

FACULTY OF VOCATIONAL STUDIES
SYLLABUS OF
Bachelor of Vocation (Nutrition and Dietetics)
(Semester: I-II)
(Under Credit Based Continuous Evaluation Grading System)
(Session: 2026-27)



The Heritage Institution
KANYA MAHA VIDYALAYA JALANDHAR
(Autonomous)

Programme Specific Outcomes for Bachelor of Vocation (Nutrition and Dietetics)

Session: 2026-2027

PSO (1):- To gain basic knowledge of nutrients, balanced diet and food groups, strategies for food access, procurement, preparation and safety for individuals, study about therapeutic diets, develop the knowledge of sports nutrition, carbohydrate, fat and protein intake during exercise.

PSO (2):- To give knowledge about structure and function of human body and its systems.

PSO (3):- To provide knowledge about regulation of blood glucose in human body, the roles and responsibilities of diabetic educator and identify different health care system.

PSO (4): Able to provide nutrition counseling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE-YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition and Dietetics)
Credit Based Continuous Evaluation Grading System(CBCEGS)
(Session: 2026-27)

Semester-I

CourseCode	CourseTitle	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total Credits	Marks				Examination time (inHours)
						Total	Th	P	CA	
BVNL-1421/ BVNL-1031/ BVNL-1431	Punjabi (Compulsory)/ ¹ BasicPunjabi/ ² PunjabHistory and Culture	C	4-0-0	4-0-0	4	100	70	-	30	3
BVNM- 1102	Communication SkillsinEnglish-I	C	3-0-2	3-0-1	4	100	50	20	30	3+3
BVNL-1283	Nutrition and Immunity	S	4-0-0	4-0-0	4	100	70	-	30	3
BVNL-1284	Basic Food andNutrition	S	4-0-0	4-0-0	4	100	70	-	30	3
BVNM-1285	Human Physiology	S	3-0-2	3-0-1	4	100	50	20	30	3 +3
BVNP-1286	Basic Food and Nutrition (Practical)	S	0-0-4	0-0-2	2	50	-	35	15	3
BVNF-1287	Industrial Visit (Practical)	S	0-0-4	0-0-2	2	50	-	50	-	3
USEP-0001	Entrepreneurship Mindset Level-I	SEC	0-0-4	0-0-2	2	50	-	50	-	-
VACF 1491	Foundation Course	VAAC	2-0-0	2-0-0	2	50	35	-	15	1
TOTAL CREDITS					28					

1. Special Paper in lieu of Punjabi (Compulsory)
2. Special Paper in lieu of Punjabi (Compulsory) (For those students who are not domicile of Punjab).
- 3.C- Compulsory
4. S-Skill Enhancement
5. VAAC (Value Added Audit Course)

Session 2026-27

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 and Dietetics)/ 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

ਕ+1ਯਯਾਤਮਅਨਾਤਮ' ਪੁਸਤਕ ਦੇ ਕਵਿਤਾਭਾਗਨੂੰ ਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਅੰਦਰਕਵਿਤਾਪ੍ਰਤੀਦਿਲਚਸਪੀ, ਸੂਝ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਤਾਂਕਿਉਹ ਆਧੁਨਿਕਦੌਰਵਿਚਚੱਲਰਹੀਆਂਕਾਵਿਧਾਰਾਵਾਂ ਅਤੇ ਕਵੀਆਂਬਾਰੇ ਗਿਆਨਹਾਸਿਲਕਰ ਸਕਣ।ਇਸ ਦਾਹੋਰਮਨੋਰਥਕਵਿਤਾ ਦੀ ਵਿਆਖਿਆ, ਵਿਸ਼ਲੇਸ਼ਣ ਤੇ ਮੁਲੰਕਣ ਦੀ ਪ੍ਰਕਿਰਿਆਤੇਜਾਣੂ ਕਰਾਉਣਾਵੀ ਹੈ ਤਾਂਕਿਉਹ ਸਮਕਾਲੀ ਸਮਾਜਦੀਆਂ ਸਮੱਸਿਆਵਾਂਨੂੰ ਸਮਝ ਸਕਣ ਅਤੇ ਆਲੋਚਨਾਤਮਕਦ੍ਰਿਸ਼ਟੀਬਣਾ ਸਕਣ।

ਕ+2ਯਗਿਆਨਮਾਲਾ(ਵਿਗਿਆਨਕ ਤੇ ਸਮਾਜਵਿਗਿਆਨਕ ਲੇਖਾਂਦਾ ਸੰਗ੍ਰਹਿ)ਪੁਸਤਕਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਅਤੇ ਮੁੱਲਵਾਨਗਿਆਨ ਦੇਣਾ ਹੈ।

ਕ+3ਯਪੈਰਾ ਰਚਨਾ ਅਤੇ ਪੈਰਾਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ ਦੇਣ ਦਾ ਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀਨੂੰ ਤੀਖਣਕਰਦਿਆਂਉਨਾਂ ਦੀ ਲਿਖਣਪ੍ਰਤਿਭਾਨੂੰ ਉਜਾਗਰਕਰਨਾਹੈ।

ਕ+4ਯਧੁਨੀਵਿਉਂਤ ਪੜ੍ਹਣਨਾਲਵਿਦਿਆਰਥੀਧੁਨੀਆਂ ਦੀ ਉਚਾਰਨਪ੍ਰਣਾਲੀਤੇਵਾਕਫ਼ ਹੋਣਗੇ।

Session 2026-27

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 and Dietetics)/ 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

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Maximum Marks: 100

Theory : 70

CA: 30

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠਪੁਸਤਕਾਂ

ਯੂਨਿਟਜ਼

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

(ਸਾਰ, ਵਿਸ਼ਾਵਸਤੂ) 08 ਅੰਕ

ਯੂਨਿਟਜ਼

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

ਲੇਖ :ਭਰੂਣ ਹੱਤਿਆ ਦੇ ਦੋਸ਼ ਵਿਚ, ਵਾਤਾਵਰਣੀਪ੍ਰਦੂਸ਼ਣ ਅਤੇ ਮਨੁੱਖ, ਏਡਜ਼ : ਇਕਗੰਭੀਰ ਸੰਕਟ।

(ਸਾਰ, ਵਿਸ਼ਾਵਸਤੂ)08 ਅੰਕ

ਯੂਨਿਟਜ਼

(ੳ)ਪੈਰਾਚਰਨਾ

(ਅ)ਪੈਰਾਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉਤਰ।

08 ਅੰਕ

ਯੂਨਿਟਜ਼

(ੳ)ਪੰਜਾਬੀਧੁਨੀਵਿਉਂਤ : ਪਰਿਭਾਸ਼ਾ, ਉਚਾਰਨਅੰਗ

(ਅ)ਸਵਰ, ਵਿਅੰਜਨ

08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ।ਸੈਕਸ਼ਨ੍ਣ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ਜ਼ ਵਿਚੋਂਪੁੱਛੇ ਜਾਣਗੇ।ਹਰ ਸੈਕਸ਼ਨਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ।ਹਰ ਸੈਕਸ਼ਨਵਿਚੋਂਇਕਪ੍ਰਸ਼ਨਲਾਜ਼ਮੀਹੈ।ਪੰਜਵਾਂਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨਵਿਚੋਂਕੀਤਾਜਾ ਸਕਦਾਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕਹਨ।
4. ਪੇਪਰ ਸੈੱਟਕਰਨਵਾਲਾਜੇਕਰਚਾਹੇ ਤਾਂਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡਅੱਗੋਂਵੱਧਤੋਂਵੱਧਚਾਰਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਰ ਸਕਦਾਹੈ।

Session 2026-27

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 and Dietetics)/ 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

CO1ਯ ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਨੂੰ ਪੰਜਾਬੀਭਾਸ਼ਾਨੂੰ ਸਿਖਾਉਣ ਦੀ ਪ੍ਰਕਿਰਿਆਵਿਚਪਾ ਕੇ ਇਕਹੋਰਭਾਸ਼ਾਸਿੱਖਣ ਦਾ ਮੌਕਾਪ੍ਰਦਾਨਕਰਨਾਹੈ।

CO2: ਇਸ ਵਿਚਵਿਦਿਆਰਥੀਨੂੰ ਬਾਰੀਕਬੀਨੀਨਾਲਭਾਸ਼ਾਦਾਅਧਿਐਨਕਰਵਾਇਆਜਾਵੇਗਾ।

CO3: ਵਿਦਿਆਰਥੀਆਂਨੂੰ ਪੰਜਾਬੀਸ਼ਬਦਰਚਨਾਤੋਂਜਾਣੂ ਕਰਵਾਇਆਜਾਵੇਗਾ।

CO4: ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਨੂੰ ਨਿੱਤਵਰਤੋਂ ਦੀ ਪੰਜਾਬੀਸ਼ਬਦਾਵਲੀਬਾਰੇ ਦੱਸਣਾਹੈ।

