

FACULTY OF VOCATIONAL STUDIES

SYLLABUS

of

**Bachelor of Vocation (Nutrition Exercise and Health) (Semester: I
to VI)**

**(Under Credit Based Continuous Evaluation Grading System)
(Session 2020-2021)**



The Heritage Institution

KANYA MAHA VIDYALAYA

JALANDHAR

(Autonomous)

**PROGRAMME SPECIFIC OUTCOMES OF BACHELOR OF VOCATION (NUTRITION
EXERCISE AND HEALTH)
(Session 2020-2021)**

- 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 health care 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.
- PSO(16): Able to provide nutrition counseling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies.
- PSO(17). Able to apply technical skills , knowledge of health behaviour , clinical judgement and decision making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention.
- PSO(18). Students can implement strategies for food access, procurement , preparation and

safety for individuals , families and communities.

PSO(19). Apply food science knowledge to describe functions of ingredients in food.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME

Bachelor of Vocation (Nutrition , Exercise and Health) (Session 2020-2021)

(Credit Based Continuous Evaluation Grading System)

Bachelor of Vocation (Nutrition, Exercise and Health) 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 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
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	C	*Drug Abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECF - I492	C	*Foundation Course	2-0-0	25	20	-	5	1
Total			30	600				

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)

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

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

Session 2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1421

COURSE OUTCOMES

CO1: ਆਤਮਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾਭਾਗਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਕਵਿਤਾ ਪ੍ਰਤੀ ਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਤਾਂਕਿ ਉਹ ਆਧੁਨਿਕ ਦੌਰ ਵਿਚ ਚੱਲ ਰਹੀਆਂ ਕਾਵਿਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂ ਬਾਰੇ ਗਿਆਨ ਹਾਸਿਲ ਕਰ ਸਕਣ। ਇਸ ਦਾ ਹੋਰ ਮਨੋਰਥ ਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲਾਂਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਤੋਂ ਜਾਣੂ ਕਰਾਉਣਾ ਵੀ ਹੈ ਤਾਂਕਿ ਉਹ ਸਮਕਾਲੀ ਸਮਾਜ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕ ਦ੍ਰਿਸ਼ਟੀ ਬਣਾ ਸਕਣ।

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

CO3: ਪੈਰਾ ਰਚਨਾ ਅਤੇ ਪੈਰਾਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO4: ਧੁਨੀ ਵਿਉਂਤ ਪੜ੍ਹਨ ਨਾਲ ਵਿਦਿਆਰਥੀ ਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨ ਪ੍ਰਣਾਲੀ ਤੋਂ ਵਾਕਫ਼ ਹੋਣਗੇ।

Bachelor of Vocation (Nutrition Exercise and Health) (Semester- I)

Session 2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/
Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor
of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of
Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of
Vocation(Artificial Intelligence and Data Science)

Semester I

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks :50

Theory : 40

CA :10

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠਪੁਸਤਕਾਂ

ਯੂਨਿਟ-I

ਆਤਮਅਨਾਤਮ(ਕਵਿਤਾਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।
ਪ੍ਰੋ.ਪੂਰਨਸਿੰਘ, ਪ੍ਰੋ.ਮੋਹਨਸਿੰਘ, ਅੰਮ੍ਰਿਤਾਪ੍ਰੀਤਮ, ਜਗਤਾਰ, ਸੁਰਜੀਤਪਾਤਰ((ਕਵੀ) ਪਾਠਕ੍ਰਮ ਦਾ ਹਿੱਸਾਹਨ) , ਵਿਸ਼ਵਾਸਤੂ

08 ਅੰਕ

ਯੂਨਿਟII

ਗਿਆਨਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜਵਿਗਿਆਨਕ ਲੇਖਾਂਦਾ ਸੰਗ੍ਰਹਿ),(ਸੰਪਾ.ਡਾ. ਸਤਿੰਦਰਸਿੰਘ, ਪ੍ਰੋ.ਮਹਿੰਦਰਸਿੰਘਬਨਵੈਤ),
ਗੁਰੂ ਨਾਨਕ

ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

ਲੇਖ :ਭਰੁਣ ਹੱਤਿਆ ਦੇ ਦੇਸ਼ ਵਿਚ, ਵਾਤਾਵਰਣੀਪ੍ਰਦੂਸ਼ਣ ਅਤੇ ਮਨੁੱਖ, ਏਡਜ਼ : ਇਕਗੱਭੀਰ ਸੱਕਟ।

(, ਵਿਸ਼ਵਾਸਤੂ)

08 ਅੰਕ

ਯੂਨਿਟIII

()

ਪੈਰਾਰਚਨਾ

() ਪੈਰਾਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

(ੳ) ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ : ਪਰਿਭਾਸ਼ਾ, ਉਚਾਰਨ ਅੰਗ

(ਅ) ਸਵਰ, ਵਿਅੰਜਨ

08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕ ਲਈ ਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹੋਣਗੇ। ਸੈਕਸ਼ਨ ਨੰਬਰ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨ ਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਾਰ ਸਕਦਾ ਹੈ।

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

COURSE CODE-BVNL-1421

Session 2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I

BASIC PUNJABI

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1031

Course outcomes

CO1:ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆਵਿਚਪਾ ਕੇ ਇਕਹੋਰਭਾਸ਼ਾਸਿੱਖਣ ਦਾ ਮੌਕਾਪ੍ਰਦਾਨਕਰਨਾ ਹੈ।

CO2:ਇਸ ਵਿਚਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀਨਾਲਭਾਸ਼ਾਦਾਅਧਿਐਨਕਰਵਾਇਆਜਾਵੇਗਾ।

CO3:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀਸ਼ਬਦਰਚਨਾਤੋਂਜਾਣੂ ਕਰਵਾਇਆਜਾਵੇਗਾ।

CO4:ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਨਿੱਤਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀਸ਼ਬਦਾਵਲੀਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO5:ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਦਾਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲਕਰਨਾ ਹੈ।

CO6:ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀਵਿਚਹਫ਼ਤੇ ਦੇ ਸੱਤਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕਤੋਂ ਸੌ ਤੱਕਗਿਣਤੀਸ਼ਬਦਾਂਵਿਚਸਿਖਾਉਣਾ ਹੈ।

Bachelor of Vocation (Nutrition Exercise and Health) (Semester- I)

Session 2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation) / Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health) / Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester I

BASIC PUNJABI

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-1031

ਸਮਾਂ: 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA: 10

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟ-I

ਪੈਂਤੀਅੱਖਰੀ, ਅੱਖਰਕ੍ਰਮ, ਪੈਰਬਿੰਦੀਵਾਲੇ ਵਰਣ ਅਤੇ ਪੈਰਵਿਚਪੈਣਵਾਲੇ ਵਰਣ ਅਤੇ ਮਾਤਰਾਵਾਂ (ਮੁੱਢਲੀਜਾਣਪਛਾਣ) ਲਗਾਤਰ (ਬਿੰਦੀ, ਟਿੱਪੀ, ਅੱਧਕ) : ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ ।

08ਅੰਕ

ਯੂਨਿਟII

ਪੰਜਾਬੀਸ਼ਬਦਬਣਤਰ : ਮੁੱਢਲੀਜਾਣਪਛਾਣ (ਸਾਧਾਰਨਸ਼ਬਦ, ਸੰਯੁਕਤ ਸ਼ਬਦ, ਮਿਸ਼ਰਤਸ਼ਬਦ,ਮੂਲ ਸ਼ਬਦ, ਅਗੇਤਰ ਅਤੇ ਪਿਛੇਤਰ)

08ਅੰਕ

ਯੂਨਿਟIII

ਨਿੱਤਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀਸ਼ਬਦਾਵਲੀ : ਬਾਜ਼ਾਰ, ਵਪਾਰ, ਰਿਸ਼ਤੇਨਾਤੇ, ਖੇਤੀ ਅਤੇ ਹੋਰਧੰਦਿਆਂਆਦਿਨਾਲ ਸੰਬੰਧਤ।

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਹਫ਼ਤੇ ਦੇ ਸੱਤਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਰੁੱਤਾਂ ਦੇ ਨਾਂ, ਇੱਕਤੋਂ ਸੌ ਤੱਕਗਿਣਤੀਸ਼ਬਦਾਂਵਿਚ ।

08ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ। ਸੈਕਸ਼ਨ ਨੰਬਰ 1 ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।
4. ਪੇਪਰ ਸੈਂਟਰ ਨਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਾਰ ਸਕਦਾ ਹੈ।

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

Session 2020-21

**Course Title: Punjab History and Culture (From Earliest Times to C. 320)
(Special paper in lieu of Punjabi Compulsory) (For those students who are not
domicile of Punjab)**

Course Code:BVNL-1431

COURSE OUTCOMES:

After completing Semester I and course on Punjab History and Culture students of History will be able to identify and have a complete grasp on the sources & writings of Ancient Indian History of Punjab.

CO 1: Identify and describe the emergence of earliest civilizations in: Indus Valley Civilization and Aryan Societies.

CO 2: Identify and analyses the Buddhist, Jain and Hindu faith in the Punjab

CO 3: Analyses the emergence of Early Aryans and Later Vedic Period, their Society, Culture, Polity and Economy

CO 4: To make students understand the concepts of two faiths Jainism and Buddhism, its principles and their application and relevance in present times

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

Session 2020-21

**Course Title: Punjab History and Culture (From Earliest Times to C. 320)
(Special paper in lieu of Punjabi Compulsory) (For those students who are not
domicile of Punjab)**

Course Code: BVNL-1431

Examination Time:3Hours

Max. Marks: 50

CreditsL-T-P:2-0-0

Theory: 40

ContactHours:2Hrs/Week

CA: 10

Instructions for the Paper Setter:

1. Question paper shall consist of fourUnits
2. Examiner shall set 8 questions in all by selecting **Two Questions** of equal marks from each Unit.
3. Candidates shall attempt **5 questions in 600 words**, by at least selecting **One Question** from each Unit and the **5th question** may be attempted from any of the **four Units**.
4. Each question will carry 8 marks

Unit-I

1. Physical features of the Punjab
2. Sources of the ancient history of Punjab

Unit-II

3. Harappan Civilization: social, economic and religious life of the Indus Valley People.
4. The Indo-Aryans: Original home

Unit-III

5. Social, Religious and Economic life during Early Vedic Age.
6. Social, Religious and Economic life during Later Vedic Age.

UNIT-IV

7. Teachings of Buddhism
8. Teachings of Jainism

Suggested Readings

1. L. M Joshi (ed.), *History and Culture of the Punjab*, Art-I, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab*, Vol.I, Patiala 1977.
3. BudhaParkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma, *Life in Northern India*, Delhi. 1966.
5. Chopra, P.N., Puri, B.N., & Das, M.N. (1974). *A Social, Cultural & Economic History of India*, Vol. I, New Delhi: Macmillan India.

