pf food products

Grading and marketing standards, specification of finished products

Unit -IV

Visit to quality control laboratory and food processing industries.

Market survey of processed foods for quality assurance

References:

1. Guide to food safety and quality during transportation: controls, standards practices by John M. Ryan Kindle Edition
2. International standards for food safety, by Naomi Rees
3. ISO 22000 Standard procedures for food safety management system by bizmanualxz.

B.Voc Nutrition Exercise and Health SEM -III
Food science and quality control Standards
(Practical)
COURSE CODE: BVNM-3285

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about evaluation of food grains.

CO2. To develop the knowledge about chemistry of cereals.

CO3. To develop the knowledge about chemistry of colloidal particles.

CO4. To develop the knowledge about food colours, preservation of food and new product development.

B.Voc Nutrition Exercise and Health SEM -III
Food science and quality control Standards
(Practical)
COURSE CODE: BVNM-3285

Time: 3 Hrs.

Marks: 20

Contents:

- Evaluation of Food grains for their physical appearance
- Experiment on the chemistry of cereals
- Evaluation of milk samples
- Chemistry of colloidal particles
- Food colors
- Preservation of food
- Honey, fats and oil
- New product development
- Visit to quality control laboratory and food processing industries.
- Market survey of processed foods for quality assurance.

B.Voc Nutrition Exercise and Health SEM –III
Community Nutrition
(Theory)
COURSE CODE: BVNM-3286

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- CO1. To understand the factors affecting food consumption and malnutrition.
- CO2. To gain knowledge about agricultural production and socio- economic and psychological factors related to malnutrition and family size and composition.
- CO3. To understand the measures to overcome malnutrition and to apply basic principle of nutrition to improve the dietary practices of community.
- CO4. To gain knowledge about economics of sanitation of food nutrition.
- CO5. To understand the national and international organization engaged in food and nutrition activity.
- CO6. To understand the role of voluntary agencies their state programmes community development and extension programmes.
- CO7. To understand the principles of planning, executing and evaluating the nutrition education programme.

B.Voc Nutrition Exercise and Health SEM -III

**Community Nutrition
(Theory)**

COURSE CODE: BVNM -3286

Time: 3 Hrs.

**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.

Contents

UNIT -I

1. Nutrition and National Development.
2. Major Nutritional Problem. Economic of Nutrition.
 - a) Nutrition adaptation.
3. Economic of sanitation of food nutrition – loss of food nutrients on contamination with chemical poisons, parasitic and microbial.
4. Health care system
Health care service providers (primary, secondary and tertiary system)

UNIT-II

5. Nutrition and infection.
6. National and international organization engaged in foods and nutrition activities.
 - a) National: Role of voluntary agencies and state programmes. Community Development and extension programmes. State nutrition councils and bureaus, contribution of ministries of agriculture and health, ICMR, NIN, CSIR, CFTRI and ICAR.
 - b) International: FAO, WHO, UNICEF.

UNIT-III

7. Assessing the food and nutritional problems in the community. Methods for assessment of
(c) Nutritional status of an individual and community:-

- (a) Direct Assessment: Clinical sign, nutritional anthropometry, biochemical tests, and biophysical methods.
 - (b) Indirect Assessment: Vital statistics nutritionally relevant diseases, assessment of ecological survey, technique of diet and nutrition survey.
8. Objectives and operations of feeding programmes in the country:-
- (a) Pre-School feeding programmes.
 - (b) School lunch programmes.
 - (c) Programmes for other vulnerable sections of population.

UNIT-IV

9. Food Adulteration: Laws governing the food standards. Common methods of detecting food adulteration at home
10. Current Nutrition Programmes – Provision for nutrition in the IXth five years plan.

Reference Books:

- Community Nutrition, Textbook of Public nutrition IGNOU
- Institutional Food Administration, Mohini Sethi
- Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.Saunders of Company,1968.
- 2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders & Company.

B.Voc Nutrition Exercise and Health SEM -III
Community Nutrition
(Practical)
COURSE CODE: BVNM -3286

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To understand the planning and conducting nutrition education programmes.

CO2. To develop the knowledge about standardization of cheap, nutritious recipes using food suitable for vulnerable groups.

CO3. To enable them to conduct survey regarding vulnerable groups.

CO4. To understand the preparation of teaching aids for imparting nutrition education programmes.