CO5: ਮੁੱਢਲੀਪੰਜਾਬੀਪੜ੍ਹਾਉਣ ਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਦਾਸ਼ਬਦ ਘੇਰਾ ਵਿਸ਼ਾਲਕਰਨਾਹੈ।

CO6: ਵਿਦਿਆਰਥੀਆਂਨੂੰ ਪੰਜਾਬੀਵਿਚਹਫ਼ਤੇ ਦੇ ਸੱਤਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰ੍ਹਾਂਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਚੁੱਤਾਂ ਦੇ ਨਾਂ, ਇਕਤੋਂ ਸੌ ਤੱਕਗਿਣਤੀਸ਼ਬਦਾਂਵਿਚਸਿਖਾਉਣਾ ਹੈ।

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 and Dietetics)/ 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

smW: 3 GMty

Maximum Marks :100

Theory :70

CA :30

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟਜ਼

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

08ਅੰਕ

ਯੂਨਿਟਜ਼ਜ਼

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

08ਅੰਕ

ਯੂਨਿਟਜ਼ਜ਼ਜ਼

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

08 ਅੰਕ

ਯੂਨਿਟਜ਼ਜ਼

ਹਫ਼ਤੇ ਦੇ ਸੱਤਦਿਨਾਂ ਦੇ ਨਾਂ, ਬਾਰਾਂਮਹੀਨਿਆਂ ਦੇ ਨਾਂ, ਚੁੱਤਾਂ ਦੇ ਨਾਂ, ਇੱਕਤੋਂ ਸੌ ਤੱਕਗਿਣਤੀਸ਼ਬਦਾਂਵਿਚ ।

08ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ।ਸੈਕਸ਼ਨਨੰਬਰਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ਜ਼ਜ਼ ਵਿਚੋਂਪੁੱਛੇ ਜਾਣਗੇ।ਹਰ ਸੈਕਸ਼ਨਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ।ਹਰ ਸੈਕਸ਼ਨਵਿਚੋਂਇਕਪ੍ਰਸ਼ਨਲਾਜ਼ਮੀਹੈ।ਪੰਜਵਾਂਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨਵਿਚੋਂਕੀਤਾਜਾ ਸਕਦਾਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕਹਨ।
4. ਪੇਪਰ ਸੈੱਟਕਰਨਵਾਲਾਜੇਕਰਚਾਹੇ ਤਾਂਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡਅੱਗੋਂਵੱਧਤੋਂਵੱਧਚਾਰਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਰ ਸਕਦਾਹੈ।

Bachelor of Vocation (Nutrition and Dietetics) Semester-I
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
Session 2026-27

Total Marks-100

Credit L-T-P: 4-0-0

Theory-70

Examination Time-3 hours

CA-30

Contact Hrs. -2Hrs/week

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 14 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

Text books Recommended:

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. Budha Parkash, *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 (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/
BACHELOR OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY AND
WELLNESS) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/
BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)**

**(Semester I)
Session 2026-27**

**COMMUNICATION SKILLS IN ENGLISH-I
(Theory)**

Course Code: BVRM/BVAM/BVNM/BVBM/BVIM/BVHM-1102

COURSE OUTCOMES:

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: Through reading skills, the students will have an ability to have a comprehensive understanding of the ideas in the text and enhance their critical thinking

CO 3: Writing skills of students which will make them proficient enough to express ideas in clear and grammatically correct English

CO 4: The skill to use an appropriate style and format in writing letters (formal and informal) and resume,

memo, notices, agenda, minutes

**BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/
BACHELOR OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY
AND WELLNESS) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA
SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)**

(Semester I)

Session 2026-27

COMMUNICATION SKILLS IN ENGLISH-I

(Theory)

Course Code: Course Code: BVRM/BVAM/BVNM/BVBM/BVIM/BVHM -1102

Examination Time: 3 Hrs.

Total Marks: 100

Theory: 50

Practical:20

CA: 30

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 10 marks.Each question can be sub divided into two parts. (10 x 5 = 50)

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.
- Organizing the details in a sequential order

Unit IV

Resume, memo, notices, agenda, minutes, Tips for effective blog writing

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
- Writing blogs

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)

**BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/
BACHELOR OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY
AND WELLNESS) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA
SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)**

COMMUNICATION SKILLS IN ENGLISH-I
Course Code: BVRM/BVAM/BVNM/BVBM/BVIM/BVHM -1102
(Semester I)
Session 2026-27
PRACTICAL / ORAL TESTING

Time: 3 hours

Marks: 20

Course Contents:

- | | |
|---|------------|
| 1. Oral Presentation with/without audio visual aids | (10 Marks) |
| 2. Group Discussion | (05 Marks) |
| 3. Practical File form Syllabi | (05 Marks) |

Questions:

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

Bachelor of Vocation (Nutrition and Dietetics) (Semester–I)
(Session 2026-27)
Nutrition and Immunity (Theory)
COURSE CODE:BVNL-1283

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

CO1. To develop the knowledge about nutrition and its component, positive behavior and role of antioxidants.

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

CO3. To develop the knowledge about infections, role of nutraceuticals and functional foods.

CO4. To develop the knowledge about HIV, Tuberculosis, prebiotics, probiotics and food allergy.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)
Nutrition and Immunity
(Theory)
COURSE CODE: BVNL-1283
(Session: 2026-27)

Time: 3 Hrs.

Max. Marks: 100

Theory Marks: 70

CA: 30

L-T-P

4-0-0

Instructions for the Paper Setter

- Eight questions of equal marks are to be set, two in each of the four Sections (A-D). Questions of Sections A-D should be set from Units I-IV of the syllabus respectively. Questions may be subdivided into parts (not exceeding four).
- Candidates are required to attempt five questions, selecting at least one question from each section.
- The fifth question may be attempted from any Section. Each Question Carry 14 marks.

Content

UNIT-I

- Meaning of Nutrition and Its Elements
- Positive Health Behaviors
- Role of antioxidants

UNIT-II

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

UNIT-III

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

UNIT-IV

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

References:

Handbook of Nutrition and Immunity by M.Eric Gershwin.
Textbook of Physiology - IGNOU

Bachelor of Vocation (Nutrition and Dietetics) (Semester–I)
(Session 2026-27)

Basic Food and Nutrition
(Theory)
Course Code: BVNL-1284

COURSE OUTCOMES

Upon Completion of this Course the students should be able to

CO (1) – To develop the knowledge about introduction to nutrition and storage methods of cereals, pulses, eggs, poultry, vegetables and fruit.

CO(2) – To distinguish between the different types of cooking methods – dry heat, moist heat, frying and microwave cooking.

CO(3) – To understand the knowledge about classification, functions and food sources, requirement, deficiencies of carbohydrates, proteins and fats.

CO(4) – To understand the knowledge about energy, food as a source of energy, the body need of energy.

**Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)
(Session 2026-27)**

**Basic Food and Nutrition
(Theory)
Course Code: BVNL-1284**

Time: 3 Hrs.

L-T-P

4-0-0

Max. Marks: 100

Theory Marks: 70

CA: 30

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. Each question carries 14 marks.

Course Content:

Unit-I

Introduction to nutrition – Food as a source of nutrients, definition of nutrition, malnutrition, Importance of water in Nutrition.
Methods of enhancing nutritive value of food by fermentation, sprouting and supplementation, Fortification and enrichment.

Unit-II

Carbohydrates: 1. Composition, 2. Classification, 3. Functions, 4. Food sources, 5. Requirements and 6. deficiencies.

Unit -III

Fats and oils: 1. Composition, 2. Classification, 3. Types of Fats, 4. Food sources, 5. Functions, 6. Requirement and deficiencies

Protein: 1. Composition, 2. Classification, 3. Amino acids, 4. Food sources, 5. Function and 6. Deficiencies

Unit -IV

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

Vitamin and Minerals

1. Classification, 2. Units of measurements sources, 3. Functions and Deficiency

Reference Books:

1. Nutrition and Child Development by Dr. Rajwinder K. and Randhawa.
2. Nutrition & Dietetics by Khanna, K.
3. Therapeutic Nutrition by B. Srilakshmi.

Bachelor of Vocation (Nutrition and Dietetics) (Semester–I)

(Session 2026-27)

Human Physiology

(Theory)

Course Code: BVNM-1285

COURSE OUTCOMES

- Upon Completion of this Course the student should be able to

CO1. To develop the knowledge of cell structure and functions of inclusion bodies and cardio-vascular system.

CO2. To develop the knowledge of physiology of digestive system and nervous system.