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

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH

(Theory)

Course Code:BVNL-1102

COURSEOUTCOMES

At the end of this course, the students will develop the following Skills:

CO 1: Reading skills that will facilitate them to become an efficient reader

CO 2: The ability to realise not only language productivity but also the pleasure of being able to articulate well

CO 3: The power to analyse, interpret and infer the ideas in the text

CO 4: The ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking

CO 5: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English

CO 6: Ability to plan, organise and present ideas coherently on a given topic

CO 7: The skill to use an appropriate style and format in writing letters (formal and informal)

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

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH

(Theory)

Course Code: BVNL-1102

Time: 3 Hours

Max. Marks:50

Theory:40

Continuous Assessment: 10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions of theoretical nature will be set from Unit I.

Section-B: Two comprehension passages will be given to the students based on Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

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

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH

(Theory)

Course Code: BVNL-1102

The syllabus is divided in four units as mentioned below:

Unit I

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

Unit II

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

Unit III

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

Unit IV

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

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

Session 2020-21

COMMUNICATION SKILLS IN ENGLISH

(Theory)

Course Code:BVNL-1102

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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– I)
(Session 2020-2021)

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

Bachelor of Vocation (Nutrition Exercise and Health)(Semester- I)
(Session 2020-2021)

INTRODUCTION TO PSYCHOLOGY

COURSE CODE: BVNM-1443

Time: 3Hrs.

Max. Marks:100

L-T-P

Theory Marks:60

2-0-2

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

Stress test

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 ShashiJain.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– I)
(Session 2020-2021)

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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– I)
(Session 2020-2021)

**Introduction to Psychology
(Practical)**

COURSE CODE: BVNM-1443

Time:3Hrs.

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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– I)
(Session 2020-2021)

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.

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

BASIC FOOD AND NUTRITION

COURSE CODE: BVNM- 1284

(Session 2020-2021)

Time:3Hrs.

Max. Marks:100

L-T-P

Theory Marks:60

2-0-2

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.

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

Carbohydrates - Composition, classification, functions, food sources, requirement, deficiencies.
Fats and Oils- Composition, Classification, Saturated, Unsaturated fatty acids, food sources, Functions, requirement and deficiencies. Role of fiber in food Protein - Composition, Classification, Essential and Non- essential amino acids, food Sources, functions, deficiencies.

UNIT-IV

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

1. Determination of energy value of foods using calorimeter
2. Specific Dynamic action
3. Basal Metabolism
4. Determination of basal metabolism
5. Factors affecting the BMR

Reference Books:

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

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

(Session 2020-2021)
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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– I)
(Session 2020-2021)

Basic Foods & Nutrition

(Practical)

COURSE CODE: BVNM- 1284

Time: 3Hrs.

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.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester-I)
(Session 2020-2021)
Basics of Computer
Course code: BVNM- 1125

Course Outcomes:

After successful completion of this course, students will be able to:

CO1: use Microsoft Word to prepare documents required for routine office work

CO2: edit, format, spell-check save and print documents as required on routine basis.

Bachelor of Vocation (Nutrition Exercise & Health) (Semester-I)
(Session 2020-2021)

Basics of Computer

Course code: BVNM- 1125

Time:3Hours

L-T-P:1-0-1

Maximum Marks:50

Theory: 25
Practical: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

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.

(Practical)

Instruction to the Practical Examiner: Paper will be set on the spot by the examiner.

Course Contents:

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

Books Recommended:

1. Windows Based Computer Courses, Rachhpal Singh & GurvinderSingh.
2. Information Technology, Hardeep Singh & AnshumanSharma.
3. Office Complete, BPBPublications.

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

(Session 2020-2021)
YOGA AND BODY FITNESS
(Practical)
COURSE CODE: BVNP -1286

Course Outcomes:

After successful completion of this course, students will 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.

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

YOGA AND BODY FITNESS

(Practical)

COURSE CODE: BVNP -1286

(Session 2020-2021)

Time: 3Hrs.

L-T-P

0-0-4

Max. Marks:100

PracticalMarks:80

CA:20

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 SuryaNamaskar.

Meditative asana: Sukh Asana, Vajar Asana, Sidha Asana, PadamAsana

Relaxative asana: Shav Asana, MakkarAsana

Culture asana: Tad Asana, Trik Tad, ArdhChakkar, KattiChakkar, Trikon, Janushir, KonAsana, Manduk, Ushtar, Bhujang, Shalbh, Uttanpad, Pawanmukt, Makkar, Setubandh.

Meditations: Mindful, Cyclic, Awareness of breathe

Pranayam :Bhastrika, Kapalbhati, Anulom Vilom, Bhramari, Udgeet

Techniques of Bhandhas: Mool, Uddiyan, Jalandhar

Shudi kriyas: Jal neti, Sutra neti, Tratak.

- Role of macronutrients in different types of exercise

Reference Books:

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

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

Project -I

(Practical)

COURSE CODE: BVND -1287

(Session 2020-2021)

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

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

Project -I

(Practical)

COURSE CODE: BVND -1287

(Session 2020-2021)

Time: 3Hrs.

Max. Marks:150

PracticalMarks:120

L-T-P

CA:30

0-0-6

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. PPT

and you Tube videos related Nutrition.

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

Session-2020-21

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

**Drug Abuse: Problem,
Management and Prevention
(Compulsory)**

(Theory)

Course Code - AECD-1161

Time:3Hrs

Credit:2

Total 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

4) **Nature and Extent of the Problem:** Magnitude or prevalence of the menace of Drug Abuse

in India and Punjab, Vulnerable groups by age, gender and economic status, Signs and Symptoms of Drug Abuse: Physical, Academic, Behavioural and Psychological Indicators

References:

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

(Session 2020-2021)

FOUNDATION CORSE

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*
- Upnishads 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

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME

Bachelor of Vocation (Nutrition, Exercise and Health)

(Session 2020-2021)

(Credit Based Continuous Evaluation Grading System)

Semester II								
Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (inHours)
				Total	Ext.		CA	
					I	L		
BVNL- 2421/ BVNL- 2031/ BVNL-2431	C	Punjabi Compulsory/ BasicPunjabi/ (Punjab , History Culture)	2-0-0	50	40	-	10	3
BVNM- 2102	C	Communication Skills in English	2-0-2	50	25	15	10	3+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	-	130	20	3
AECD-2161	C	*Drug abuse: Problem, Management and Prevention (Compulsory)	2-0-0	50	40	-	10	3
SECM-2502	C	*Moral Education	2-0-0	25	20	-	5	1
		Total	30	600				

Special Paper in lieu of Punjabi(Compulsory)

Special Paper in lieu of Punjabi (Compulsory) (For those students who are not domicile of Punjab).

C- Compulsory S- Skill Enhancement

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

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

Session-2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation) / Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health) / Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2421

COURSE OUTCOMES

CO1:ਆਤਮਅਨਾਤਮ ਪੁਸਤਕ ਦੇ ਕਹਾਣੀਭਾਗ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ

ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਕਹਾਣੀਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀਜਗਤਨਾਲਜੋੜਣਾ ਹੈ।

CO2:ਗਿਆਨਮਾਲਾਪੁਸਤਕ ਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ।

CO3:ਸੰਖੇਪ ਰਚਨਾਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤਕਰਨਬਾਰੇ ਦੱਸਣਾ ਹੈ।

CO4:ਸ਼ਬਦਸ਼੍ਰੇਣੀਆਂਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਅੰਦਰਪੰਜਾਬੀਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂਨੂੰ ਸਮਝਣਲਈਵੱਖਰੇ ਵੱਖਰੇ ਸਿਧਾਂਤਾਂਦਾਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO5:ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂਨਾਲਗੱਲਬਾਤਵਿਚਪਰਪੱਕਤਾਆਉਂਦੀ ਹੈ। ਇਹਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤਵਿਚਨਿਖਾਰਲਿਆਉਣ ਦਾਕੰਮਕਰਨਗੇ।

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

Session-2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation) / Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health) / Bachelor of Vocation (Beauty & Wellness)/ Bachelor of Vocation (Photography & Journalism)/ Bachelor of Vocation(Hospitality and Tourism)/ Bachelor of Vocation(Artificial Intelligence and Data Science)

Semester II

Punjabi (Compulsory)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL -2421

ਸਮਾਂ : 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA :10

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠਪੁਸਤਕਾਂ

ਯੂਨਿਟ-III

ਆਤਮਅਨਾਤਮ(ਕਹਾਣੀਭਾਗ),(ਸੰਪ. ਸੁਹਿੰਦਰ ਬੀਰ ਅਤੇ ਵਰਿਆਮਸਿੰਘ ਸੰਧੂ) ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ, ਅੰਮ੍ਰਿਤਸਰ।

(ਪੰਨਾ 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100)

ਸਾਰ 08 ਅੰਕ

ਯੂਨਿਟ-III

**ਗਿਆਨਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜਵਿਗਿਆਨਕ ਲੇਖਾਂਦਾ ਸੰਗ੍ਰਹਿ)(ਸੰਪ.ਡਾ. ਸਤਿੰਦਰਸਿੰਘ, ਪ੍ਰੋ.ਮਹਿੰਦਰਸਿੰਘਬਨਵੈਤ), ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਯੂਨੀਵਰਸਿਟੀ,ਅੰਮ੍ਰਿਤਸਰ, 2007
ਲੇਖ:ਸਾਹਿਤ ਤੇ ਲੋਕ ਸਾਹਿਤ, ਅੱਖਾਂ, ਕੰਪਿਊਟਰ ਅਤੇ ਇੰਟਰਨੈੱਟ।(ਪਾਠਕ੍ਰਮ ਦਾ ਹਿੱਸਾਹਨ)**

(, ਸਾਰ) 08 ਅੰਕ

ਯੂਨਿਟ-III

(ੳ) ਸ਼ਬਦਸ਼੍ਰੇਣੀਆਂ : ਨਾਂਵ, ਪੜਨਾਂਵ, ਕਿਰਿਆ, ਵਿਸ਼ੇਸ਼ਣ

(ਅ) ਸ਼ਬਦਸ਼੍ਰੇਣੀਆਂ: ਕਿਰਿਆਵਿਸ਼ੇਸ਼ਣ, ਸੰਬੰਧਕ, ਯੋਜਕ, ਵਿਸਮਿਕ

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਸੰਖੇਪ ਰਚਨਾ

() ਮੁਹਾਵਰੇ 08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

- 1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ। ਸੈਕਸ਼ਨਾਂ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ ਵਿਚੋਂ ਚੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਚੁੱਛੇ ਜਾਣਗੇ।**
- 2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਇਕ ਪ੍ਰਸ਼ਨ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ।**
- 3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕ ਹਨ।**
- 4. ਪੇਪਰ ਸੈਂਟਰ ਨਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਾਰ ਸਕਦਾ ਹੈ।**