B.Voc Nutrition Exercise and Health SEM -III
Community Nutrition
(Practical)
COURSE CODE: BVNM -3286

Time: 3 Hrs.

Marks: 20

Contents:

1. Planning and conducting nutrition education programmes (Project).
2. Evolving and standardization of cheap, nutrition recipes using various food suitable for vulnerable groups.
3. Surveys (class project).
4. Preparation and use of projected and non-projected teaching aids for imparting nutrition education programmes.

B.Voc Nutrition Exercise and Health (Semester– III)
Internship
(Practical)
COURSE CODE: BVNI -3287

COURSE OUTCOME

CO1:- To understand the importance of quality control and assurance

CO2:- To get understanding of various Food Acts

CO3:- To get the information about composition and structure of various food groups.

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

Internship

(Practical)

COURSE CODE: BVNI -3287

Time: 3 Hrs.

L-T-P

0-0-6

Max.Marks:150

Practical marks:150

- Internship in of any of the food industry for a min. period of 30 days.

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – III)
(Session 2019-2020)**

PERSONALITY DEVELOPMENT

Course Title: Personality Development

Nature of course: Audit Course (Value added)

Course duration: 30 hours

Course intended for: Sem. III students of all streams (UG Only)

Course credits: 2 (For Credit based Continuous Evaluation Grading System)

Course Code: SECP-3512

PURPOSE

To enhance holistic development of students and improve their employability skills.

INSTRUCTIONAL OBJECTIVES

- To re-engineer attitude and understand its influence on behaviour.
- To develop inter-personal skills and be an effective goal-oriented team player.
- To develop communication and problem solving skills.
- To develop professionals with idealistic, practical and moral values.

CURRICULUM

Course credits-2

Total Contact Hours-30

MODULE	TITLE	HOURS
1.	Positive Thinking & Attitude	2
2.	Self Analysis & Self Confidence	2
3.	Communication Skills	10
	<ul style="list-style-type: none">• Basic Communication Skills• Body Language• Interview Skills• Résumé Writing• Group Discussion• Telephone and E-mail etiquette• Public Speaking	
4.	Time Management	2
5.	Stress and Conflict Management	2
6.	Physical Fitness and Personal Grooming	2
7.	Appropriateness of Apparel	2
8.	Social Etiquette	2
9.	Decision Making process & Problem Solving Skills <ul style="list-style-type: none">• Leadership Skills• Goal Setting• Motivation	5
10.	Closure	1

Examination

1. Total marks of the course will be 25 (Final Examination: 20 Marks; Internal Assessment: 5Marks)
2. The pattern of the final examination will be multiple choice questions. 20 multiple choice type questions will be set. Each question will carry 1 mark (20 X 1 = 20). The student will have to attempt all the questions. Total time allotted will be 1 hour.
3. Internal Assessment will consist of Attendance: 2 Marks, Internal: 3 Marks.(Total Internal Assessment:5 Marks)

SYLLABUS

MODULE 1: Positive Thinking & Attitude

- Factors Influencing Attitude
- Essentials to develop Positive Attitude
- Challenges & Lessons from Attitude

MODULE 2: Self Analysis & Self Confidence

- Who am I
- Importance of Self Confidence
- SWOT Analysis

MODULE 3: Communication Skills

(i) Basic Communication Skills

- Speaking Skills
- Listening Skills
- Presentation Skills

(ii) Body Language

- Forms of Non-Verbal Communication
- Interpreting Body Language clues
- Effective use of Body Language

(iii) Interview Skills

- Type of Interviews
- Ensuring success in job interviews
- Appropriate use of Non-verbal Communication

(iv) Résumé Writing

- Features
- Different types of Résumés for Different Posts

(v) Group Discussion

- Differences between Group Discussion and Debate
- Importance of Group Discussion
- Group Decision
- Ensuring Success in Group Discussions

(vi) Telephone & E-mail Etiquette

- Telephone etiquette
- E-mail etiquette

(vii) Public Speaking

- Introductory Speech
- Informative Speech
- Persuasive Speech
- Extempore Session

MODULE 4: Time Management

- Importance of Time Management
- Values & Beliefs
- Goals and Benchmarks – The Ladders of Success
- Managing Projects and Commitments
- Prioritizing your To-do's
- Getting the results you need