CO3. To develop the knowledge about respiratory system and renal system.

CO4. To develop the knowledge of structure and function of urinary system.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)

Human Physiology

Course Code: BVNM-1285
(Session 2026-27)

Time: 3 Hrs.

L-T-P

3-0-1

Max. Marks: 100

Theory Marks: 50

Practical Marks: 20

CA: 30

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. Each question Carry 10 marks.

UNIT-I

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

2. Cardio Vascular System:

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

UNIT-II

3. Physiology of the digestive system:

Secretory and digestive function of the salivary glands, stomach, pancreas, liver and intestine.

Mechanism of absorption of carbohydrates, proteins and fats.

4. Physiology of nervous system

Structure and function of brain and spinal cord.

UNIT-III

5. Physiology of respiratory system

Knowledge of structure and function of respiratory organs.

6. Physiology of Kidneys:

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

UNIT-IV

7. Physiology of endocrine glands:

Functions of the Thyroid, parathyroid, adrenal cortex, adrenal medulla, pancreas, pituitary glands and different syndromes resulting from modules.

8. Physiology of reproductive system

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

Menstrual cycle

Suggested Readings: -

1. Keele, C.A. and Neil, E. (1978). Samson Wright's Applied Physiology, Oxford University Press.
2. Tortora, G.J. and Anagnostakos, N.P. (1984). Principles of Anatomy and Physiology, harper and Row Publisher, New York.
3. Best, C.H. and Taylor, N.B. (1964). The Living Body, 4th ed. Asis Publishing House, Bombay.
4. Guyton, A.C. (1969). Functions of the Human Body, W.B. Saunders Co., Philadelphia.
5. Wilson, K.J.W. (1990). Anatomy and Physiology in Health and Illness, ELBS/Churchill Livingstone.
6. Vidhya Ratan. (1986). Handbook of Human Physiology, New Central Book Agency, Calcutta.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)
(Session 2026-27)

Human Physiology
(Practical)

COURSE CODE: BVNM-1285

COURSE OUTCOMES

Upon Completion of this Course the student should be able to

- To develop the knowledge of different types of microscopes and their uses.
- To distinguish between the different blood groups.
- To understand the knowledge about the RBC, WBC, TLC, DLC and ESR.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)
(Session 2026-27)

Human Physiology
(Practical)

Course Code: BVNM-1285

Time: 3Hrs.

Marks: 20

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

Course Contents:

- Study of Bleeding Time
- Study of Clotting Time
- Analysis of Blood Groups
- To Prepare Blood Smear
- Measurement of pulse and blood pressure.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)

(Session 2026-27)

BASIC FOOD AND NUTRITION

(Practical)

COURSE CODE: BVNP-1286

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 equipment's, utensils, floor and cupboard.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)

(Session 2026-2027)

BASIC FOOD AND NUTRITION

(Practical)

COURSE CODE: BVNP-1286

L-T-P

0-0-2

Max. Marks: 50

Practical Marks: 35

CA: 15

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.
- 4). Develop healthy recipes using AI assistance.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-I)

(Session 2026-27)

Industrial Visit

(Practical)

COURSE CODE: BVNF-1287

Time: 3 Hrs.

L-T-P

0-0-2

Max. Marks: 50

Practical Marks: 50

Students are required to visit Public Health Center / Hospital (Rural / Urban) and prepare a report.
Visit report will be evaluated by the college jury.

FOUNDATION COURSE

Course Title: Foundation Course

Nature of Course: Audit Course (Value Added)

Course Duration: 30 hours

Course intended for: Semester I students of undergraduate degree program so fall 25 streams.

Course Credits: 2

Course Code: VACF 1491

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 thinkers and inventors & discoverers who have impacted human life. For a student, the process of transition from school to college is full of apprehension and skepticism regarding adapting themselves to a new system. The Foundation Program 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 realize 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 human world citizens so that they can carry forward the rich legacy of humanity

LEARNING OUTCOMES

After the completion of this Audit course, students will be able to

- Learn how past societies, systems, ideologies, governments, cultures and technologies were built, how they operated, and how they have changed
- Understand how the rich history of the world helps us to paint a detailed picture of where we stand today

- Understand the Vedic theism, Upanishads Philosophy and doctrines of Jainism, Buddhism and Sikhism
- Acquire knowledge of women rights and courage to face day to day challenges
- Acknowledge the changes in society, religion and literature in the renaissance period and the importance of empathy and compassion for humanity
- Learn about the prominent Indians (Men and Women) who contributed significantly in freedom struggle, education, economic development and in the formation and evolution of our nation
- Understand meaning of race and how that concept has been used to justify exclusion, inequality, and violence throughout history and the origin of civil right movements to fight for equality, liberty and fraternity
- Critically evaluate the socio-political and economic issues at global level and its implications in the present
- Upgrade and enhance learning technological skills and strike a balance between technology and their well being
- Take pride in learning the saga of Indian Past Culture and Heritage
- Understand the rich legacy of KMV and its progressive endeavours

MODULE	TITLE	CONTACT HOURS
I	Introduction and Initial Assessment	2
II	The Human Story	3
III	<i>The Vedas and the Indian Philosophy</i>	2.5
IV	The Journey of Woman The Story and the Dream	2.5
V	Changing Paradigms in Society, Religion & Literature	2.5
VI	Makers of Modern India	2.5
VII	Racism: Story of the West	2.5
VIII	Modern World at a Glance: Political & Economic Perspective	2.5
IX	Technology Vis-à-Vis Human Life	2.5
X	My Nation My Pride	2.5
XI	The KMV Experience	2.5
XII	Final Assessment, Feedback and Closure	2.5

EXAMINATION

- ☐ **Total Marks: 50(Final Exam:35;Internal Assessment:15)**
- ☐ Final Exam:multiple choice quiz. Marks–35; Time: 1 hour
- ☐ Internal Assessment:15(Assessment:5;Attendance:10)
Comparative assessment questions (medium length) in the beginning and close of the program.Marks:5;Time:0.5 hour each at the beginning and end.
- ☐ Total marks: 50 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 1 Being a Human: Introduction & Initial Assessment

- ☐ Introduction to the program
- ☐ 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 and the Indian Philosophy

- ☐ Origin, teachings and significance of *The Vedas*
- ☐ Upanishads and Puranas
- ☐ Karma Theory of *The Bhagwad Gita*
- ☐ Maintenance of Buddhism & Jainism
- ☐ Teachings of Guru Granth Sahib

Module4ChangingParadigmsinSociety,Religion &Literature

- ☐ Renaissance:TheAgeof Rebirth
- ☐ Transformationinhuman thought
- ☐ Importanceofhumanism
- ☐ Geocentrismtoheliocentrism
- ☐ Copernicus,Galileo,Columbus,DarwinandSaint Joan
- ☐ EmpathyandCompassion

Module5Woman:AJourneythroughtheAges

- ☐ Statusofwomen inpre-vedictimes
- ☐ WomeninancientGreekandRomancivilizations
- ☐ WomeninvedicandancientIndia
- ☐ Statusof women inthe Muslim world
- ☐ Womenin themodern world
- ☐ Crimesagainstwomen
- ☐ Womenlabourworkforceparticipation
- ☐ Womeninpolitics
- ☐ Statusofwomen-our dream

Module6MakersofModernIndia

- ☐ Earlyengagementofforeignerswith India
- ☐ Education:Thefirststeptomodernization
- ☐ Railways:Thelifelineof India
- ☐ RajaRamMohanRoy,Gandhi,Nehru,Vivekanand,SardarPatel etc.
- ☐ IndiraGandhi,MotherTeresa,HomaiVyarawala etc.
- ☐ TheWayAhead

Module7Racism:StoryoftheWest

- ☐ Europeanbeginningsofracism
- ☐ RacismintheUSA – JimCrowLaws
- ☐ MartinLutherKingJr.and thebattleagainstracism
- ☐ Apartheidand NelsonMandela
- ☐ Changingfaceofracisminthemodernworld

Module8ModernWorldataGlance:Political&EconomicPerspective

- ☐ Changingworldorder
- ☐ WorldWarI&II
- ☐ UNOandTheCommonwealth
- ☐ NuclearPowers;Terrorism
- ☐ EconomicScenario:IMF,WorldBank

- ☐ InternationalRegionalEconomicIntegration

Module9TechnologyVisa VisHumanLife

- ☐ Impactoftechnologyonmodern life
- ☐ Technologicalgadgetsand theirrolein ourlives
- ☐ Technologyandenvironment
- ☐ Consumerismandmaterialism
- ☐ Psychologicalandemotionalconsequencesoftechnology
- ☐ Harmonizingtechnologywithethicsandhumaneness