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

Session-2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Design & Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise & Health))/ Bachelor of Vocation (Beauty &Wellness)/ Bachelor of Vocation (Photography &Journalism)

Semester II

BASIC PUNJABI

COURSE CODE- BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL-2031

Course outcomes

CO1: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆ ਵਿਚ ਪਾ ਕੇ ਇਕ ਹੋਰ ਭਾਸ਼ਾ ਸਿੱਖਣ ਦੇ ਮੌਕੇ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ। ਇਸ ਵਿਚ ਵਿਦਿਆਰਥੀ ਨੂੰ ਬਾਰੀਕਬੀਨੀ ਨਾਲ ਭਾਸ਼ਾ ਦਾ ਅਧਿਐਨ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO2: ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪੰਜਾਬੀ ਸ਼ਬਦ ਰਚਨਾ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ ਜਾਵੇਗਾ।

CO3: ਸ਼ਬਦ ਸ਼੍ਰੇਣੀਆਂ ਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਅੰਦਰ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੀ ਅਮੀਰੀ ਦਾ ਅਤੇ ਬਾਰੀਕੀਆਂ ਨੂੰ ਸਮਝਣ ਲਈ ਵੱਖਰੇ - ਵੱਖਰੇ ਸਿਧਾਂਤਾਂ ਦਾ ਵਿਕਾਸ ਕਰਨਾ ਹੈ।

CO4: ਮੁੱਢਲੀ ਪੰਜਾਬੀ ਪੜ੍ਹਾਉਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦਾ ਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲ ਕਰਨਾ ਹੈ।

CO5: ਵਿਦਿਆਰਥੀ ਵਾਕ ਦੀ ਪਰਿਭਾਸ਼ਾ ਅਤੇ ਇਸਦੀ ਬਣਤਰ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਭਾਸ਼ਾ ਤੇ ਪਕੜ ਮਜ਼ਬੂਤ ਹੋਵੇਗੀ।

CO6: ਪੈਰਾ 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: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Session-2020-21

Bachelor of Vocation(Retail Management)/Bachelor of Vocation(Management & Secretarial Practices)/ Bachelor of Vocation (Animation)/Bachelor of Vocation(Textile Design & Apparel Technology)/Bachelor of Vocation (Nutrition Exercise &Health) /Bachelor of Vocation (Beauty &Wellness)/ Bachelor of Vocation (Photography &Journalism)

Semester II

BASIC PUNJABI(In lieu of Compulsory Punjabi)

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL-2031

ਸਮਾਂ 3 ਘੰਟੇ

Maximum Marks : 50

Theory : 40

CA : 10

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟ-I

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

08 ਅੰਕ

ਯੂਨਿਟ-II

ਪੰਜਾਬੀ ਵਾਕਬਣਤਰ : ਮੁੱਢਲੀ ਜਾਣ ਪਛਾਣ

(ੳ) ਸਾਧਾਰਨਵਾਕ, ਸੰਯੁਕਤਵਾਕ ਅਤੇ ਮਿਸ਼ਰਤਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

(ਅ) ਬਿਆਨੀਆਵਾਕ, ਪ੍ਰਸ਼ਨਵਾਚਕਵਾਕ ਅਤੇ ਹੁਕਮੀਵਾਕ (ਪਛਾਣ ਅਤੇ ਵਰਤੋਂ)

08 ਅੰਕ

ਯੂਨਿਟ-III

ਪੈਰੂਾਰਚਨਾ

ਸੰਖੇਪ ਰਚਨਾ

08 ਅੰਕ

ਯੂਨਿਟ-IV

ਚਿੱਠੀਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ। ਸੈਕਸ਼ਨA-Dਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟI-IV ਵਿਚੋਂ ਪੁੱਛੇ ਜਾਣਗੇ। ਹਰ ਸੈਕਸ਼ਨਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ। ਹਰ ਸੈਕਸ਼ਨਵਿਚੋਂਇਕਪ੍ਰਸ਼ਨਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨਵਿਚੋਂਕੀਤਾਜਾ ਸਕਦਾ ਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕਹਨ।
4. ਪੇਪਰ ਸੈੱਟ ਕਰਨਵਾਲਾਜੇਕਰਚਾਹੇ ਤਾਂਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡਅੱਗੋਂਵੱਧਤੋਂਵੱਧਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਰ ਸਕਦਾ ਹੈ।

Session-2020-21

Faculty of Arts and Social Sciences

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management and Secretarial Practices)/ Bachelor of Vocation(Animation)/ Bachelor of Vocation (Textile Designing and Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise and Health), Bachelor of Vocation (Beauty and Wellness)/ Bachelor of Vocation (Artificial Intelligence)/ /Bachelor of Vocation (Hospitality and Tourism)

(Semester-II)

Session 2020-21

Course Title: Punjab History and Culture (C. 320 to 1000 B.C.)

(Special paper in lieu of Punjabi Compulsory)

(For those students who are not domicile of Punjab)

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

COURSE OUTCOMES:

After completing Semester II and course on Ancient History of Punjab, students of History will be able to identify and have a complete grasp on the sources & writings of Ancient History of Punjab

CO 1: Analyse the emergence of Mauryan, Gupta empires during the classical age in India

CO 2: To understand the various factors leading to rise and fall of empires and emergence of new dynasties and their Culture, society, administration, polity and religion specifically of Kushans and Vardhanas in the Punjab

CO 3: Students will be adept in constructing original historical argument based on primary source material research

CO 4: To have an insight on the existing Literature of this period and understand the past developments in the light of present scenario.

CO 5: To enable students to have thorough insight into the various forms/styles of Architecture and synthesis of Indo - Muslim Art and Architecture in Punjab

Session-2020-21

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management and Secretarial Practices)/ Bachelor of Vocation (Animation)/ Bachelor of Vocation (Textile Designing and Apparel Technology)/ Bachelor of Vocation (Nutrition Exercise and Health), Bachelor of Vocation (Beauty and Wellness)/ Bachelor of Vocation (Artificial Intelligence)/ Bachelor of Vocation (Hospitality and Tourism)

(Semester-II)

Session 2020-21

Course Title: Punjab History and Culture (C. 320 to 1000 B.C.)

(Special paper in lieu of Punjabi Compulsory)

(For those students who are not domicile of Punjab)

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

Examination 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:

1. Question paper shall consist of four Units

2. Examiner shall set 8 questions in all by selecting Two Questions of equal marks from each Unit.

3. Candidates shall attempt 5 questions in 600 words, by at least selecting One Question from each Unit and the 5th question may be attempted from any of the four Units.

4. Each question will carry 8 marks

Unit-I

1. Alexander's Invasion's and Impact
2. Administration of Chandragupta Maurya and Ashoka.

Unit-II

3. The Kushans: Gandhar School of Art .
4. Gupta Empire: Golden period (Science , Art and Literature)

Unit-III

5. The Punjab under the Harshvardhana
6. Socio-cultural History of Punjab from 7th to 1000 A.D.

UNIT IV

7. Development of Languages and Education with Special reference to Taxila
8. Development to Art and Architecture

Suggested Readings

1. L. M Joshi (ed), *History and Culture of the Punjab*, Art-I, Punjabi University, Patiala, 1989 (3rd edition)
2. L.M. Joshi and Fauja Singh (ed.), *History of Punjab* ,Vol.I, Punjabi University, Patiala, 1977.
3. BudhaParkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
4. B.N. Sharma: *Life in Northern India*, Delhi. 1966.

Communication Skills in English
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.

COMMUNICATION SKILLS IN ENGLISH

Course Code - BVNM-2102

Time: 3hours (Theory)

3hours (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:

Oxford Guide to Effective Writing and Speaking by John Seely.

Business Communication by Sethi, A and Adhikari, B., McGraw Hill Education 2009.

Communication Skills by Raman, M. & S. Sharma, OUP, New Delhi, India (2011).

A Course in Phonetics and Spoken English by J. Sethi and P.V. Dhamija, PhiLearning.

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 6marks.

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 6marks.

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 6marks.

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)

Practical / Oral Testing

Marks: 15

Course Contents:

Oral Presentation with/without audio visual aids.

Group Discussion.

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 15 to 20minutes.

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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

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.

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

DIABETES EDUCATION-I

(Theory)

COURSE CODE: BVNL -2283

Time: 3Hrs.

Max.Marks:100

Theory Marks:80

L-T-P

CA:20

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

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-medicalwaste

Bio-medical waste- color coding, types of wasteetc.

Standards for bio-medical wastedisposal

Means of bio-medical wastetreatment

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

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.)WilayEasternLtd.1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised &enlarged) B. appC-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

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

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

ROLE OF DIETASSISTANT

(Theory)

COURSE CODE: BVNL-2284

Time: 3Hrs.

Max. Marks:100

Theory Marks:80

L-T-P

CA:20

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, Introductory 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. appC-1985.
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

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

(Session: 2020-21)

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.

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

ADVANCE NUTRITION

(Theory)

COURSE CODE: BVNM-2284

Time: 3Hrs.

Max.Marks:100

TheoryMarks:60

L-T-P

Practicalmarks:20

2-0-2

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 anySection.

Content

UNIT -I

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

(a) Fat Soluble vitamins A, D, E andK

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

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. appC-1985.
4. Willson, EVAD Principles of Nutrition 4thed New York JohnWilley

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

(Session: 2020-21)

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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

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
9. Table setting: Types of table settings
Napkin folding: methods of napkin
folding Find food adulteration with some
samples Methods of serving

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

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 counselling.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

Entrepreneurial Development
(Practical)

COURSE CODE: BVNP-2286

Time: 3Hrs.

Max.Marks:50

PracticalMarks:40

L-T-P

CA:10

0-0-2

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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– II)
(Session: 2020-21)

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.

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

Project-II

(Practical)

COURSE CODE: BVND-2287

Time: 3Hrs.

Max.Marks:150

PracticalMarks:130

L-T-P

CA:20

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
B.Voc (RM, MSP, Animation, TDAT, NEH,)
Semester-II
(Session 2020-21)
DRUG ABUSE Problem, Management and Prevention (Compulsory)
Course Code: AECD-2161

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

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

Semester-II

(Session 2020-21)

Drug Abuse Problem, Management and Prevention (Compulsory) (Theory)

Course Code: AECD-2161

Time:3 Hrs

Credits:2

Max. Marks:50

Theory:40

CA: 10

Instructions for the Paper Setter

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

UNIT-I

1) Consequences of Drug Abuse for:

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

UNIT-II

2) Management of Drug abuse:

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

UNIT-III

3) Prevention of Drug Abuse:

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

UNIT-IV

4) Awareness of drug abuse

1) Media:

Restraint on advertisements of drugs, advertisements on bad effects of drugs, Publicity and media, Campaigns against drug abuse, Educational and awareness program.