MODULE 5: Stress & Conflict Management

- Introduction to Stress
- Types of Stressors
- Small Changes and Large Rewards
- Stress Prevention
- Overcoming Unhealthy Worry
- Stress at Home and Workplace
- Dealing with Frustration and Anger
- Stress reducing Exercises
- Understanding Conflicts
- Violent and Non-violent Conflicts
- Source of Conflict
- Structural and Cultural Violence

MODULE 6: Physical Fitness and Personal Grooming

- Fitness and Exercise
- Balanced & Healthy Diet
- Skin Care & Hair Care
- Make-up Skills

MODULE 7: Appropriateness of Apparel

- Apparel & Personality
- Psycho-social aspects of Apparel
- Style-tips for smart dressing & effective use of design elements

MODULE 8: Social Etiquette

- Civic Sense
- Workplace Skills
- Meeting and greeting people

- Table Setting and Table Manners

MODULE 9: Decision Making Process and Problem Solving Skills

- Anatomy of a Decision
- How to use Problem solving steps and Problem solving tools
- How to distinguish root causes from symptoms to identify right solution for right problems
- How to improve Problem solving and Decision making by identifying individual problem solving styles
- The Creative process for making decisions
- Tools to improve creativity
- Implementing the Decision – Wrap up

(i) Leadership Skills

- Handling Peer Pressure and Bullies
- Team Work
- Decision Making
- Taking initiatives

(ii) Goal Setting

- Wish List
- SMART Goals
- Blueprint for Success
- Short-term, Long-term, Life-term Goals

(iii) Motivation

- Factors of motivation
- Self Talk
- Intrinsic & Extrinsic Motivators

Books Recommended

1. Rossi, P. (2011). *Everyday Etiquette: How to navigate 101 common and uncommon social situations*. St Martins Pr.
2. Pietrzak, T., & Fraum, M. (2005). *Building career success skills*. ASTD Press.
3. Treffinger, D.J., Isaksen, S.G., & Brian, K. (2005). *Creative problem solving: An Introduction*.
4. Carr, A. (2004). *Positive Psychology: The science of happiness and human strengths*. Burnner- Routlrdge.

Oberg, B.C. (1994). *Speech craft: An Introduction to public speaking*. Meriwether Publishing

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

SOFT SKILLS AND COMMUNICATION (THEORY)

COURSE CODE: BVNL-4101

COURSE OUTCOMES

At the end of this course, students will be able to:

CO1: Link their ideas through cohesive devices in a better manner

CO2: Understand various concepts related to communication skills and their usage

CO3: Understand words by relating them to their opposites, and to words with similar but not identical meaning

CO4: Develop skills to face a job interview

CO5: Develop communication skills that enable them to work and collaborate with others

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

**PAPER-II: SOFT SKILLS AND COMMUNICATION
(Theory)**

Course Code: BVNL-4101

Max. Marks: 50

Time: 3 Hours

Theory: 40
Continuous Assessment: 10

6 Lectures/per week

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:

Section-A: One question will be set from Unit I of the syllabus with internal choice and it will consist of 10 marks. The questions may have sub-parts.

Section-B: One question will be set from Unit II of the syllabus with internal choice and it will consist of 10 marks. The questions may have sub-parts.

Section-C: Two questions with internal choice will be given based on the topics in Unit III. Each question will carry five marks. (2x5=10 marks)

Section-D: Two questions with internal choice will be given based on the topics in Unit IV. Each question will carry five marks. (2x5=10 marks)

Unit I

1. Problem solving
2. Work ethics in hospital set up
3. Resume Writing

Unit II

4. Customer service
5. Service excellence in medical service: Case Study Method
6. Report Writing

Unit III

7. Uses of words as different parts of speech
8. One word substitution
9. Synonyms and Antonyms

Unit IV

10. Cohesion Devices
11. Composition: Essay Writing

Recommended Books:

1. *The Student's Companion* by Wilfred D. Best.
2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

English Grammar in Use: A Self Study Reference and Practice Book Intermediate Learners Book by Raymond Murphy, Cambridge University Press.

B.Voc Nutrition Exercise and Health (Semester– IV)
(Session: 2019-20)
Diabetes Education -III
(Theory)
COURSE CODE: BVNL -4282

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1:- To give detail introduction to diabetes.

CO2:- To provide knowledge about glucometer.

CO3:- To give knowledge about treatment plan for type I and II Diabetes.

CO4:- To provide knowledge about weight management for diabetes patients.

B.Voc Nutrition Exercise and Health (Semester– IV)
(Session: 2019-20)
Diabetes Education -III
(Theory)
COURSE CODE: BVNL -4282

Time: 3 Hrs.