Module10MyNation MyPride

- ☐ IndianPastCultureand Heritage
- ☐ MajorDiscoveries(MedicinalandScientific)
- ☐ VedicAge
- ☐ ProminentAchievements
- ☐ Art,ArchitectureandLiterature

Module11TheKMVExperience

- ☐ RichLegacyof KMV
- ☐ Pioneeringroleinwomenemancipationand empowerment
- ☐ KMVContributionintheIndian FreedomStruggle
- ☐ Moral,culturalandintellectualheritageofKMV
- ☐ Landmarkachievements
- ☐ Innovativeinitiatives;internationalendeavours
- ☐ Vision,missionand focus
- ☐ Conductguidelinesforstudents

Module12FinalAssessment,Feedback&Closure

- ☐ Finalmultiple choicequiz
- ☐ Assessmentthroughthesamequestions askedinthebeginning
- ☐ Feedback abouttheprogrammefromthestudents
- ☐ Closureof theprogramme

PRESCRIBEDREADING

- ☐ *TheHuman Story*publishedbyDawnPublications

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE-YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition and Dietetics)
Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session: 2026-2027)

Semester-II

Course Code	Course Title	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total Credits	Marks				Examination time (inHours)
						Total	Th	P	CA	
BVNL-2421/ BVNL-2031/ BVNL-2431	Punjabi (Compulsory)/ ¹ Basic Punjabi/ ² Punjab History and Culture	C	4-0-0	4-0-0	4	100	70	-	30	3
BVNM 2102	Communication Skills in English-II	C	3-0-2	3-0-1	4	100	50	20	30	3+3
BVNM-2283	Nutritional Biochemistry	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNM-2284	Kitchen Design and Hygiene	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNM-2285	Food Preservation, Storage and Quality Control	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNF-2286	Status Report of Industrial Visit	S	0-0-4	0-0-2	2	50	-	50	-	3
USEP-0002	Entrepreneurship Mindset Level-I	SEC	0-0-4	0-0-2	2	50	-	50	-	3
VACD-2161	Drug Abuse and Ethical Education	VAC	4-0-0	4-0-0	4	100	70	-	30	3
TOTAL					28					

1. Special Paper in lieu of Punjabi (Compulsory)
2. Special Paper in lieu of Punjabi (Compulsory) (For those students who are not domicile of Punjab).
- 3.C- Compulsory
4. S-Skill Enhancement
5. VAC (Value Added Course)

Session 2026-27

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 and Dietetics))/ 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:ਆਤਮਅਨਾਤਮਪੁਸਤਕ ਦੇ ਕਹਾਣੀਭਾਗਨੂੰ ਸਿਲੇਬਸ ਵਿਚਸ਼ਾਮਿਲਕਰ ਕੇ ਵਿਦਿਆਰਥੀਆਂਅੰਦਰਕਹਾਣੀਨੂੰ ਪੜ੍ਹਣ ਦੀ ਰੁਚੀ ਨੂੰ ਪੈਦਾਕਰਨਾ ਹੈ ਅਤੇ ਕਹਾਣੀਜਗਤਨਾਲਜੋੜਣਾਹੈ।

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

CO3:ਸੰਖੇਪ ਰਚਨਾਦਾਮਨੋਰਥਵਿਦਿਆਰਥੀਆਂਨੂੰ ਸਮੇਂ ਅਤੇ ਮਿਹਨਤ ਦੀ ਬੱਚਤਕਰਨਬਾਰੇ ਦੱਸਣਾਹੈ।

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

CO5:ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂਨਾਲਗੱਲਬਾਤਵਿਚਪਰਪੱਕਤਾਆਉਂਦੀਹੈ। ਇਹਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤਵਿਚਨਿਖਾਰਲਿਆਉਣ ਦਾਕੰਮਕਰਨਗੇ।

Session 2026-27

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 and Dietetics)/ 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 : 100

Theory :70

CA :30

ਪਾਠਕ੍ਰਮ ਅਤੇ ਪਾਠਪੁਸਤਕਾਂ

ਯੂਨਿਟਜ਼

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

ਪਠਾਣ ਦੀ ਧੀ,ਉਜਾੜ,ਮਾੜਾਬੰਦਾ,ਘੋਟਣਾ,ਦਲਦਲ(ਕਹਾਣੀਆਂਪਾਠਕ੍ਰਮ ਦਾ ਹਿੱਸਾਹਨ)

(ਵਿਸ਼ਾ-ਵਸਤੂ, ਸਾਰ)

08 ਅੰਕ

ਯੂਨਿਟਜ਼ਜ਼

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)

(ਵਿਸ਼ਾ-ਵਸਤੂ, ਸਾਰ)

08 ਅੰਕ

ਯੂਨਿਟਜ਼ਜ਼ਜ਼

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

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

08 ਅੰਕ

ਯੂਨਿਟਜ਼ੜ

(ੳ)ਸੰਖੇਪ ਰਚਨਾ

(ਅ) ਮੁਹਾਵਰੇ

08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ।ਸੈਕਸ਼ਨਣ ਤੱਕ ਦੇ ਪ੍ਰਸ਼ਨ ਯੂਨਿਟਜ਼ਜ਼ੜ ਵਿਚੋਂਪੁੱਛੇ ਜਾਣਗੇ।ਹਰ ਸੈਕਸ਼ਨਵਿਚ ਦੋ ਪ੍ਰਸ਼ਨਪੁੱਛੇ ਜਾਣਗੇ।
2. ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜਪ੍ਰਸ਼ਨਕਰਨੇ ਹਨ।ਹਰ ਸੈਕਸ਼ਨਵਿਚੋਂਇਕਪ੍ਰਸ਼ਨਲਾਜ਼ਮੀਹੈ।ਪੰਜਵਾਂਪ੍ਰਸ਼ਨਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨਵਿਚੋਂਕੀਤਾਜਾ ਸਕਦਾਹੈ।
3. ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 08 ਅੰਕਹਨ।
4. ਪੇਪਰ ਸੈਂਟਕਰਨਵਾਲਾਜੇਕਰਚਾਹੇ ਤਾਂਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡਅੱਗੋਂਵੱਧਤੋਂਵੱਧਚਾਰਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਰ ਸਕਦਾਹੈ।

Session 2026-27

**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 and Dietetics) / 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

BASIC PUNJABI

COURSE CODE-BVRL/BVML/BVAL/BVTL/BVNL/BVBL/BVPL/BVHL/BVIL-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 ਬਾਰੀਕ ਬੀਨੀ 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 ਇਸ ਦੀ ਬਣਤਰ ਤੋਂ ਜਾਣੂ ਹੋਣਗੇ ਅਤੇ ਭਾਸ਼ਾ ਤੇ ਪਕੜ ਮਜ਼ਬੂਤ ਹੋਵੇਗੀ।

CO6: ਪੈਰ੍ਹਾਰਚਨਾ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਬੁੱਧੀ ਨੂੰ ਤੀਖਣ ਕਰਦਿਆਂ ਉਨ੍ਹਾਂ ਦੀ ਲਿਖਣ ਪ੍ਰਤਿਭਾ ਨੂੰ ਉਜਾਗਰ ਕਰਨਾ ਹੈ।

CO7: ਸੰਖੇਪ ਰਚਨਾ ਕਰਨ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਪਣੀ ਗੱਲ ਨੂੰ ਸੰਖੇਪ ਵਿਚਕਹਿਣ ਦੀ ਜਾਚ ਸਿੱਖਣਗੇ ਅਤੇ ਇਹ ਦਿਮਾਗੀ ਕਸਰਤ ਵਿਚ ਸਹਾਈ ਹੋਵੇਗੀ।

CO8: ਘਰੇਲੂ ਅਤੇ ਦਫਤਰੀ ਚਿੱਠੀ ਪੱਤਰ ਲਿਖਣ ਦਾ ਮਨੋਰਥ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਸ ਕਲਾ ਵਿਚ ਨਿਪੁੰਨ ਕਰਨਾ ਹੈ ਜੋ

CO9: ਮੁਹਾਵਰਿਆਂ ਦੀ ਵਰਤੋਂ ਨਾਲ ਗੱਲਬਾਤ ਵਿਚ ਪਰਪੱਕਤਾ ਆਉਂਦੀ ਹੈ। ਇਹ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਗੱਲਬਾਤ ਵਿਚ ਨਿਖਾਰ ਲਿਆਉਣ ਦਾ ਕੰਮ ਕਰਨਗੇ।

Session 2026-27

Bachelor of Vocation (Retail Management)/ Bachelor of Vocation (Management & Secretarial Practices)/
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Bachelor of Vocation (Nutrition and Dietetics) / 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

BASIC PUNJABI (In lieu of Compulsory Punjabi)