2) legislation:

NDPs act, statutory warnings, policing of borders, checking supply/ smuggling of drugs, strict enforcement of laws, time bound trial.

References:

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

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

(Session 2020-2021)

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

Civic sense

Opposite sex relations

Globalization and IT boom – cell phone menace Peer pressure

Gender issues

The Nation and You

International peace and brotherhood
Saving the environment
Communal harmony, Tolerance, Understanding of
Cultures Respect for Martyrs
National Pride

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Vocation Nutrition, Exercise and Health
(Session 2020-2021)
(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
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
SECG-3532	C	Gender Sensitization	2-0-0	25	10	10	5	1
		Total	30	650				
	C- Compulsory S- Skill based							

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2020-21

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-3101

COURSE OUTCOMES

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

CO1: improve their communication skills

CO2: learn techniques to organise ideas for paragraph writing

CO3: get better insight into the usage of Standard English, grammar and effective sentence skills

CO4: enrich their vocabulary, and usage of new words

CO5: develop the ability to write notices and memos

**BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2020-21**

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-3101

Course Code: BVNL-3102

Time: 3 Hours

6 Lectures/per week

Max. Marks: 50

Theory: 40

Continuous Assessment: 10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions of theoretical nature will be set from Unit I.

Section-B: Two comprehension passages will be given to the students based on Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

**BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester III)
Session: 2020-21**

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-3101

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.

(Session 2020-2021)

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 inclusionbodies.

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.

Bachelor of Vocation Nutrition Exercise and Health (Semester– III)
Human Physiology
(Theory)
COURSE CODE: BVNL -3282
(Session 2020-2021)

Time: 3Hrs.

Max. Marks:75
TheoryMarks: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

1. Review of cell structure and functions of inclusion bodies.
2. 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.
6. Physiology of skeletal system

UNIT -III

6. Physiology of respiratory system
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.
8. Physiology of Muscular system

UNIT -IV

9. Physiology of endocrine glands:
Functions of the Thyroid, parathyroid, adrenal cortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from medullas, hypo or hyperactivity.
10. Physiology of reproductive system
Knowledge of structure and function of male and female reproductive organs.

Menstrual cycle.

Books Recommended:

1. Bloom, W. And Fawcett, D.W.A. Text Book of Histology W.B.Saunders ofCompany,1968.
2. Guyton, AC, Text Book of Medical Physiology W.B. Saunders &Company.
3. Strand, F.L. Modern Physiology. MacmillanPublication.
4. Davidson, B. And Smith E., Text Book of Physiology andBiochemistry.

Bachelor of Vocation Nutrition, Exercise and Health (Semester- III)

(Session 2020-2021)
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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– III)
Nutrition, Exercise and Immunity
(Theory)
COURSE CODE: BVNL -3283
(Session 2020-2021)

Time: 3Hrs.

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

Role of antioxidants

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 immunedepression.

Role of nutraceuticals and functionalfoods.

UNIT –IV

Nutrition, HIV /AIDS and tuberculosis.

Probiotics, Prebiotics and immunity

Food allergy.

Latest Health concerns.

References:

Handbook of nutrition and immunity by M. Eric Gershwin.

Textbook of physiology - IGNOU

Bachelor of Vocation (Nutrition Exercise and Health)(Semester- III)
(Session: 2019-20)
DIABETES EDUCATION-II
(Theory)
COURSE CODE: BVNM -3284
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– III)
Diabetes Education -II
(Theory)
COURSE CODE: BVNM -3284
(Session 2020-2021)

Time: 3Hrs.

Max.Marks:100
TheoryMarks:60
Practicalmarks:20
CA:20

L-T-P
2-0-2

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

Diabetes overview :

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

Risk factors for diabetes:

Primary and Secondary factors

UNIT -II

Pathology of diabetes:

Causes and Symptoms of Diabetes

Complication of Diabetes:

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

UNIT- III

Investigation used for diagnosis of diabetes:

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

6. Insulin and its types, syringe and pen injection types/ parts, usage techniques and safety measures while using insulin injections.

7. Hypoglycaemia: Definition, complications, treatment and its management

8. Special care for diabetic patients: Hand care, Foot care, Eyes care and Weight management

Initial assessment of diabetic patients: Biochemical and Anthropometric assessment, Disease history and current status evaluation

Reassessment of diabetic patients and follow ups: Diet counselling, Diet and Drug Insulin management

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louts, Times

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
Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons. 1979.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– III)
Diabetes Education -II
(Practical)

COURSE CODE: BVNM -3284
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM –III
Diabetes Education –II
(Practical)
COURSE CODE: BVNM-3284
(Session 2020-2021)

Time:3Hrs.

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Food science and quality control Standards
(Theory)
COURSE CODE: BVNM-3285
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Food science and quality control Standards
(Theory)
COURSE CODE: BVNM-3285
(Session 2020-2021)

Time: 3Hrs.

Max.Marks:100

L-T-P

TheoryMarks:60

2-0-2

Practicalmarks: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 of 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:

- Guide to food safety and quality during transportation: controls, standards practices by John M. Ryan Kindle Edition
- International standards for food safety, by Naomirees
- ISO 22000 Standard procedures for food safety management system by bizmanualx.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Food science and quality control
Standards (Practical)
COURSE CODE: BVNM-3285
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Food science and quality control
Standards (Practical)
COURSE CODE: BVNM-3285
(Session 2020-2021)

Time:3Hrs.

Marks:20

Contents:

Evaluation of Food grains for their physical appearance

Evaluation of milk sample

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM –III
Community Nutrition
(Theory)

COURSE CODE: BVNM-3286
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Community Nutrition
(Theory)
COURSE CODE: BVNM -3286
(Session 2020-2021)

Time: 3Hrs.

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

L-T-P
2-0-2

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

Nutrition and National Development.

Major Nutritional Problem. Economic of Nutrition.

Nutrition adaptation.

Economic of sanitation of food nutrition – loss of food nutrients on contamination with chemical poisons, parasitic and microbial.

Health care system

Health care service providers (primary, secondary and tertiary system)

UNIT-II

Nutrition and infection.

National and international organization engaged in foods and nutrition activities. 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.

International: FAO, WHO, UNICEF.

UNIT-III

Assessing the food and nutritional problems in the community. Methods for assessment of

(c) Nutritional status of an individual and community:-

Direct Assessment: Clinical sign, nutritional anthropometry, biochemical tests, and biophysical methods.

Indirect Assessment: Vital statistics nutritionally relevant diseases,

assessment of ecological survey, technique of diet and nutrition survey.

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

Food Adulteration: Laws governing the food standards. Common methods of detecting food adulteration at home

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Community Nutrition
(Practical)
COURSE CODE: BVNM -3286
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) SEM -III
Community Nutrition
(Practical)
COURSE CODE: BVNM -3286
(Session 2020-2021)

Time:3Hrs.

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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– III)
Internship
(Practical)
COURSE CODE: BVNI -3287
(Session 2020-2021)

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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– III)
Internship
(Practical)

COURSE CODE: BVNI -3287
(Session 2020-2021)

Time: 3Hrs.
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 30days.

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

GENDER SENSITIZATION

Session -2020-21

Course Title: GENDER SENSITIZATION

Course Duration: 30 hours

Course intended for: Semester III students of undergraduate degree programme.

Course Code: SECG - 3532

The program has been designed to inculcate value of gender equality among students so that they can identify the areas of gender discrimination and raise their voice against gender discrimination and work towards making the society gender neutral.

OBJECTIVES:

5. To sensitize students about gender rights, gender roles and relations.
6. To make students aware and capable of realizing their true potential.
7. To ensure equal participation of men and women in all economic, social and political processes.
8. To develop gender prospective to transform the mind set of society.

CURRICULUM

Course Code: SECG-3532

Total contact hours: 30

MODULE	TITLE	HOURS
1	Introduction	2 Hrs
2	Workshop in Self Defence Techniques	10 Hrs
3 I	Gender Sensitization	4 Hrs
3 II	Cultural Roles and Gender Sensitivity	2 Hrs
3 III	Gender Dimensions in Economic Participation and wage Gap	2 Hrs

3 IV	Gender Rights: Constitutional Rights & Legal Rights	2 Hrs
3 V	Social problems and Issues: Gender Prospective with focus on Indian Society	2 Hrs
3 VI	Gender Issues and Health care system	2 Hrs
3 VII	Gender and political Participation	2 Hrs
4	Final Assessment Feedback and Closure	2 Hrs

EXAMINATION

- 1. Total Marks: 25 Internal Assessment -5 ; Practical (Workshop in Self Defence Techniques)- 10 marks ; Theory (Multiple Choice Quiz) – 10 marks**
- 2. Total marks: 25 converted to grade for final result**

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME

Bachelor of Vocation (Nutrition, Exercise and Health)

(Session 2020-2021)

(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- 4281	S	Diabetes Education III	4-0-0	100	80	-	20	3
BVNL- 4102	C	Soft Skills and Communication	4-0-0	50	40	-	10	3
BVNL- 4283	C	Food Microbiology	2-0-0	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	3-0-1	100	60	20	20	3
SECS – 4522	C	Social Outreach	2-0-0	25	-	20	5	1
		Total	30	800				
		C- Compulsory S- Skill Enhancement						

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
(Session: 2020-21)
Diabetes Education -III
(Theory)
COURSE CODE: BVNL -4281

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.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
(Session: 2020-21)
Diabetes Education -III
(Theory)
COURSE CODE: BVNL -4281

Time: 3Hrs.

Max.Marks:100
TheoryMarks: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. Each question carry 16marks.

The fifth question may be attempted from anySection.

CONTENTS

UNIT-I

1. Glucometer: History, Equipment attachments, Calibration, Invasive and non-invasive Technique, Characteristics, Method of Usage, Safety measures while usingglucometer.
2. **CGMS –Continuous Glucose monitor and InsulinPump.**
2. Infection control and prevention at the insulin injection site, Diabetic FootCare,

UNIT-II

3. Professional behavior of diabetes educator, patient dealing, effectivecommunication
4. Treatment plan for type 1diabetes
- 5. Recent Advancement /Scope in DiabetesManagement**

UNIT-III

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

UNIT-IV

7. Diabetes awareness campaigning: weight management, diet management,regular Checkups, lifestylemodification
8. Patient' srights

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.)Wilay Eastern Ltd.1990.
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II (2nd ed. Revised& enlarged) B. appC-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey & Sons.1979.

Bachelor of Vocation Nutrition Exercise and Health

Semester-IV

Session-2020-21

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-4102

COURSE OUTCOMES

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

CO1: improve their communication skills

CO2: identify problems and be equipped with problem solving skills

CO3: learn techniques to write reports and take notes

CO4: imbibe and practice conversational skills

CO5: develop work ethics

CO6: imbibe and practice presentation skills and public speaking

Bachelor of Vocation Nutrition Exercise and Health

Semester-IV

Session-2020-21

SOFT SKILLS AND COMMUNICATION

Course Code: BVNL-4102

Examination Time: 3 Hrs

Max. 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 carry **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 carry **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. Report Writing and Note Taking

Unit II

3. Constructive feedback
4. Project Management

Unit III

5. Conversational Skills
6. Work ethics

Unit IV

7. Presentation Skills (Team presentations and Individual presentations)
8. Etiquettes for public speaking

Recommended Books:

1. *Business Communication*, by Sinha, K.K. Galgotia Publishers.