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

L-T-P
3-0-0

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. Each question carry 16 marks.
- The fifth question may be attempted from any Section.

CONTENTS

UNIT-I

1. Glucometer: History, Equipment attachments, Calibration, Invasive and non-invasive Technique, Characteristics, Method of Usage, Safety measures while using glucometer
2. Infection control and prevention at the insulin injection site, Diabetic Foot Care,

UNIT-II

3. Professional behavior of diabetes educator, patient dealing, effective communication
4. Treatment plan for type 1 diabetes

UNIT-III

5. Treatment plan for type 2 diabetes
6. Treatment plan for gestational diabetes

UNIT-IV

7. Diabetes awareness campaigning: weight management, diet management, regular Checkups, lifestyle modification
8. Patient's rights

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby

College : 1988

6. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990.

7. 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– IV)
Food Microbiology
(Theory)
COURSE CODE: BVNL -4283

COURSE OUTCOME

Upon Completion of this Course the student should be able to

- CO1. To knowledge about brief introduction to industrial hygiene, sanitation, public health.
- CO2. To knowledge about types of disinfection and different surfaces and materials.
- CO3. To knowledge about brief history of microbiology and sub disciplines of microbiology.
- CO4. To develop the knowledge about harmful bacteria, methods of transmission and antimicrobiology agents: antibiotics, germicides.
- CO5. To understand the knowledge about types of food spoilage and food preservation.

B.Voc Nutrition Exercise and Health (Semester– IV)
Food Microbiology
(Theory)
COURSE CODE: BVNL -4283

Time: 3 Hrs.

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

L-T-P
3-0-0

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). Each question carry 16 marks.
- 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

3. **Hygiene:** A brief introduction to industrial hygiene, environment, sanitation and public health.
4. Hygiene
 - a) Personal hygiene
 - b) Procedure of hand hygiene
 - c) Food hygiene (purchasing, preparation, cooking and serving).
5. Control of infection in catering establishment.
 - (c) Immunity types and their effect.
 - (d) Disinfecting types of disinfection – Concurrent and terminal: methods of disinfection and different surfaces and materials – floor, walls, utensils, crockery, cutlery, clothing, wedding rooms, water closets, physical, chemical and mechanical methods.

UNIT-II

Microbiology:

2. Discovery and brief history of microbiology, sub disciplines of microbiology.
3. Ant microbiology Agents: Antibiotics, germicides, antiseptics, qualification of antimicrobial action.
4. Food hazard of microbial origin and occurrence and growth of micro organism in food

UNIT-III

5. Sources of harmful bacteria and their methods of transmission.
 - (a) Bacterial food poisoning characteristics of bacteria, sources of infection in susceptible, food, sign and symptoms of the following:-Salmonella FP, Staphylococcal FP , Clostridium preferences FP, Clostridium botulinum FP
 - (b) Micro-organisms used in food biotechnology. Prebiotics and Probiotics.

6. Food contaminants: - naturally occurring toxicants, environmental contaminants and miscellaneous contaminants.

UNIT-IV

13. General types of food spoilage and food preservation according to following food groups:-
- Cereal And Pulses
 - Milk And Meat Products
 - Fruits And Vegetables

14. (a) Food additives: classification , functional role and safety issues
- Food packaging, concepts significance and functions, classification of packaging material and packaging methods.

References:

- Food Microbiology – William c. Frazier
- Microbiology – pelzar

B.Voc Nutrition Exercise and Health (Semester– IV)
Geriatric Aide
(Theory)
COURSE CODE: BVNL -4284

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO1. To knowledge about functions of Geriatric Aide.

CO2. To knowledge about anatomy and functions of the following major body systems: respiratory, circulatory, musculoskeletal, nervous, and endocrine, digestive, sensory, renal system

CO3. To knowledge about methods to measure vital parameters like pulse, BP, Temperature, Respiration, Height and Weight of patient.

B.Voc Nutrition Exercise and Health (Semester– IV)
Geriatric Aide
(Theory)
COURSE CODE: BVNL -4284

Time: 3 Hrs.