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

ਸਮਾਂ 3 ਘੰਟੇ

Maximum Marks : 100

Theory :70

CA :30

ਪਾਠਕ੍ਰਮ

ਯੂਨਿਟਜ਼

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

08 ਅੰਕ

ਯੂਨਿਟਜ਼

ਪੰਜਾਬੀਵਾਕਬਣਤਰ : ਮੁੱਢਲੀਜਾਣਪਛਾਣ

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

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

08 ਅੰਕ

ਯੂਨਿਟਜ਼

ਪੈਰਾਚਰਨਾ

ਅਖਾਣ (ਅਖਾਣਾਂ ਦੀ ਲਿਸਟਨਾਲਨੱਥੀ ਹੈ)

08 ਅੰਕ

ਯੂਨਿਟਜ਼

ਚਿੱਠੀਪੱਤਰ (ਘਰੇਲੂ ਅਤੇ ਦਫ਼ਤਰੀ)

ਮੁਹਾਵਰੇ (ਮੁਹਾਵਰਿਆਂ ਦੀ ਲਿਸਟਨਾਲਨੱਥੀ ਹੈ)

08 ਅੰਕ

ਅੰਕਵੰਡ ਅਤੇ ਪਰੀਖਿਅਕਲਈਹਦਾਇਤਾਂ

1. ਪ੍ਰਸ਼ਨਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨਹੋਣਗੇ। ਸੈਕਸ਼ਨਨੰਬਰ 1 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 ਸੈਂਟਰ ਨਵਾਲਾ ਜੇਕਰ ਚਾਹੇ ਤਾਂ ਪ੍ਰਸ਼ਨਾਂ ਦੀ ਵੰਡ ਅੱਗੋਂ ਵੱਧ ਤੋਂ ਵੱਧ ਚਾਰ ਉਪ ਪ੍ਰਸ਼ਨਾਂ ਵਿਚਕਾਰ ਸਕਦਾ ਹੈ।

ਅਖਾਣ

ਉਦਮਅੰਗੋਲੱਛਮੀਪੱਖੇਅੰਗੋਪੈਣ ,ਉਹਦਿਨਭੁੱਖਾਜਦੋਂਘੋੜੀਚੜ੍ਹਿਆਕੁੱਬਾ ,ਉੱਚੀਦੁਕਾਨਫਿੱਕਾਪਕਵਾਨ
ਉਲਟੀਵਾੜਖੇਤਨੂੰਖਾਏ,ਉੱਚਾਲੰਮਾਗੱਭਰੂਪੱਲੇਠੀਕਰੀਆਂ ,ਅੱਖੀਵੇਖਕੇਮੱਖੀਨਹੀਂਨਿਗਲੀਜਾਂਦੀ ,ਅੰਦਰਹੋਵੇਸੱਚਤਾਂਕੋਠੇਚੜ੍ਹਕੇਨੱਚ
ਆਪੇਮੈਰੱਜੀਪੁੱਜੀਆਪੇਮੇਰੇਬੱਚੇਜਿਉਣ ,ਆਪਕੁਚੱਜੀਵਿਹੜੇਨੂੰਦੇਸ਼ ,ਅੰਨ੍ਹਾਵੰਡੇਰਿਉੜੀਆਂਮੁੜਮੁੜਆਪਣਿਆਂਨੂੰ ,ਅਕਲਵੱਡੀਕੇਮੱਝ
ਅੰਨ੍ਹਿਆਂਵਿੱਚਕਾਣਾਰਾਜਾ ,ਆਪਣੀਪੀੜ੍ਹੀਹੇਠਸੋਟਾਫੇਰਨਾ ,ਇਕਅਨਾਰਸੌਬਿਮਾਰ ,ਇਕਹੱਥਨਾਲਤਾੜੀਨਹੀਂਵੱਜਦੀ
ਇੱਕਚੁੱਪਸੌਖੁੱਖੜ੍ਹਮੰਗਣੀਪੱਟਵਿਆਹ ,ਸਹਿਜਪੱਕੇਸੋਮੀਠਾਹੋਵੇਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾ ,ਸੱਦੀਨਾਬੁਲਾਈਮੈਲਾੜੇਦੀਤਾਈਂ
ਸਵੈਭਰੋਸਾਵੱਡਾਤੇਸਾ,ਸੌਂਦਿਨਚੇਰਦੇਇਕਦਿਨਸਾਧਦਾ ,ਸੱਪਦਾਬੱਚਾਸਪੇਲੀਆ ,ਸੱਪਮਰਜਾਵੇਲਾਠੀਵੀਨਾਟੁੱਟੇ ,ਸਾਈਆਂਕਿਤੇਵਧਾਈਆਂਕਿਤੇ
ਹੰਕਾਰਿਆਸੋਮਾਰਿਆ ,ਹਾਥੀਲੰਘਗਿਆਪੂਛਹਗਈ ,ਕੁੱਛvਕੁvਸ਼ਹਿਰਢੇਰਾ ,ਕੋਲਿਆਂਦੀਦਲਾਲੀਵਿੱਚਮੂੰਹਕਾਲਾ ,ਕਰੇਕੋਈਭਰੇਕੋਈ
ਕਰਮਜੁਰੀਤੇਖਾਹਚੂਰੀ ,ਖਵਾਜੇਦਾਗਵਾਹਭੱਡੂ ,ਖੇਤੀਖਸਮਾਂਸੇਤੀ ,ਖੁਹਪੁੱਟਦੇਨੂੰਖਾਤਾਤਿਆਰ ,ਘਰਦਾਭੇਤੀਲੰਕਾਢਾਹੇ ,ਘਰਦੀਕੁੱਕੜੀਦਾਲਬਰਾਬਰ
ਚਿੰਤਾਚਿਖਾਬਰਾਬਰ ,ਛੱਜਤਾਂਬੇਲੇਛਾਣਨੀਵੀਬੇਲੇ,ਛੋਟੀਮੂੰਹਵੱਡੀਗੱਲ ,ਜਾਂਦੇਚੇਰਦੀਲੰਗੋਟੀਹੀਸਹੀ ,ਜਿਸਦੀਕੋਠੀਦਾਣੇਉਹਦੇਕਮਲੇਵੀਸਿਆਣੇ
ਜਿਹੜੇਗੱਜਦੇਨੇਉਹਵਰ੍ਹਦੇਨਹੀਂ ,ਜਾਤਦੀਕੋਹੜਕਿਰਲੀਸ਼ਤੀਗਾਂਨੂੰਜੱਫੇ ,ਝੱਟਮੰਗਣੀਪੱਟਵਿਆਹ ,ਦਾਲਵਿੱਚਕਾਲਾਹੋਣਾ ,ਦਾਣੇਦਾਣੇਤੇਮੇਰ
ਨਾਲੇਚੇਰਨਾਲੇਚਤਰ ,ਪੇਟਨਾਪਈਆਂਰੋਟੀਆਂਸਭੇਗੱਲਾਂਖੇਟੀਆਂ ,ਬਿਨਾਂਰੋਇਆਂਮਾਂਵੀਦੁੱਧਨਹੀਂਦਿੰਦੀ ,ਬੁੱਢੀਘੋੜੀਲਾਲਗਾਮ
ਭੱਜਦਿਆਂਨੂੰਵਾਹਣਇੱਕੋਜਿਹੇ ,ਭੱਜੀਆਂਬਾਹਾਂਗਲਨੂੰਆਉਂਦੀਆਂਨੇ ,ਰਾਹਪਿਆਜਾਣੀਏਜਾਂਵਾਹਪਿਆਜਾਣੀਏ ,ਰਾਈਦਾਪਹਾੜਬਣਾਉਣਾ
ਰੱਸੀਸੜਗਈਵੱਟਨ੍ਹੀਗਿਆ