Bachelor of Vocation (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.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
Food Microbiology
(Theory)
COURSE CODE: BVNL -4283

Time: 3Hrs.

Max.Marks:100

TheoryMarks:80

CA:20

L-T-P

2-0-0

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 16marks.

Candidates are required to attempt five questions, selecting at least one question from each section.

The fifth question may be attempted from anySection.

UNIT-I

1. **Hygiene:** A brief introduction to industrial hygiene, environment, sanitation and public health.
2. Hygiene
 - a) Personalhygiene
 - b) Procedure of hand hygiene
 - a) Food hygiene (purchasing, preparation, cooking and serving).
3. Control of infection in catering establishment.
 - (a) Immunity types and their effect.
 - (b) 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:

1. Discovery and brief history of microbiology, sub disciplines ofmicrobiology.
2. Ant microbiology Agents: Antibiotics, germicides, antiseptics, qualification ofantimicrobial agents.
3. Food hazard of microbial origin and occurrence and growth of micro organism infood

UNIT-III

4. Sources of harmful bacteria and their methods oftransmission.
 - (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.
5. Food contaminants: - naturally occurring toxicants, environmental contaminants and miscellaneous contaminants.

UNIT-IV

6. General types of food spoilage and food preservation according to following food groups:-
Cereal And Pulses
Milk And Meat Products
Fruits And Vegetables
7. (a) Food additives: classification, functional role and safety issues
(c) Food packaging, concepts significance and functions, classification of packaging material and packaging methods.

References:

Food Microbiology – William
c. Frazier Microbiology – pelzar

Bachelor of Vocation (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.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
Geriatric Aide
(Theory)
COURSE CODE: BVNL -4284

Time: 3Hrs.

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 16marks.

Candidates are required to attempt five questions, selecting at least one question from each section.

The fifth question may be attempted from anySection.

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,

UNIT -IV

9. Understand concept of nutrition, nutrients and calories. Understand support to patient while feeding.
10. 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

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
Nutritional Biochemistry
Session 2020-2021
(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

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– IV)
Nutritional Biochemistry
Session 2020-2021
(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 12marks.

Candidates are required to attempt five questions, selecting at least one question from each section.

The fifth question may be attempted from anySection.

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

- 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.

Bachelor of Vocation (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.

Bachelor of Vocation (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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– IV)
Meal management
Session: 2020-2021
(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.

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– IV)
Meal Management
(Theory)

COURSE CODE: BVNM -4286

Time:3 Hours

Max. Marks: 100

L-T-P

Theory:60

2-0-2

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 12marks.

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, Introductory 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.

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

SESSION: 2020-21
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.

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

**SESSION: 2020-21
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, Soup 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

Bachelor of Vocation (Nutrition Exercise and Health) (Semester– IV)
(Session: 2020-21)
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.

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

(Session: 2020-21)

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 2020-2021)

Environmental Studies

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 2020-2021)
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 2020-2021)

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 Swatch 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

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE PROGRAMME
Bachelor of Vocation (Nutrition, Exercise and Health)
(Session2020-2021)
(Credit Based Continuous Evaluation Grading System)
Semester V

Course code	Course Titles	Course Type	Credits L-T-P	Marks				Examination time (in Hours)
				Total	Ext.	CA		
					L	P		
BVNL-5101	Soft skills and Communication	C	4-0-0	50	40	-	10	3
BVNL-5282	Fundamentals of Dietetics	S	4-0-0	100	80	-	20	3
BVNL-5283	Duty Manager	S	4-0-0	100	80	-	20	3
BVNL-5284	Introduction to Sports Nutrition	C	2-0-0	100	80	-	20	3
BVNM-5125	Computer (Internet Applications)	S	1-0-1	50	25	15	10	3+3
BVNM-5286	Extension Education and AV Aids	C	2-0-2	100	60	20	20	3
BVNM-5287	Food Service Management	S	2-0-2	100	60	20	20	3+3
BVNM-5288	Diet Therapy and Applied Nutrition	S	2-0-2	100	60	20	20	3+3
BVNP-5289	Cafeteria	S	0-0-2	50	-	40	10	3
Total			30	750				

C- Compulsory
S- Skill based

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2020-21

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-5101

COURSE OUTCOMES

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

CO1:enhance their communication skills

CO2: learn techniques to organise ideas for email writing and handling responses

CO3:identify problems and be equipped with problem solving skills

CO4:imbibe and practice leadership skills

CO5: develop the ability to communicate through situational dialogues and telephonic conversations

BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2020-21

SOFT SKILLS AND COMMUNICATION
(THEORY)

COURSE CODE: BVNL-5101

Time: 3 Hours

Max. Marks:50
Theory:40
Continuous Assessment:10

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. The candidate will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 8 marks.

Section-A: Two questions of theoretical nature will be set from Unit I.

Section-B: Two comprehension passages will be given to the students based on Unit II.

Section-C: Two questions will be given from Unit III.

Section-D: Two questions will be set from Unit IV.

(8 x 5 = 40)

**BACHELOR OF VOCATION (NUTRITION, EXERCISE AND HEALTH)
(Semester V)
Session: 2020-21**

**SOFT SKILLS AND COMMUNICATION
(THEORY)**

COURSE CODE: BVNL-5101

Unit I

1. Telephone etiquette
2. E-mail etiquette

Unit II

3. Overcoming barriers in communication
4. Situational dialogues

Unit III

5. Body language: Non-verbal communication
6. Leadership and Communication

Unit IV

7. Handling Social Media
8. Evaluate and apply communication to gain efficiency

Prescribed readings:

4. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)
Fundamentals of Dietetics
(Theory)
Course code: BVNL -5282

COURSE OUTCOMES

- (CO)1. To gain the knowledge about Indian dietetic association and its membership.
- (CO)2. To gain insight into objectives and concept of therapeutic diet.
- (CO)3. To develop adaptations of normal diets into therapeutic diets.
- (CO)4. To understand the concept about hospital dietary department and patient education.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)
Fundamentals of Dietetics
(Theory)
Course code: BVNL -5282

Time:3 Hrs.
L-T-P
4-0-0

Max.Marks:100
TheoryMarks: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.

Unit I

Indian dietetic association: History of dietetics origin of the association, membership and registration Board.

Unit II

Dietician: Definition, Qualification, classification, responsibilities, Code of Ethics and Obligations, Dietician in India (Present Status). Dietetics: classification of foods & preparation of normal diets Principles in formulation of therapeutics diets and classification and factors to be considered for therapeutic diets.

Unit -III

Regular hospital Diet and Types: Standard hospital diets suitable for general, maternal, child and specialty hospital and modification of normal diets in consistence and nutrients.

Unit VI

Hospital dietary department: its role in patient care, organization of the dietary department and role of health team members in patient care.
Dietary Prescriptions: Patient education, counseling at dietary clinics and follow up.

REFERENCES:

- Anderson L., M. V. Dibble, P. R. Turkki, H. S. Mitchell and H. J. Rynbergen Nutrition in Health and Disease, 17th ed., J. B. Lippincott Co., Philadelphia, 1982.
Antia F. P.: Clinical Dietetics and Nutrition, 3rd ed., Oxford University, Press, Delhi, Reprinted in 1989.
Bennion M.: Clinical Nutrition, Harper and Row Pub. New York, 1979.
Frances, D. E. M.: Diets for sick children, Blackwell Scientific, Publications, 1974.
Hui, Y. H.: Human Nutrition and Diet Therapy, Wadsworth Health ScLDivs. 1983.
Karran, S. J. and K. G. M. M. Alberti (ed): Practical Nutritionsl Support, John Wiley and Sons. Inc. N. Y. 1980.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)

(Session 2020-21)

Duty Manager

(Theory)

Course code: BVNL -5283

Course outcomes:

(CO)1. To gain the knowledge about health care and referral system of India.

(CO)2. To gain insight into objectives and concept of Quality in health care service.

(CO)3. To develop the knowledge about fundamentals of accounting.

(CO)4. To understand the concept about fire safety, security, hand hygiene , grooming, biomedical waste management and hospital management system.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)

(Session 2020-21)

Duty Manager

(Theory)

Course code: BVNL -5283

Time:3 Hrs.

L-T-P

4-0-0

Max.Marks:100

TheoryMarks: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

CONTENTS:

Unit -I

Health disease and well being.

Referral system of India.

Health care system :Primary , secondary and tertiary system Program and national health policy .

Personnel management

Unit -II

Quality in health care service and medical quality :Various standards about NABH ,Quality control and quality assurance ,Patient behaviour and psychology .
Safety and first aid.

Unit- III

Infection control and prevention :Understanding the concept of hand hygiene, Develop techniques of self grooming and maintenance .

Fundamentals of accounting : basic principles of accounting ,how to conduct analysis of financial statements , common size and ratioanalysis.

Unit -IV

Hospital administrationworkrules: Turn around time(TAT), external and internal audit process with respect to various disciplines such asNABH.

Fire safety and security : emergency codes, how to use fire extinguisher

Biomedical waste management :

Hospital management system : various characteristic of hospital management system , basic functioning of hospital management system , maintain database of patients and visitors.

References:

Bennion M.: Clinical Nutrition, Harper and Row Pub. New York, 1979.

Frances, D. E. M.: Diets for sick children, Blackwell Scientific, Publications, 1974.

Hui, Y. H.: Human Nutrition and Diet Therapy, Wadsworth Health ScLDivs. 1983.

Karran, S. J. and K. G. M. M. Alberti (ed): Practical Nutritionsl Support, John Wiley and Sons. Inc. N. Y. 1980

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session: 2020-21)

**Introduction to Sports Nutrition
(Theory)**

COURSE CODE: BVNL-5284

Course outcomes:

CO1. To develop the knowledge about concept of sports Nutrition .

CO2. To understand the knowledge about carbohydrate , fat and protein intake during exercise.

CO3. To develop the knowledge about concept of energy balance and energy requirement in athletic performance.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session: 2020-21)

**Introduction to Sports Nutrition
(Theory)**

COURSE CODE: BVNL-5284

Time:3 Hrs.

L-T-P

2-0-0

Max.Marks:100

TheoryMarks: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.

CONTENTS :

UNIT-I

Introduction To Sports Nutrition: Definition; History; Role of international agencies in sports nutrition.