Max. Marks: 100

L-T-P
3-0-0

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). Each question carry 16 marks.
- 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. Describe the functions of Geriatric Aide. Describe an elderly person's daily care routine. Understand the basic components required for the Elderly person comfort.
2. Patient environment and its components. Create and describe the environment in which the geriatric feels safe and secure. Practice for the Geriatric's safety.
3. Provide care to the Patients while moving. Demonstrate the use of Protective devices (restraints, safety devices). Describe standards for prevention of patient's fall Describe care to be taken to avoid fall in high risk patients.

Unit -II

4. Describe anatomy and functions of the following major body systems: respiratory, circulatory, musculoskeletal, nervous, and endocrine, digestive, sensory, renal system. Describe mechanism of fluid electrolyte balance and acid base balance in human body.
5. Ageing & circulation processes, conditions and resources required by the body to support healthy functioning - body regulation including o maintenance of body temperature o fluid and electrolyte (including PH) balance or elimination of wastes from the body.

Unit -III

6. To develop understanding of the concept of Healthy Living To develop understanding & procedures of Hand Hygiene to prevent cross infection including effective hand washing to include; social and clinical techniques.
7. To develop techniques of Grooming of elderly. To be equipped with Techniques of Use of PPE: the need for and types. To be vaccinated against common infectious diseases: immunisation to reduce the health risks for self, patients.
8. Describe methods to measure vital parameters like pulse, BP, Temperature, Respiration, Height and Weight of patient.

UNIT -IV

9. Understand concept of nutrition, nutrients and calories. Understand support to patient while feeding.
10. **Preservation of food and Different types of food of importance to geriatric.** How to follow Diet plans for elderly. Identify discomfort to geriatric and report to concerned person or authority immediately.
11. Identify the precautions required for before fulfilling the patient preferences. To apply appropriate intervention as per case with special focus and attention for Care of patients with Alzheimer's disease, immobile/semi or un-conscious patients, geriatrics suffering with dementia & its different manifestation. Understand the importance of special diets such as diabetic diet hypertensive diet etc.

References

1. Principles And Practice Of Geriatric Medicine by O.P Sharma
2. Practising Evidence-Based Geriatrics by Sharon E Starus

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

Nutritional Biochemistry

Session 2019-2020

(Theory)

COURSE CODE: BVNM -4285

Course Outcome:

CO (1): To Understand the knowledge of Classification and properties of bio molecules.

CO (2): To Understand the concept of Intermediary Metabolism of Carbohydrates, Proteins and lipids

CO (3): To review the knowledge of Enzymes, Hormones and Inborn errors of metabolism

CO (4): to Understand the Concept of Vitamins, Minerals and Antioxidants

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

Nutritional Biochemistry

Session 2019-2020

(Theory)

COURSE CODE: BVNM -4285

Time: 3 Hours

L-T-P

2-0-2

Max. Marks: 100

Theory: 60

Practical :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). Each question carry 12 marks.
- 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. Classification and properties of biomolecules:

- Carbohydrates- Classification and importance of Monosaccharide, Disaccharides and Polysaccharides (without structures)
- Classification of lipids (without structures)
- Classification of amino acids and proteins- Essential and non-essential amino acids (without structures)

UNIT II

2. Intermediary Metabolism: Overview (no structures)

- Carbohydrates- Glycolysis, Gluconeogenesis, TCA cycle.
- Proteins- Urea cycle
- Lipids- β -oxidation and de novo synthesis of fatty acids, ketone bodies

UNIT III

3. Enzymes:

- Definition and classification of enzymes; Coenzymes
- Factors affecting enzyme catalysis

4. Hormones:

- Introduction to hormones
- Mechanism of hormone action; Biological role of Insulin and Glucagon

UNIT IV

5. Vitamins: Vitamins- Biochemical role

- Fat soluble vitamins – A, D, E & K
- Water soluble vitamins– (B1 and B2 only) and C

6. Minerals (elementary aspects):

- Macrominerals– Calcium, Sodium, Potassium, Magnesium

- Microminerals– Iron, Copper, Zinc, Iodine.

References:

- Berg JM, Tymoczko JL and Stryer L. (2002) Biochemistry 5th ed. W.H. Freeman.
- West ES, Todd WR, Mason HS and Van Bruggen JT: Textbook of Biochemistry, 4th Ed. Amerind Publishing Co. Pvt. Ltd.
- Murray RK, Granner DK, Mayes PA and Rodwell VW, (2003) Harper's Illustrated Biochemistry, 26th ed. McGraw-Hill (Asia).
- Nelson DL and Cox MM. (2005) Principles of Biochemistry, 4th ed. Freeman and Company.
- Voet D and Voet JG. (2004) Biochemistry 3rd ed. John Wiley and Sons.