ਮੁਹਾਵਰੇ

ਉਸਤਾਦੀਕਰਨੀ, ਉਂਗਲਕਰਨੀ, ਉੱਲੂਬਣਾਉਣਾ, ਉੱਚਾਸਾਹਨਾਕੱਢਣਾ, ਉੱਡਦੇਫਿਰਨਾ, ਉੱਘਸੁੱਘਮਿਲਣੀ, ਅੱਖਾਂਵਿਚਰੜਕਣਾ, ਅੱਗਲਾਉਣਾ, ਆਵਾਉਤਜਾਣਾ
ਅਸਮਾਨਨੂੰਟਾਕੀਆਂਲਾਉਣਾ, ਅੱਖਾਂਵਿੱਚਲਾਲੀਉਤਰਨੀ, ਅਕਲਤੇਪਰਦਾਪੈਣਾ, ਈਨਮੰਨਣੀ, ਈਦਦਾਚੰਨਹੋਣਾ, ਇੱਟਨਾਲਿੱਟਖੜਕਾਉਣਾ, ਸਿਰਫਿਰਨਾ,
ਸਿਰਤੇਚੜ੍ਹਨਾ, ਸਬਰਦਾਘੁੱਟਭਰਨਾ, ਸਿਰਪੈਰਨਾਹੋਣਾ, ਹੱਥਪੋਕੇਪਿੱਛੇਪੈਣਾ, ਹੱਥੀਂਛਾਂਵਾਂਕਰਨੀਆਂ, ਹੱਡਭੰਨਣੇ, ਹੱਥਤੰਗਹੋਣਾ
ਹੱਥਮਲਣਾ, ਹੱਥਪੈਰਮਾਰਨਾ, ਕੰਨੀਕਤਰਾਉਣਾ, ਕੰਨਤੇਜੁੰਨਾਸਰਕਣਾ, ਕੰਨਘੋਸਲਮਾਰਨੀ, ਖਾਨਾਖਰਾਬਹੋਣਾ, ਖਾਨਿਓਜਾਣਾ, ਗੁੱਡੀਚੜ੍ਹਨੀ, ਗਲਪੈਣਾ
ਗੰਗਾਨਹਾਉਣਾ, ਚੜ੍ਹਮੱਚਣੀ, ਚੰਦਚਾੜ੍ਹਨਾ, ਚਾਦਰਵੇਖਕੇਪੈਰਪਸਾਰਨਾ, ਚਕਮਾਦੇਣਾ, ਛੱਕੋਛੜਾਉਣਾ, ਛਾਪਾਮਾਰਨਾ, ਛਿੱਲਲਾਉਣੀ, ਛਿੱਕੋਟੰਗਣਾ, ਜਾਨਤੇਖੇਡਣਾ,
ਜੁਬਾਨਕਰਨੀ, ਜਾਨਮਾਰਨਾ, ਜੰਗਲਵਿੱਚਮੰਗਲਹੋਣਾ, ਝੋਲੀਚੁੱਕਣਾ, ਝੱਟਟਪਾਉਣਾ, ਟੱਸਤੋਂਮੱਸਨਾਹੋਣਾ, ਟੰਗਅੜਾਉਣੀ, ਟਰਟਰਕਰਨਾ, ਟੇਢੀਖੀਰ,
ਟਕੇਵਰਗਾਜਵਾਬਦੇਣਾ, ਠੰਡੇਸਾਹਭਰਨਾ, ਠੁੰਗਾਮਾਰਨਾ, ਠੂਠਾਫੜਨਾ, ਠਣਠਣਗੋਪਾਲ, ਡਕਾਰਜਾਣਾ, ਡੁੱਬਮਰਨਾ, ਡੰਡੇਵਜਾਉਣਾ, ਢਿੱਡਵਿੱਚਰੱਖਣਾ,
ਢਿੱਡਵਿੱਚਚੂਹੇਨੱਚਣਾ, ਢਿੱਡੀਪੀੜਾਂਪੈਣੀਆਂ, ਢੇਰੀਢਾਹੁਣਾ, ਤੱਤੀਵਾਨਾਲੱਗਣੀ, ਤਰਲੇਲੈਣਾ, ਤੀਲੀਲਾਉਣੀ, ਤਾਰੇਤੇੜਨਾ, ਤਾੜੀਲਾਉਣੀ, ਬੁੱਕੀਵੜੇਪਕਾਉਣਾ,
ਥਰਥਰਕੱਬਣਾ, ਦਮਲੈਣਾ, ਦਿਲਖੱਟਾਹੋਣਾ, ਦੰਦਖੱਟੋਕਰਨੇ, ਦੀਵਾਗੁੱਲਕਰਨਾ, ਧੁੱਪਵਿੱਚਵਾਲਚਿੱਟੋਹੋਣਾ, ਧਰਮਨਿਭਾਉਣਾ, ਧੱਕਾਲੱਗਣਾ, ਧਰਨਾਮਾਰਨਾ,
ਧੁੰਮਾਂਪੈਜਾਣੀਆਂ, ਧੱਜੀਆਂਉਡਾਉਣੀਆਂ, ਨਹੁੰਮਾਸਦਾਰਿਸ਼ਤਾ, ਨੱਕਚਾੜ੍ਹਨਾ, ਨੱਕਰੱਖਣਾ, ਨੱਕਉੱਤੇਮੱਖੀਨਾਬਹਿਣਦੇਣਾ, ਨਜ਼ਰਸਵੱਲੀਹੋਣੀ, ਪੱਟੀਪੜ੍ਹਾਉਣੀ,
ਪਾਰਾਚੜ੍ਹਜਾਣਾ, ਪੈਰਜਮੀਨਤੇਨਾਲੱਗਣਾ, ਪੈਰਾਂਹੋਠੋਂਜਮੀਨਨਿਕਲਣਾ, ਪਾਣੀਸਿਰੋਲੰਘਣਾ, ਪੁੱਠੀਆਂਛਾਲਾਂਮਾਰਨੀਆਂ, ਪੈਰਾਂਤੇਪਾਣੀਨਾਪੈਣਦੇਣਾ, ਫੁੱਲਾਂਵਾਂਗਰੱਖਣਾ,
ਫੁੱਲੇਨਾਸਮਾਉਣਾ, ਫਸਲੀਬਟੇਰਾਂਹੋਣਾ, ਫੁਕਾਂਨਾਲਉਡਾਦੇਣਾ, ਬਾਜ਼ੀਲੈਜਾਣਾ, ਬੇੜਾਗਰਕਹੋਣਾ, ਬੇੜਾਪਾਰਕਰਨਾ, ਬੀੜਾਚੁੱਕਣਾ, ਬੇੜੀਆਂਵਿੱਚਵੱਟੋਪਾਉਣਾ,
ਬੀਜਨਾਸ਼ਕਰਨਾ, ਭਾਰਸਿਰੋਲਾਹੁਣਾ, ਭੁੱਖਲਹਿਜਾਣੀ, ਭੁੱਖੇਸ਼ੇਰਵਾਂਗਪੈਣਾ, ਭੂਤਸਵਾਰਹੋਣਾ, ਭੰਗਭੁੱਜਣੀ, ਮੱਖੀਆਂਮਾਰਨੀਆਂ, ਮਰੂਮਰੂਕਰਦੇਰਹਿਣਾ, ਮਾਤਪਾਦੇਣਾ,
ਮਾਰੋਮਾਰਕਰਨੀ, ਮਿਰਚਮਸਾਲਾਉਣਾ, ਮਿਰਚਾਂਲੱਗਣੀਆਂ, ਮੂੰਹਦੀਖਾਣਾ, ਮੋਰਚਾਮਾਰਨਾ, ਮਿੱਟੀਖਰਾਬਕਰਨੀ, ਯੱਬਲੀਆਂਮਾਰਨੀਆਂ, ਰਚਮਿਚਜਾਣਾ,
ਰਾਈਦਾਪਹਾੜਬਣਾਉਣਾ, ਰਾਤਦਿਨਇੱਕਕਰਨਾ, ਰਾਹਦਾਰੋੜਾਬਣਨਾ, ਰੰਗਬਦਲਣਾ, ਰੰਗਵਿੱਚਭੰਗਪਾਉਣਾ, ਲਹੂਨਾਲਹੱਥਰੰਗਣਾ, ਲਹੂਦੇਘੁੱਟਭਰਨਾ,
ਲੱਕਟੁੱਟਜਾਣਾ, ਲਾਹਪਾਹਕਰਨੀ, ਲਾਲਪੀਲਾਹੋਣਾ, ਲੂਣਹਰਾਮਕਰਨਾ, ਵੱਡਵੱਡਖਾਣਾ।

Bachelor of Vocation (Nutrition and Dietetics)
(Semester– II)
(Session 2026-2027)
Punjab History and Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)
Course Code: BVNL-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

Bachelor of Vocation (Nutrition and Dietetics)
(Semester– II)
(Session 2026-2027)
Punjab History and Culture (From Earliest Times to C. 320)
(Special Paper in lieu of Punjabi compulsory)
Course Code: BVNL-2431

ExaminationTime – 3hours

Credits L-T-P: 4-0-0

Contact Hrs. 2Hrs/Week

Instructions for the Paper Setter:

TotalMarks-100

Theory-70

CA-30

- 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 14 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.Budha Parkash, *Glimpses of Ancient Punjab*, Patiala, 1983.
- 4.B.N. Sharma: *Life in Northern India*, Delhi. 1966.

BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/ BACHELOR OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)

(Semester II)

Session 2026-27

COMMUNICATION SKILLS IN ENGLISH-II

Course Code: BVRM/BVAM/BVNM/BVBM / BVIM/BVHM-2102

COURSE OUTCOMES

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

CO 1: Enhancement of listening skills with the help of listening exercises based on conversation, news and TV reports

CO 2: 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

CO 3: Improvement of speaking skills enabling them to converse in a specific situation

CO 4: Acquisition of knowledge of phonetics which will help them in learning about correct pronunciation as well as effective speaking

BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/ BACHELOR OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS) /BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION (HOSPITALITY AND TOURISM)
(Semester II)

Session 2026-27
COMMUNICATION SKILLS IN ENGLISH-II
Course Code: BVRM/BVAM/BVNM/BVBM / BVIM/BVHM-2102

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

Max. Marks: 100
Theory: 50
Practical: 20

Continuous Assessment: 30

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 10 marks. Each question can be sub divided into two parts. (10 x 5 = 50)

Unit I

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

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

Unit II

Attending telephone calls; note taking and note making

Activities: Taking notes on a speech/lecture

Unit III

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

Unit IV

The study of sounds of English, stress Situation based

Conversation in English Essentials of Spoken English

Activities: Giving Interviews

Recommended Books:

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

**BACHELOR OF VOCATION (RETAIL MANAGEMENT) / BACHELOR OF VOCATION (ANIMATION)/ BACHELOR
OF VOCATION (NUTRITION AND DIETETICS)/ BACHELOR OF VOCATION (BEAUTY AND WELLNESS)
/BACHELOR OF VOCATION (ARTIFICIAL INTELLIGENCE AND DATA SCIENCE)/ BACHELOR OF VOCATION
(HOSPITALITY AND TOURISM)
(Semester II)**

**Session 2026-27
COMMUNICATION SKILLS IN ENGLISH-II
Course Code: BVRM/BVAM/BVNM/BVBM / BVIM/BVHM-2102**

PRACTICAL / ORAL TESTING

Time: 3 hours

Marks: 20

Course Contents:

1. Oral Presentation with/without audio visual aids (10 Marks)
2. Group Discussion/ Mock Interview (05 Marks)
3. Listening to any recorded or live material and asking oral questions for listening comprehension(05 Marks)

Questions:

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

Bachelor of Vocation (Nutrition and Dietetics) (Semester–II)

(Session: 2026-27)

Nutritional Biochemistry

(Theory)

COURSE CODE: BVNM-2283

COURSE OUTCOMES

Upon completion of this course, the students should be able to

CO(1): To Understand the knowledge of Biochemistry and Metabolism, absorption, digestion of Carbohydrates.

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

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

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

Bachelor of Vocation(Nutrition and Dietetics) (Semester–II)

(Session: 2026-27)

Nutritional Biochemistry

(Theory)

COURSECODE: BVNM-2283

Time:3Hrs.

Max.Marks:100

TheoryMarks:50

Practical Marks: 20

L-T-P

CA:30

2-0-2

InstructionsforthePaperSetter

- 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 exceedingfour).
 - Candidates are required to attempt five questions, selecting atleast one question from each section.
- The fifth question may be attempted from any Section.Each question Carry10 marks.

Content:

UNIT -I

- Biochemistry, its scope and importance in foods and nutrition.
- Carbohydrates: Digestion, absorption and metabolism of carbohydrates.
- Anaerobic and aerobic pathways, glycolysis, citric acid cycle, gluconeogenesis, pentose-phosphate pathway, glycogenesis, glycogenolysis, glucose transport, metabolism of lactate and pyruvate (in brief).

UNIT-II

- Fats and Lipids: Digestion, absorption and metabolism of fats and fatty acids, beta- oxidation of fatty acids, biosynthesis of fatty acids, energy yield from dietary fats, storage, mobilization of fat stores during exercise, production of ketone bodies and ketogenic diets, metabolism of phospholipids, glycolipids and cholesterol (in brief).
- Proteins: Digestion, absorption and metabolism (in brief).

UNIT-III

- Energy: BMR, Factors affecting BMR, energy requirements for physicalactivity, relative body weight and influence of physical exercise on changes inbody fat and body composition, utilization of energy by muscle tissue inrelation to exercise type, intensity and duration.
- Hormones: Classification, general mode of action, hormones of pituitary,thyroid, parathyroid, adrenals, reproductive glands and pancreas. Hormonaldisorders, counter regulatory hormones.

UNIT-IV

- Enzymes: Definition, classification, specificity of enzymes and factorsaffecting enzyme activity.
- Acid base balance: Concepts and disorders, pH, buffers, acidosis, alkalosis.
- Water and electrolyte balance.
- Biochemical functions of minerals and vitamins.
- Role of anti-nutrients and anti-oxidants in human health.
- Biochemical parameters : Introduction to biochemical parameters and their clinical significance (Lipid Profile, Kidney Function test, Liver Function Test, Metabolic and glucose panels.

Suggested Readings:

1. Rao, K.R. (1986). Textbook of Biochemistry, III ed. Prentice Hall ofIndiaPvt. Ltd.ND-110001.
2. Murray, R.K. and Rodwell, V.W. (1988). Harper's Biochemistry 21st ed.Prentice Hall of Australia Pvt.Ltd.
3. Lehninger, A.L. (1987). Principles of Bio-Chemistry, CBS Publishersand Distribution.

4. Qrten, J.M. and Neuhans, O.W. (1982). Human Bio-Chemistry, TheC.V. Mosby Co., Toronto, .

Bachelor of Vocation(Nutrition and Dietetics)(Semester–II)
(Session: 2026-2027)
Nutritional Biochemistry
(Practical)
COURSECODE: BVNM-2283

COURSEOUTCOMES

Upon Completion of this Course the students should be able to

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

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

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

Bachelor of Vocation(Nutrition and Dietetics)(Semester–II)
(Session: 2026-2027)
Nutritional Biochemistry
(Practical)
COURSECODE:BVNM-2283

Practical Marks: 20

L-T-P

0-0-2

Course Content:

- Estimation of reducing sugars.
- Determination of pH in various foodstuffs.
- Estimation of cholesterol
- Estimation of blood glucose
- Estimation of glucose in urine

Bachelor of Vocation (Nutrition and Dietetics) (Semester–II)
(Session: 2026-27)

Kitchen Design and Hygiene
(Theory)
COURSECODE:BVNM-2284

COURSEOUTCOMES

Upon Completion of this Course the students should be able to

- CO (1)** To understand about kitchen Design and its types.
- CO (2)** To develop the knowledge about Kitchen Equipment.
- CO (3)** To develop the knowledge about Dishwashing and Cleaning of Kitchen at Work.
- CO (4)** To develop the knowledge about Hygiene of Food.

Bachelor of Vocation (Nutrition and Dietetics) (Semester–II)

(Session: 2026-27)

Kitchen Design and Hygiene

(Theory)

COURSE CODE: BVNM-2284

Time: 3Hrs.

Max.Marks:100

Theory Marks:50

Practical Marks:20

CA:30

**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. Each question Carry 10 marks.

Content:

UNIT-I

Kitchen Design:

- Types of kitchens -Galley, L-shape, U-shape and Broken U-shape
- Principles of planning
- Efficient work heights and space dimensions
- Lighting, Ventilation and Drainage
- Planning of efficient storage areas in the kitchen, safety and security of stores.

UNIT-II

Kitchen Equipment:

- Classification
- Selection and efficient use of equipment
- General characteristics and care of Aluminium, Iron, Stainless Steel, Tin, Copper, Brass and glass kitchenware
- Operation and Care of Toaster, Mixer Grinder- Juicer, Food Processor, Oven, Microwave Oven and Dishwasher

UNIT-III

Dishwashing and Cleaning of Kitchen & Service Area

- Process and Unit
- Use of Water, Detergent and Abrasive
- Sterilization
- Types of Disinfectants &, Sanitizers.

Safety at Work:

- Causes of Accident, Safety Procedure & Training.
- Safety in Food Procurement, Storage, Handling & Preparation.
- Control of Spoilage, Safety of Left Over Foods.

UNIT-IV

Hygiene of Food

- Handling food during Receiving, Storage, Cooking and Serving
- Personal Hygiene of Food Handlers - Dress, Grooming, Health & Habits.
- Waste product handling: Planning for waste disposal. Solid wastes and liquid wastes
- Control of infestation through rodent, flies & cockroaches
- Food adulteration laws and standard in India.

Reference Books:

- 1) *Mohini Sethi, Surjeet Malhan, Catering Management An Integrated Approach, New Age international (P) limited, New Delhi.*

Bachelor of Vocation(Nutritionand Dietetics) (Semester–II)
(Session: 2026-27)

Kitchen Design and Hygiene
(Practical)

COURSECODE: BVNM-2284

COURSEOUTCOME:

UponCompletionofthisCoursethestudentshouldbeableto

CO (1) To develop the knowledge about Planning different types of kitchens -Galley, L-shape, U-shape and Broken U-shape.