Carbohydrate Intake and performance: Type; structure and function of Carbohydrate and its utilisation in the body; Type, timing and quantity of carbohydrate intake in Resistance training and Endurance training; Food sources from different types of carbohydrate;

Fat Intake and performance: Structure and function of fat and its utilisation in the body; Intensity of training impacting fat utilisation; Type, timing and Quantity of fat intake in Resistance training and Endurance training; Amount of fat recommended for varying level of training, fitness or recreational sports.

Protein Intake and performance: Type and Quality of protein and its utilisation in the body; Specific role of amino acids for performance; Type of proteins available in food; Dietary protein strategies for performance enhancement; Requirements set for protein intake for athletes at varying levels of expertise, for fitness and recreational sports.

UNIT-II

Macronutrients and Energy balance

Energy balance concept for athletic performance: Contribution of macronutrients to Energy; Caloricity of nutrients and its impact on optimal performance; Factors affecting energy expenditure (age, gender, ethnicity, level of training, training intensity, type of sport and phase of training); Importance of understanding carbohydrate, protein and fat balance among athletes; Consequences of Energy imbalance in performance.

Determining energy requirements of athletes: Contribution of Resting metabolic Rate, Thermic effect of food and Exercise and Non-exercise activity thermogenesis (NEAT) towards energy expenditure. Principles and methods for determining energy expenditure commonly used among athletes. Energy availability in assessing energy requirement for athletes; Energy and nutritional requirements for athletes.

UNIT-III

Energy intake pattern of athletes: Nutritional intake concerns for athletes in sport and exercise; Foodfads and beliefs among athletes regarding nutrition intake; Energy intake pattern of athletes across various levels of training expertise; Energy intake of athletes during training and for competition.

Vitamins and Minerals in exercise performance

Vitamins: Types; mode of action; primary functions; excess vs. deficiency; Role of increased intake of vitamins in exercise performance; Role of vitamins in indirectly affecting performance through mental ability, immunity and recuperation to an injury; Research findings relating to performance benefits of key vitamins; Requirements for athletes.

Minerals: Types; mode of action; Primary functions; Excess vs. Deficiency; Role of increased intake of minerals in exercise performance; Research findings relating to performance benefits of key 5 minerals; Requirements for athletes.

Antioxidant: Definition; Enzymatic and Non-Enzymatic antioxidants; Mode of action; Antioxidant effects to reduce oxidative stress; Effect on muscle contraction and exercise performance; Antioxidant deficiencies and exercise performance; Antioxidant requirements for exercise.

UNIT-IV

Nutrient periodisation, meal timing and hydration among athletes

Nutrient periodisation and Meal timing: Importance of periodisation and meal timing related to the type of training and exercise intensity; Importance of timing of carbohydrate intake; Type of carbohydrates and proteins beneficial for maximum refuelling post exercise sessions; Gender differences in carbohydrate, protein and fat refuelling strategies; Effect of high or low carbohydrate, protein and fat on training adaptation and performance.

Dehydration: Causes; Symptoms and its effects on cardiovascular system and muscle metabolism.

Hydration strategies: Beverage composition and formulation (isotonic, hypotonic and hypertonic); Only fluid versus fuelling with other macronutrients and electrolytes for exercise benefits; Factors that influence intake; Gastric emptying and absorption of fluids; Beverage palatability and fluid intake; Intravenous rehydration; Food versus fluid consumption during exercise.

References:

Sports nutrition by Nancy Clark, MS, RD.

Health education and sports nutrition by Dr. Lalita Ishwar Punnya

Sports nutrition : A handbook for professionals by Christine Karpinski , PhD, RD, CSSD.

Bachelor of Vocation
(Nutrition Exercise & Health) (Semester-V)
(Session: 2020-21)

Computer (Internet Applications)

Course code: BVNM- 5125

Course Outcomes:

After successful completion of this course, students will be able to:

CO1: understand working of internet, services it offers

CO2: communicate via email effectively and manage email accounts efficiently

Bachelor of Vocation (B.Voc.)
(Nutrition Exercise & Health) (Semester-V)
(Session :2020-21)

Computer (Internet Applications)
Course code: BVNM- 5125

Time:3 Hours
L-T-P:
1-0-1

Maximum Marks:50
Theory: 25, Practical: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

Course Contents

UNIT –I

Introduction to Internet & its working, Business use of Internet, Services offered by Internet

UNIT-II

Introduction to email, Advantages and disadvantages, structure of email message, Working with email(sending and receiving messages), Managing email(creating new folder, deleting messages, forwarding messages, filtering messages)

UNIT-III

World wide web(www): Introduction, working and web browsing, DNS & IP addressing

UNIT-IV

Search engine: Introduction, Components and working of search engine.

(Practical)

Instruction to the Practical Examiner: Paper will be set on the spot by the examiner based on the content in the syllabus.

Books Recommended:

1. Windows Based Computer Courses, Rachhpal Singh & Gurvinder Singh.
2. Information Technology, Hardeep Singh & Anshuman Sharma.
3. Office Complete, BPB Publications.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session :2020-21)

**Extension Education and AV Aids
(Theory)**

COURSE CODE: BVNM-5286

Course outcomes:

- (CO)1. To understand the knowledge about communication skills and its functions.
- (CO)2. To gain the knowledge about audio visual Aids.
- (CO)3. To develop the knowledge about programme planning.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session: 2020-21)

**Extension Education and AV Aids
(Theory)**

COURSE CODE: BVNM-5286

Time: 3Hrs.
L-T-P
2-0-2

Max.Marks:100
TheoryMarks:60
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.

UNIT-I

Communication-definition, importance process model, scope, function and problem in communication.

UNIT-II

Selection of channel and teaching tools.
Feedback in communication.

UNIT-III

Audio-visual Aids – Meaning, types, choice planning and selecting theme, layout and design.
Brief introduction of commonly used aids, posters, charts, flipcharts, exhibition, power-point presentation, bulletin, puppet, drama & talks, power-point presentation.

UNIT-IV

Programme planning – meaning and principles.
Development & plan of work, importance format & elements, selection of subject matter

Reference Book :-

1. Education and Communication for development by O.P. Dhama and O.P. Bhatnagar13

Bachelor of Vocation (Nutrition, Exercise and Health)(Semester –V)

(Session :2020-21)

Extension Education and AV Aids

(Practical)

COURSE CODE: BVNM-5286

Course Outcomes:

(CO)1. To enable them to make posters, templates , flashcards, pamphlets and PowerPoint presentation.

(CO)2. To gain the knowledge about how to prepare lesson plan.

(CO)3. To gain the knowledge about field visits and imparting extension education to rural people.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session :2020-21)

**Extension education and AV Aids
(Practical)
COURSE CODE: BVNM-5286**

Time :3 hours

Marks: 20

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

1. Preparation of Visual Aid. Posters, charts, flash cards, pamphlets, power-point presentation.
2. Prepare a lesson plan on any subject matter to impart knowledge to the rural people.
3. Field visit to imparting extension education to rural people, submit the report that will be judged by the external examiner.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)

Food Service Management

(Theory)

Course code: BVNM -5287

COURSE OUTCOMES :

(CO)1. To gain in depth knowledge of food service management .

(CO)2. To understand basic managerial skills.

CO3. To develop the knowledge about meal planning in institution , menu types and standardization of common food preparation.

CO4. To understand the knowledge about management, organization and communication process and method.

CO5. To develop the knowledge about personnel management, methods of recruitment, welfare provision for employees- health, safety and recreation.

CO6. To understand the knowledge about types of equipment, kitchen unit, storage units, serving units and dishwashing.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)

FOOD SERVICE MANAGEMENT

(Theory)

Course code: BVNM -5287

Time:3 Hrs.

L-T-P

2-0-2

Max.Marks:100

TheoryMarks:60

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:

Introduction to Food Service Systems and catering industry: Evolution of the food service industry. Types of Services as affected by changes in the environment.

1. Hospital food service as a specialty–

2. Characteristics, rates and services of the food production of the various

3. Types of food service units – Canteens, Hostels, Hospitals and Restaurants. Role of kitchen Dietitian.

Principles of Institutional food Management: Management functions

Management tools: Tangible, Intangible tools

Unit II:

Organizations – Types of organizations and characteristics. Organizational charts. **Catering Management** – Definition, Principles and Functions, Tools of **Human**

Resource Management: Employment procedures: Recruitment Selection,

Induction, Employee Benefits, Job description, Job specifications, Job evaluation, and

Personnel appraisal. Training and Development

Unit III:

Financial Management: Elements of Financial management, Budget Systems and accounting, Budget preparation, Cost concept, cost control and pricing.

Legal Aspects: Labor Laws, Welfare policies and schemes for employees

Space Organization: Space requirements for kitchen and service areas, Types of Kitchens, Layout of service areas

Unit IV:

Equipment: Types of equipment, Selection of equipment, Maintenance of equipment.

Time and Energy Management: Importance of time and energy management, Types of energy,

Measures for utilization and conservation

Purchase and store room management – Purchase systems, specifications, food requisition and inventory systems, Recordkeeping

REFERENCES:

1. Ronald kinton and victor cesarani (1992), 'the theory of Catering', Bulter and Tanner Ltd., France andLondon.
2. Mohiniseti and surjeet Mohan (1993), catering management – An integrated approach, second edition,wiley esteem limited, NewDelhi.
3. Food Service in Institutions –Wood
4. Food Service in Institutions – West, Bessin,Brooks.
5. Handbook of Food Preparations – A.M. Home EconomicsAssociation.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session: 2020-21)

**Food Service Management
(Practical)
COURSE CODE: BVNM-5287**

Course outcomes:

- CO1. To develop the knowledge about standardization and cost calculation of recipes.
- CO2. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.
- CO3. To gain the knowledge about market survey of food service equipment.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)

FOOD SERVICE MANAGEMENT

(Practical)

Course code: BVNM-5287

Time:3 Hrs.

Max. Marks: 20

CONTENTS:

Market survey of Food service equipment.

Layout analysis of Kitchens of different food service Institutions.

Standardizing recipes for 100 servings/ persons

Cost analysis of menus in

-College canteen

-Hostel mess

-Hospitals (private, charitable, govt.)

Cafeteria (To be evaluated internally by a committee of three teachers.)

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)

**Diet Therapy and Applied Nutrition
(Theory)**

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To knowledge about principles of therapeutic diets.

CO2. To develop the knowledge about diet in metabolic and chronic disorder – diabetes , gout, cardiovascular disease.

CO3. To develop the knowledge about nutrition and cancer.

CO4. To develop the knowledge about AIDS and skin disease.

CO5. To develop the knowledge about Drug – Nutrient interaction.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session 2020-21)

**Diet Therapy and Applied Nutrition
(Theory)**

COURSE CODE: BVNM-5288

Time:3 Hrs.

L-T-P

2-0-2

Max.Marks:100

TheoryMarks:60

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.

UNIT -I

Drug – Nutrient interaction.

1. Principles of therapeutic diets.

Introduction – Intravenous feeding, soft, liquid and post operative feedings.