B.Voc Nutrition Exercise and Health (Semester– IV)
Nutritional Biochemistry
(Practical)
COURSE CODE: BVNM -4285

Course Outcome:

CO (1): To knowledge about Qualitative analysis of monosaccharide, disaccharide and polysaccharide.

CO (2): To knowledge about Quantitative estimation of glucose.

CO (3): To knowledge about test the reaction of protein fats and carbohydrate in bread, milk and egg.

B.Voc Nutrition Exercise and Health (Semester– IV)
Nutritional Biochemistry
(Practical)
COURSE CODE: BVNM -4285

Time: 3hrs

Marks: 20

CONTENTS:

1. Qualitative analysis of monosaccharide, disaccharide and polysaccharide.
2. Quantitative estimation of glucose.
3. To test the reaction of protein fats and carbohydrate in bread, milk and egg.

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

Meal management

Session -2019-2020

(Theory)

COURSE CODE: BVNM -4286

COURSE OUTCOME

Upon Completion of this Course the student should be able to

CO (1): To understand the concept of recommended dietary allowances, food groups, exchange list and balanced diet.

CO (2): To discuss principal of meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy.

B.Voc Nutrition Exercise and Health (Semester– IV)
Meal Management
(Theory)
COURSE CODE: BVNM -4286

Time: 3 Hours

Max. Marks: 100

L-T-P
2-0-2

Theory:60
Practical: 20
CA: 20

INSTRUCTION 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. Each question carry 12 marks.
- The fifth question may be attempted from any Section.

COURSE CONTENT:

Unit-I

- Balanced diet: Concept of Balanced Diet, Food Groups, Exchange Lists.
- Definition and Objectives of RDA, RDA for different age groups. (ICMR). Calorie consumption units in planning meals for a family.

Unit-II.

- Meal planning: Introduction and Principles of Meal planning.
- Nutritional requirement for adult male & female, Sedentary, moderate & heavy worker.

Unit-III

- Physiological changes and nutritional requirement during pregnancy and lactation.
- Physiological changes during old age and meeting their nutritional requirements.

Unit- IV

- Growth development, food habits and nutritional requirement of preschoolers, school going children & adolescent boy and girl.
- . Growth & development and nutritional requirement during infancy breast feeding /vs bottle feeding and weaning.

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/Mosby College : 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wilay Eastern 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 4th Ed, New York John Willey & Sons. 1979.

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

SESSION: 2019-20

MEAL MANAGEMENT

(Practical)

COURSE CODE: BVNM-4286

COURSE OUTCOME:

CO (1): To understand the concept of Standardize Proportion Size.

CO (2): To discuss meal planning and nutritional requirements of men and women with different conditions

CO (3): To get the insight of the concept growth and development of preschooler, school going children and adolescent boys and girls.

CO (4): To understand the nutritional requirement during infancy with their Calculations.

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

SESSION: 2019-20

MEAL MANAGEMENT

(Practical)

COURSE CODE: BVNM- 4286

Time: 3 Hours

Max. Marks: 20

Note:

- Paper will be set on the spot by the examiner
- Planning of diet
- Cooking of 2 dishes from the diet plan
- Viva
- Files

1. Cook following dishes for different meals. Standardize portion size and calculate their nutritive value.

- Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Dalia etc.
- Lunch & Dinner dishes- Main Dishes- Dal, Channa, Rajmah, Koftas etc., Rice- Pulaos, Paneer dishes, Side dishes, Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soups etc.
- Evening Sweet & Salty snacks - at least 5 each.

2. Plan balanced diet for the following age groups calculating calories, protein, one important vitamin and mineral as per requirement for the given age group.

- (a) Infancy-Weaning foods
- (b) Pre-schooler
- (c) School going child.
- (d) Adolescent girl and boy
- (e) Adult male and female (sedentary moderate and heavy worker)
- (f) Pregnant and lactating Women
- (g) Geriatric

B.Voc Nutrition Exercise and Health (Semester– IV)
(Session: 2019-20)
INTERNSHIP
(Practical)
COURSE CODE: BVNI -4287

COURSE OUTCOMES:

- CO1. To understand about roles and responsibilities of diabetes educator
- CO2. To get the concept of first aid and emergency medical response.