Modifications of Diet. Surgical conditions.

Diets in Fever and Infections–Types, metabolism in fevers, general dietary considerations.

Diet in Typhoid, Tuberculosis

Calories – Under nutrition, over nutrition.

UNIT-II

Gastro intestinal diseases – Peptic ulcer spastic and stomic constipation, diarrhoeas,
Ulcerative colitis–symptoms and dietary treatment, Sprue-coeliac diseases, Lactose
intolerance dietary treatment

Liver disease – jaundice, cirrhosis and hepatic coma, gall bladder disease (cholecystitis
and cholelithesis, and pancreatitis)

Kidney disease – Nephritis, nephrotic syndrome acute and chronic renal failure,

Urinary calculi kidney failure and Dialysis

UNIT-III

Chronic disorder like gout.

Cardiovascular disease – Hypertension and heart disease (Artherosclerosis, Hyperlipidemia)

Elimination diets in allergy.

UNIT-IV

Obesity and its management

Nutrition and Cancer.

Nutrition and AIDS and skin diseases.

Books Recommended:

- (i) Davidson and Passmor – Human Nutrition and Dietetics.
- (ii) Whole and Good Heart – Modern Nutrition in Health and Disease.
- (iii) Cooper, Barber and Micholl – Nutrition in health and disease.
- (iv) Anita – Nutrition in health and disease

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session : 2020-21)

**Diet Therapy and Applied Nutrition
(Practical)**

COURSE CODE: BVNM-5288

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about planning, preparation and serving diets for all the conditions.

CO2. To develop knowledge functioning of hospital in patient care and to plan diet for different patients.

CO3. To develop the knowledge of preparing innovative recipes for therapeutic conditions such as diabetes, hypertension.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester –V)
(Session : 2020-21)

**Diet Therapy and Applied Nutrition
(Practical)**

COURSE CODE: BVNM-5288

Time :3 hours

Marks:20

As related to theory planning preparation and serving diets for all the conditions mentioned in the theory keeping in mind the economic, regional and cultural factors. Family nutrition counseling.

Innovation of at least 2 recepies for therapeutic conditions e.g. diabetes, hypertension etc.

As related to theory planning preparation and serving diets for all the conditions mentioned in the theory keeping in mind the economic, regional and cultural factors. Family nutrition counseling.

Innovation of at least 2recepies for therapeutic conditions e.g. diabetes, hypertension etc.

Bachelor of Vocation Nutrition, Exercise and Health (Semester –V)
(Session :2020-21)

**Cafeteria
(Practical)**

COURSE CODE: BVNP-5289

Course outcomes:

Upon Completion of this Course the student should be able to

CO1. To knowledge about preparation of recipes suitable for cafeteria.

CO2. To develop the knowledge about standardization and cost calculation of recipes selected for cafeteria.

CO3. To enhance the supervising quality of a student in which they have to plan cafeteria and calculate its cost.

Bachelor of Vocation Nutrition, Exercise and Health (Semester –V)
(Session :2020-21)

**Cafeteria
(practical)**

COURSE CODE: BVNP-5289

Time :3 hours

Max. Marks: 50

Practical: 40

CA: 10

INSTRUCTION FOR THE PAPER SETTER: There will be eight questions in all.
Question no. One will be compulsory: students will attempt five questions in all.

CONTENTS

1. Bulk Cooking for atleast 25persons.
2. Students have to cook min. 4 dishes.
3. The cooking should be Themebased.

Kanya Maha Vidyalaya, Jalandhar (Autonomous)
SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE YEAR DEGREE
PROGRAMME
Bachelor of Vocation (Nutrition, Exercise and Health)
(Session 2020-2021)
(Credit Based Continuous Evaluation Grading System)

Semester VI								
Course code	Course type	Course Titles	Credits L-T-P	Max Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BVNL- 6281	S	Nutrition and Fitness	4-0-0	100	80	-	20	3
BVNL- 6282	C	Food Safety	4-0-0	100	80	-	20	3
BVNL-6283	C	Paediatric Nutrition	4-0-0	100	80	-	20	3
BVNM- 6104	S	Soft Skills and Communication	2-0-2	50	25	15	10	3+3
BVNM-6285	S	Therapeutic Nutrition	2-0-2	100	60	20	20	3+3
BVNM- 6286	C	Quantity Food Production	2-0-2	100	60	20	20	3+3
BVNM-6127	S	Computer (Database Concepts)	1-0-1	50	25	15	10	3
BVNI-6288	S	Internship	0-0-4	100	-	100	-	3
		Total	30	700				
	C- Compulsory S- Skill Enhancement							

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

Session: 2020-21

Nutrition and Fitness

(Theory)

COURSE CODE: BVNL -6281

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the basic concept of fitness and its assessment.

CO (2)- To understand the role of nutrition in fitness.

CO (3)- To understand the nutritional guidelines for fitness and nutritional supplements.

CO (4)- To understand the importance of physical activity.

CO (5)- To understand the assessment, etiology and complications of overweight and obesity.

CO (6)- To understand the concept of fad diets.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)
Session: 2020-21
Nutrition and Fitness
(Theory)
COURSE CODE: BVNL -6281

Time:3 Hours

Max. Marks: 100

L-T-P
4-0-0

Theory:80
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 12marks.

The fifth question may be attempted from any Section.

Content:

Unit-I

Understanding Fitness

- Definition of fitness, health and related terms
- Assessment of fitness
- Approaches for keeping fit

Unit-II

Importance of nutrition

- Role of nutrition in fitness
- Nutritional guidelines for health and fitness
- Nutritional Supplements

Unit-III

Importance of Physical activity

- Importance and benefits of physical activity
- Physical Activity- Frequency, Intensity, Time and type with examples
- Physical Activity Guidelines and physical activity pyramid

Unit-IV

Weight Management

- Assessment, etiology, health complications of overweight and obesity
- Diet and exercise for weight management •Fad diets

- Principles of planning weight reducing diets.

RECOMMENDED READINGS:

- Wardlaw,Smith,ContemporaryNutrition:A Functional Approach 2nd Ed .2012.Mc Graw Hill.
- Williams Melvin,Nutrition for health,fitness and sports .2004.Mc Graw Hill.
- Joshi AS ,Nutrition and Dietetics 2010.Tata Mc Graw Hill

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester–VI)

Session:2020-21

Food Safety

(Theory)

COURSE CODE: BVNL -6282

COURSE OUTCOME

Upon completion of this course the student should be able to CO

(1)- To Understand the concept of food safety and hygiene.

CO (2)- To understand the concept of food borne illness and food hazards.

CO (3)- To understand the food laws and regulations (National as well as International).

CO (4)- To understand the design and implementation of food safety management system such as ISO, HACCP.

CO (5)- To understand the concept of food safety management.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester–VI)

Session:2020-21

Food Safety

(Theory)

COURSE CODE: BVNL -6282

Time:3 Hours

Max. Marks: 100

L-T-P

Theory:80

4-0-0

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 12marks.

The fifth question may be attempted from any Section.

Content:

UNIT-I

Introduction to Food Safety: Definition, Types of hazards and their impact on health ,biological, chemical, physical hazards ,and their control measures. Factors affecting food safety ,Hygiene.

Food handling, Purchasing and Receiving Safe Food.

Food-Important points to be observed for receiving various foods.

Sanitary procedures while preparing ,cooking and holding food, Safety of left over foods ,Food Storage -Guidelines for storage of foods at various temperatures, Storage of Specific Foods

Unit-II

Food Borne Illness and Food Hazards

Food Borne illnesses caused by Bacteria ,Virus and Parasites .Natural Toxicants in foods, Chemicals, Antibiotics, Hormones and Metal Contamination

Unit-III

Food Safety Management; Basic Concept, Prerequisites-GHP's, GMP's, and SSOP's, HACCP ,ISO Series ,TQM-Concept and need for quality ,Components of TQM, Kaizen. Risk Analysis, Accreditation and Auditing.

Safety concerns in food packaging: Principles in the development of safe and protective packaging, Product labelling, Nutritional Labelling and safety assessment of food packaging materials.

Unit-IV

Food Laws and Standards : Indian Food Regime ,Global Scenario ,Other laws and standard related to food ,FPO,PFA,FSSAI,AGMARK,BIS,GRAS and permissible limits for chemical preservatives.

Recent concerns in food safety: New and Emerging Pathogens. Genetically modified foods/Transgenic/ Organic foods. Newer approaches to food safety.

References:

Text books

First Aid, CPR and AED, 5th ed. (2006). A. Thygerson, B. Gulli& J.R. Krohmer.Jones & Bartlett. ISBN:0763742090

Suggested Books:

Food Science & Nutrition-Roday Sunetra, Oxford University Press Ali, Inteaz, Food Quality Assurance
Hester and Harrison, Food Safety and Food Quality

Web Links:

[https:// www.hanoverhornets.org/pe/wp-content/uploads/2017/01/nutritionnotes-2.pdf](https://www.hanoverhornets.org/pe/wp-content/uploads/2017/01/nutritionnotes-2.pdf) <https://download.nos.org/srsec321newE/321-E-Lesson-4.pdf>
<https://testbook.com/blog/nutrition-and-deficiency-static-gk-notes-pdf-3/>
<https://www.wasatch.edu/cms/lib/UT01000315/Centricity/.../exsci%20lecture%20notes.p df>

<https://academic.oup.com/nutritionreviews/article-pdf/45/.../nutritionreviews45-0319.pdf>

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)
Session: 2020-21
(Theory)
Paediatric Nutrition

COURSE CODE: BVNL -6283

COURSE OUTCOME

Upon completion of this course the student should be able to

CO (1)- To Understand the concept of anthropometric measurements.

CO (2)- To understand the concept of Childhood obesity; Underweight and Under nutrition .

CO (3)- To understand the Nutritional screening and nutritional status assessment of the critically ill.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)
Session: 2020-21
(Theory)
Paediatric Nutrition

COURSE CODE: BVNL -6283

Time:3 Hours

Max. Marks:100
Theory: 80

L-T-P
4-0-0

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 12marks.

The fifth question may be attempted from any Section.

Contents:

Unit –I

Paediatric nutrition. Paediatric nutrition assessment: Anthropometric measurements, Biochemical parameters, clinical and dietary data.

Measuring ,recording and plotting growth

Normal nutrition for infants – requirements , importance of breast feeding ,bottle feeding , commercial formulas, weaning foods ,other family foods ,physiology and care of the preterm infant.

Nutritional considerations for LBW children and children with development disabilities.

Nutrition in childhood; Growth and development; nutrient needs

Assessment of nutritional status of children. Providing an adequate diet -Factors affecting food intake.

Unit -II

Feeding the preschool child, the school- aged child.

Nutritional concerns

Childhood obesity; Underweight and Undernutrition- shortterm and long term consequences in brief, Failure to thrive.

Growth faltering and detection Mineral and vitamin deficiencies.

Dental caries

Allergies

Attention-deficit hyperactivity disorder

Nurological disease in children i.e. epilepsy(ketogenicdiets)

Pulmonary disease in children, cystic fibrosis.

Unit –III

Children and Gastrointestinal Disease

Celiac

disease

Colitis

Constipation Crohn's disease

Esophagitis

Gall bladder iseases

Gastrointestinal bleeding

Gastroparesis

GERD, or gastroesophageal refluxdisease

Irritable bowel syndrome

Inflammatory bowel

disease Liver disease

Pancreatic diseases

Pepticulcers

Short bowel syndrome

Unit -IV

Nutritional Requirements- Water, Energy proteins, carbohydrate ,Fats,

Minerals, Vitamins

Diet for later childhood and adolescent

Nutrition Values of Indian Foods, Recipes.

Complementary foods

Inborn errors of Metabolism, Chronic Illness, Surgery, Critically illchild.

References:

Pediatric Nutrition by SurajGupte

Nutrition and child development by KEE;izabeth

Infant , child and adolescent Nutrition by judyMore

Bachelor of Vocation Nutrition Exercise and Health

Semester-VI

Session-2020-21

SOFT SKILLS AND COMMUNICATION

Course Code: BVNM-6104

COURSE OUTCOMES

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

CO1: enhance interpersonal skills

CO2: learn the technique of video conferencing

CO3: develop the ability to write job application and resume

CO4: practise group discussion and develop interview skills

CO5: develop the ability to provide good customer service

Bachelor of Vocation Nutrition Exercise and Health
Semester-VI
Session-2020-21
SOFT SKILLS AND COMMUNICATION
Course Code: BVNM-6104

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

Max. Marks: 50
Theory: 25
Practical: 15
CA: 10

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:

Section-A: Two questions of theoretical nature will be set from Unit I of the syllabus and the candidates will have to attempt one carrying 5 marks.

Section-B: Two questions will be set from Unit II of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-C: Two questions will be set from Unit III of the syllabus. Candidates will have to attempt one carrying 5 marks.

Section-D: Two questions will be set from Unit IV of the syllabus. Candidates will have to attempt one carrying 5 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 from any of the four sections.

(5 x 5

= 25)

Unit I

1. Interpersonal Skills

Unit II

2. Service excellence in medical setup
3. Job application and Resume Writing

Unit III

4. Video Conferencing

Unit IV

5. Group Discussion
6. Interview Skills

Recommended Books:

1. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

**Bachelor of Vocation Nutrition Exercise and Health
Semester-VI**

Session-2020-21

SOFT SKILLS AND COMMUNICATION

Course Code: BVNM-6104

PRACTICAL EXAMINATION

**Examination Time: 3 hours
15**

Marks:

Course Contents:

1. Interview Skills
2. Group Discussion
3. Public speaking

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

**Therapeutic Nutrition
(Theory)**

COURSE CODE: BVNM -6285

Course outcomes:

- 1.To gain insight into objectives and concept of therapeutic diet.
- 2.To develop adaptations of normal diets into therapeutic diets.
3. To understand the concept of therapeutic nutrition in different diseases infections and fevers.
4. To gain knowledge of dietary modifications and management techniques.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

Session: 2020-21

Therapeutic Nutrition

(Theory)

COURSE CODE: BVNM -6285

Time:3 Hours

Max. Marks: 100

Theory:60

Practical:20

CA:20

L-T-P

2-0-2

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 12marks.

The fifth question may be attempted from any Section.

Content:

Unit-I

Basic concept of Therapeutic diet - meaning, importance, objectives,

Therapeutic adaptations of the normal diet.

Nutrient and drug interaction. Effect of drug therapy on intake, absorption and utilization of nutrients.

Unit-II

Nutrition in Diabetes Mellitus - Types etiology, symptoms metabolic changes, lifestyle modification, Dietary management, Hypoglycemic agents, Medication, Insulin therapy, Acute Complication of diabetes.

Nutrition in obesity - assessment of obesity, Hazards of obesity, etiology, nutritional management and other approaches. Brief knowledge of Dash Diet

Food Allergy - Causes, symptoms & dietary management.

Unit -III

Critical care Nutritional screening and nutritional status assessment of the critically ill.

Nutritional support system and other life - saving measures for the critically ill.

Enteral and parenteral nutrition support. Role of immune enhancer, conditionally essential nutrients, Immune suppressants, and special diets in critical care

Complications of nutritional support system including re-feeding syndrome and rehabilitation diets.

Unit -IV

Enteral nutrition: Various sites for enteral nutrition .In brief, discussion on Ryles tube and its care. Types of feeds, advantages and disadvantages of home based feed.

Commercial formula feed – incorporation of easily digestible food. Requirement of nutrients according to problems e.g. renal, respiratory etc. Total parental nutrition. The importance of TPN Long term effect of its use Site of TPN and its care Composition.

Reference books

1. Food and Nutrition - by Dr.M. Swamination
2. Text book of Nutrition & Dietetics - by Kumeed Khanna & others.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)
Therapeutic Nutrition
(Practical)

COURSE CODE: BVNM -6285

Course outcomes

1. To develop therapeutic diets according to special requirements of nutrients.
2. To calculate the nutritive value of diets.
3. To study the nutritive value of diets given in different diseases.
4. To develop entrepreneurship skills in students.
5. To encourage the students to set up a diet clinic.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)
Therapeutic Nutrition
(Practical)
COURSE CODE: BVNM -6285

Marks: 20

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

1. Prepare following therapeutic recipes and calculate their nutritive value.
 - a. Prepare 5 recipes of liquid and soft diet.
 - b. Prepare 5 high protein and high energy recipes.
 - c. Prepare 5 high carbohydrate, moderate protein & low fat recipes.
 - d. Prepare 5 high fiber and low glycemic index recipes.
 - e. Prepare 5 low sodium, low fat and high fiber diet.
2. Plan and calculate nutritive value of diet for the following diseases. Typhoid, Diarrhoea, Constipation, Jaundice, peptic ulcer, Diabetes, Hypertension, atherosclerosis, renal disease and obesity.
3. Students are required to run Diet Clinics in the college.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION

(Theory)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO (1). To understand about different food services.

CO (2). To get the concept of menu planning and importance of personal hygiene of food handlers.

CO (3). To discuss about food management, food purchasing and preparation of different foods.

CO (4). To understand the effective use of leftover food, food production system and effect of cooking method on nutritional quality of food.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION

(Theory)

COURSE CODE: BVNM-6286

Time:3 Hours

L-T-P

2-0-2

Max. Marks:100

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.

The fifth question may be attempted from any Section.

COURSE CONTENT:

UNIT- I

Aims and objectives of different food service and beverage outlets (a) Hospitality industry, (b) institutional/welfare.

Food and Beverage service methods Table service Assisted service Self service-Types Single point service Specializedservice.

UNIT- II

Menu Planning- importance, factors, construction writing and display.

Importance of personal hygiene of food handler – clothes, personality, health, attitude towards customers.

Cost Control- Standardization and portion size of recipe-calculating cost of dish, meal and event. Methods of calculation - Gross profit ratio food cost ratio. Methods of controlling cost.

UNIT- III

Characteristics of Food- Quality in food service, Quantitative, sensory and nutritional quality.

Food Management- Food Purchasing, receiving, storage, handling and preparation.

Food production – Food production system, food production process, effect of cooking methods on the nutritional quality of foods. Some large quantity cooking technique, Effective use of leftover, holding techniques.

UNIT-IV

Waste product handling: Planning for waste disposal. Solid wastes and liquid wastes

Control of Infestation - rodent, flies, cockroaches control, use of pesticides.

Service Areas- Planning of service area, Table sizes and decor of service area.

References:

1. Mohini Sethi, Surjeet Malhan, Catering Management An Integrated Approach. NewAge International (P) Limited Publisher Jalandhar.
2. Mohini Sethi, Surjeet Malhan - Institutional foodmanagement.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester– VI)

SESSION: 2020-21

QUANTITY FOOD PRODUCTION

(PRACTICAL)

COURSE CODE: BVNM-6286

COURSE OUTCOME:

CO 1: To prepare them for event management.

CO 2: To give hands on training for commercial cooking

CO 3: To make them clear about the nutritive calculations of various recipes.

Bachelor of Vocation (Nutrition, Exercise and Health) (Semester-VI)

SESSION: 2020-21

**QUANTITY FOOD PRODUCTION
(PRACTICAL)**

COURSE CODE: BVNM-6286

Time:3 Hours

Max. Marks: 20

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

Course Outline

- 1) Standardization and cost calculation of a snacks & meals.
- 2) Preparation of High Teas/Lunches/Dinners for special occasions.

Kitty

party New

Year

- 3) Holi/Diwali
- 4) Lohri
- 5) Anniversary
- 6) Birthday
- 7) Picnic
- 3) Arrange one small party
- 4) Daily and occasional cleaning of kitchen equipments, utensils, counters, floor and cupboards.

Bachelor of Vocation(Nutrition Exercise & Health) Semester VI
Session 2020-21
Computer (Database Concepts)
BVNM-6127

Time: 3 Hours
L-T-P: 1-0-1

Maximum Marks: 50
Theory: 25
Practical:15
CA- 10

Instructions for the Paper Setters: - Eight questions of equal marks (5 marks each) are to be set, two in each of the four Sections (A-D). 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

Database Management System (DBMS): Meaning and need of a database, Advantages, Limitations of databases, Applications of Database, Meaning and need of DBMS, Database Components: Tables, Rows, Columns, Attributes, Queries, Record, Primary Key, Foreign Key, Creation and Relationship between tables.

Unit - II

MS ACCESS Database Basics: Databases, Records · Fields, data types, Introduction into Microsoft Access, Starting Up Microsoft Access, creating New, and Opening Existing Databases, creating a database using a wizard, creating a database without using a wizard.

Unit - III

Tables - What they are and how they work, create a table from scratch in Design view, Primary Keys, Switching Views, Entering Data, Manipulating Data, Linking multiple tables together.

Unit - IV

Forms -What they are and how they work. Reports - What they are and how they work. Creating a Report Using a Wizard.

Instructions for the practical examiner: -

Practical examination is to be based on topics covered in the syllabus.
Practical exam is to be set on the spot by the practical examiner.

Suggested readings: -

Access 2016 Bible, by Michael Alexander and Richard Kusleika, Wiley
MS ACCESS 2013 PLAIN & SIMPLE by Andrew Couch, PHI Learning Pvt. Ltd

Bachelor of Vocation Nutrition Exercise and Health
Semester-VI
Session-2020-21

Internship (PRACTICAL)
COURSE CODE: BVNI-6288

Time: 3 Hours

L-T-P

0-0-4

Max. Marks: 100

- Internship of any of the multi-specialty Hospital for a min. period of 30 days as Dietician.