B.Voc Nutrition Exercise and Health (Semester– IV)
(Session: 2019-20)
INTERNSHIP
(Practical)
COURSE CODE: BVNI -4287

Time: 3 Hours
L-T-P
0-0-3

Max. Marks: 100
Practical: 100

- Internship of any of the multi speciality Hospital for a min. period of 30 days as diabetic educator.

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – IV)
(Session 2019-2020)**

Environmental Studies (Compulsory)

COURSE CODE: AECE-4221

COURSE OUTCOMES

- **CO1:** Reflect upon the concept and need of environmental education.
- **CO2:** Define major eco-systems and their conservation.
- **CO3:** Understand the role of different agencies in the protection of environment.
- **CO4:** Develop desirable attitude, values and respect for protection of environment.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester – IV)
(Session 2019-2020)
Environmental Studies (COMPULSORY)
Course Code: AECE-4221 (Theory)

Examination Time: 3 Hrs.

Max. Marks: 100
Theory: 60
Project report: 20
CA: 20

Instructions for the Paper Setter

The question paper should carry 60 marks. The structure of the question paper being:

Part-A, Short answer pattern – 20 marks

Attempt any five questions out of seven. Each question carries 4 marks. Answer to each question should not exceed 2 pages

Part-B, Essay type with inbuilt choice – 40 marks

Attempt any five questions out of eight. Each question carries 8 marks. Answer to each question should not exceed 5 pages.

Unit 1

The multidisciplinary nature of environmental studies
Definition, scope and importance, Need for public awareness

Unit 2

Natural Resources: Renewable and non-renewable resources:

Natural resources and associated problems.

(a) Forest resources: Use and over-exploitation, deforestation, case studies. Timber extraction, mining, dams and their effects on forests and tribal people.

(b) Water resources: Use and over-utilization of surface and ground water, floods, drought, conflicts over water, dams-benefits and problems.

(c) Mineral resources: Use and exploitation, environmental effects of extracting and using mineral resources, case studies.

(d) Food resources: World food problems, changes caused by agriculture and overgrazing, effects of modern agriculture, fertilizer-pesticide problems, water logging, salinity, case studies.

(e) Energy resources: Growing energy needs, renewable and non-renewable energy sources, use of alternate energy sources, case studies.

(f) Land resources: Land as a resource, land degradation, man induced landslides, soil erosion and desertification.

- Role of an individual in conservation of natural resources.
- Equitable use of resources for sustainable lifestyles.

Unit 3

Ecosystems

- Concept of an ecosystem
- Structure and function of an ecosystem
- Producers, consumers and decomposers
- Energy flow in the ecosystem
- Ecological succession
- Food chains, food webs and ecological pyramids
- Introduction, types, characteristic features, structure and function of the following ecosystem: Forest ecosystem, Grassland ecosystem, Desert ecosystem, Aquatic ecosystems (ponds, streams, lakes, rivers, ocean estuaries)

Unit 4

Biodiversity and its conservation

- Introduction – Definition: genetic, species and ecosystem diversity
- Bio geographical classification of India
- Value of biodiversity: consumptive use, productive use, social, ethical aesthetic and option values
- Biodiversity at global, national and local levels
- India as a mega-diversity nation
- Hot-spots of biodiversity
- Threats to biodiversity: habitat loss, poaching of wildlife, man wildlife conflicts
- Endangered and endemic species of India
- Conservation of biodiversity: In-situ and Ex-situ conservation of biodiversity

Unit 5

Environmental Pollution

- Definition
- Causes, effects and control measures of Air pollution, Water pollution, Soil pollution, Marine pollution, Noise pollution, Thermal pollution, Nuclear pollution
- Solid waste management: Causes, effects and control measures of urban and industrial wastes.
- Role of an individual in prevention of pollution
- Pollution case studies
- Disaster management: floods, earthquake, cyclone and landslides

Unit 6

Social Issues and the Environment

- From unsustainable to sustainable development
- Urban problems and related to energy
- Water conservation, rain water harvesting, watershed management
- Resettlement and rehabilitation of people; its problems and concerns. Case studies.

Environmental ethics: Issues and possible solutions

- Climate change, global warming, acid rain, ozone layer depletion, nuclear accidents and holocaust. Case studies.
- Wasteland reclamation
- Consumerism and waste products
- Environmental Protection Act, 1986
- Air (Prevention and Control of Pollution) Act, 1981
- Water (Prevention and control of Pollution) Act, 1974
- Wildlife Protection Act
- Forest Conservation Act

Issues involved in enforcement of environmental

legislation Public awareness

Unit 7

Human Population and the Environment

- Population growth, variation among nations
- Population explosion – Family Welfare Programmes

- Environment and human health
- Human Rights
- Value Education
- HIV / AIDS
- Women and Child Welfare
- Role of Information Technology in Environment and Human Health
- Case Studies

Unit 8

Field Work

- Visit to a local area to document environmental assets
river/forest/grassland/ hill/mountain
- Visit to a local polluted site – Urban / Rural / Industrial / Agricultural
- Study of common plants, insects, birds
- Study of simple ecosystems-pond, river, hill slopes, etc

References:

1. Bharucha, E. 2005. Textbook of Environmental Studies, Universities Press, Hyderabad.
2. Down to Earth, Centre for Science and Environment, New Delhi.
3. Heywood, V.H. &Waston, R.T. 1995. Global Biodiversity Assessment, Cambridge House, Delhi.
4. Joseph, K. &Nagendran, R. 2004. Essentials of Environmental Studies, Pearson Education (Singapore) Pte. Ltd., Delhi.
5. Kaushik, A. &Kaushik, C.P. 2004. Perspective in Environmental Studies, New Age International (P) Ltd, New Delhi.
6. Rajagopalan, R. 2011. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.
7. Sharma, J. P., Sharma. N.K. &Yadav, N.S. 2005. Comprehensive Environmental Studies, Laxmi Publications, New Delhi.
8. Sharma, P.D. 2009. Ecology and Environment, Rastogi Publications, Meerut.
9. State of India's Environment 2018 by Centre for Sciences and Environment, New Delhi
10. Subramanian, V. 2002. A Text Book in Environmental Sciences, Narosa Publishing House, New Delhi

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester – IV)
(Session 2019-2020)**

SOCIAL OUTREACH

AUDIT COURSE (Value Based)

Course Title: Social Outreach

Course Duration: 30 hours

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

Course Credits: 2

Course Code: SECS- 4522

Course Description:-

The Social outreach programme proposes to equip the students for community upliftment work. It will strive to prepare citizens who will make a marked difference in the society. The students will be provided with numerous opportunities to build their knowledge and skills on the fundamental values of social fairness and compassion.

The programme will focus on integrating academic work with community services. It will equip the students to learn to connect knowledge gained in classroom with real life situation by getting hands on experience through community services. It will also foster the development of civic responsibility. The students will get an opportunity to

- Engage in social service.
- Reflect upon larger issues that affect communities through readings and discussions.
- Integrate academic learning and community engagement through practical field work.
- Develop awareness, knowledge and skills for working with diverse groups in the society.

Expectations:-

The students are expected to be actively engaged in working on any of the projects listed below as volunteers. Evaluation will be based on consistency, commitment and results achieved in areas taken up.

List of Projects under Social Outreach Programmes:

- Working as Motivators under the Swachh Bharat Campaign of the Government,
- Literacy drive : (i). Teaching in the Charitable School Adopted by the College (ii). Work in projects undertaken by Rotary Club of Jalandhar.

For inducting students in child labour Schools.

- Enroll as NSS Volunteers for various projects (Cleanliness, Women health awareness)
- Counseling camps in villages
- Tree plantation (i) Maintaining the trees in the park adopted by the college in Vikas Puri, Jalandhar
(ii) Enroll for projects undertaken by JCI Jalandhar City
- Enroll in the Gandhian Studies Centre as student Volunteer for surveys in villages.
- Women Empowerment Programmes in collaboration with JCI Jalandhar Grace
- Generating awareness on voting among the youth.

- Drug Abuse (Generate awareness among the school children)
- Environment Awareness (Reduce Pollution)
- Old Age Homes/Orphanages
- Operating the Empathy Corner outside the college gate.
- Disaster Management/Relief Work

Evaluation /Assessment:

In the beginning of the semester the students after enrolling for one of the Projects offered will be given deadlines for the project.

- Students will be responsible for getting their hours of service recorded with the faculty and also map the progress of their subjects (children, old people, saplings etc.) .
- The respective departments will monitor the involvement of their students
- The students will submit a report of the project taken up by them.
- There will be no written examination, The students will be given grade on the basis of evaluation of the projects by an evaluation committee, comprising of the Dean of the respective streams, Head and two teachers of the concerned department.

- **Total Marks: 25**

Project : 25