CO (2) To develop the knowledge about Daily and occasional cleaning of kitchen utensils.

CO (3) To develop the knowledge about Operation and Care of Refrigerator, Toaster, Mixer Grinder-Juicer, Food Processor, Oven, Microwave Oven and Dishwasher

Bachelor of Vocation(Nutritionand Dietetics)(Semester–II)
(Session: 2026-27)
Kitchen Design and Hygiene
(Practical)
COURSECODE: BVNM-2284

L-T-P

0-0-2

Marks: 20

- Planning different types of kitchens -Galley, L-shape, U-shape and Broken U-shape
- Daily and occasional cleaning of kitchen utensils -Aluminium, Iron, Stainless Steel,Tin, Copper, Brass and glass
- Operation and Care of Refrigerator, Toaster, Mixer Grinder-Juicer, Food Processor, Oven
- Microwave Oven and Dishwasher
- Cleaning of Kitchen counter, floor and cupboards.

Bachelor of Vocation (Nutrition and Dietetics) (Semester–II)
Food Preservation, Storage and Quality Control
(Session: 2026-27)
(Theory)
COURSE CODE: BVNM-2285

COURSE OUTCOMES

Upon Completion of this Course the students should be able to

- CO (1)** To develop the knowledge about quality control and Food Adulteration.
- CO (2)** To develop the knowledge about Food laws and Regulation.
- CO (3)** To develop the knowledge about food standards and Sampling Procedure.
- CO (4)** To develop the knowledge about Sensory Panel and Market Survey of Processed Food.

Bachelor of Vocation(Nutritionand Dietetics)(Semester–II)
Food Preservation, Storage and Quality Control

(Session: 2026-27)

(Theory)

COURSECODE: BVNM-2285

Time: 3Hrs.

Max.Marks:100

TheoryMarks:50

Practical Marks:20

CA:30

L-T-P
2-0-2

InstructionsforthePaperSetter

- ☐ 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.Each question Carry10marks.

Content:

UNIT-I

- Importance of quality control and assurance.
- Food adulteration: Common food adulterants, consumer awareness, domestic methods of Identification and prevention.

UNIT- II

- Food laws and regulations-prevention of Food Adulteration Act, Fruit ProductOrder, Agmark,
- Essential Commodity Act and Consumer protection and Bureauof Indian Standard, Codex Standards, Hazard analysis and critical control point.
- Sampling procedure.

UNIT- III

- Application of food standards, sampling and specifications for raw foods and food products for additives, preservatives, colouring matters, anti-oxidants, emulsifying and stabilizing agents.
- Various methods for the assessment of quality of different foods.

UNIT- IV

- Selection of sensory panel and sensory evaluation of food products.
- Grading and marketing standards, specifications of finished products.
- Market survey of processed foods for quality assurance.

ReferenceBooks:

1. Guide to Food Safety and Quality during Transportation: Controls, Standards Practices by John M. Ryan
Kindle Edition - 30 December2013.
2. International Standards for Food Safety, By Naomi Rees (Author), DavidWatson.
3. ISO 22000 Standard Procedures for Food Safety Management Systems by Bizmanuals
4. Food Safety Management: A Practical Guide for the Food Industry By Yasmine Moterjami, Kindle Edition.

Bachelor of Vocation (Nutrition and Dietetics)(Semester–II)
FOOD PRESERVATION, STORAGE AND QUALITY CONTROL
(Session: 2026-27)
(Practical)

COURSECODE: BVNM-2285

COURSE OUTCOMES

Upon Completion of

- To develop the knowledge about preparation and Storage of jams, jellies, pickles.
- To develop the knowledge about canning and bottling of fruits and vegetables.

Bachelor of Vocation(Nutritionand Dietetics)(Semester–II)
FOOD PRESERVATION, STORAGE AND QUALITY CONTROL

(Session: 2026-27)

(Practical)

COURSECODE: BVNM-2285

Practical Marks:20

Preparation and storage of:

- a. Squashes and syrups
- b. Jams and jellies
- c. Marmalades and preserves
- d. Ketchup/sauces and chutneys
- e. Pickles (with and without oil)
- f. Preparation of items utilizing cereals and legumes and their storage
- g. Design posters on canning and bottling of fruits and vegetables using AI .
- h. Visit to food industry.

Bachelor of Vocation(Nutritionand Dietetics)
(Semester-II)

Status Report of Industrial Visit

(Session: 2026-27)

(Practical)

COURSECODE: BVNF-2286

Practical Marks:50

Visit to Food Industry/Hotel/ Restaurant/Club/Cafe and prepare a report. Visit report will be Evaluated by the concerned college jury.

Programme

Bachelor of Arts (Honours) / Bachelor of Science (Honours) Medical / Bachelor of Science (Honours) Non-Medical / Bachelor of Science (Honours) Computer Science / Bachelor of Science (Honours) Economics / Bachelor of Commerce (Honours) / Bachelor of Business Administration (Honours) / Bachelor of Arts (Honours) Journalism and Mass Communication / Bachelor of Science (Honours) Fashion Design / Bachelor of Science (Honours) Home Science / Bachelor of Computer Application (Honours) / Bachelor of Science (Honours) Information Technology / Bachelor of Science (Honours) Bio-Technology / Bachelor of Business Administration (Honours) Airlines and Airport Management / Bachelor of Science (Honours) Medical Laboratory Technology SEMESTER-II

Master of Commerce (FYIP) / Master of Science (MATHEMATICS) (FYIP) / Master of Arts (English) (FYIP) / Master of Science (PHYSICS) (FYIP) SEMESTER-II

Bachelor of Vocation (Retail Management) / Bachelor of Vocation (Animation) / Bachelor of Vocation (Nutrition and Dietetics) / Bachelor of Vocation (Beauty and Wellness) / Bachelor of Vocation (Artificial Intelligence and Data Science) / Bachelor of Vocation (Hospitality and Tourism) SEMESTER-II

SEMESTER II

Drug Abuse and Ethical Education

Value Added Audit Course

Session 2026-27

Course Code: VACD-2161

Time: 3 Hrs

Credits: L-T-P: 4-0-0

Contact Hours: 4Hours/Week

Max Marks: 100

Theory: 70

CA: 30

Instructions for the Paper Setter:

The question paper will consist of four Sections I, II, III and IV.

Section A: Compulsory Section: There will be 35 multiple choice questions from unit IV and V. Each question shall carry 1 mark. The student will attempt 30 questions out of 35 multiple choice questions (30x1=30)

Section B, C, D: 2 questions will be set in I, II & III unit of the syllabus. The candidates will attempt 1 question from each section. Fourth question can be attempted from any unit (I-III Unit). Each question shall carry 10 marks (10x4=40)

UNIT-I

Meaning of Drug Abuse: Meaning, Nature, Types and Extent of Drug Abuse in India and Punjab.

Consequences of Drug Abuse for:

Individual: Education, Employment, Income.

Family: Violence.

Society: Crime, Social Disorganization

Prevention of Drug abuse: Role of family: Parent child relationship, Family support, Supervision, Shaping values, Active Scrutiny.

UNIT-II

School: Counselling, Teacher as role-model. Parent – teacher – Health Professional Coordination, Random testing on students

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

Legislation: NDPs act, Statutory warnings, Policing of Borders, Checking Supply/ Smuggling of Drugs, Strict enforcement of laws, Time bound trials

UNIT-III

Management of Drug Abuse

Medical management: Medication for treatment and to withdrawal effects.

Psychiatric Management: Counseling, Behavioral and Cognitive therapy. **Social**

Management: Family, Group therapy and Environmental Intervention.

UNIT-IV

Understanding the Self:

Character building: Self awareness; Self growth; Self Control; Self Discipline; Character and Destiny

Generation gap: Relation with peer group; siblings and elders

UNIT-V

Social Responsibility:

Opposite Sex Relations

Globalization and IT Boom- Advantages and Disadvantages

FACULTY OF VOCATIONAL STUDIES

SYLLABUS OF

Bachelor of Vocation (Nutrition and Dietetics)

(Semester: III-IV)

(Under Credit Based Continuous Evaluation Grading System)

(Session: 2026-27)



The Heritage Institution
KANYA MAHA VIDYALAYAJALANDHAR
(Autonomous)

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition and Dietetics)
Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session 2026-27)

Semester-III										
Course Code	Course Title	Course Type	Hours Per Week L-T-P	Credits L-T-P	Total Credits	Marks				Examination time (in Hours)
						Total	Th	P	CA	
BVNL- 3101	Soft Skills and Communication	C	4-0-0	4-0-0	4	100	70	-	30	3
BVNM - 3282	Meal Management	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNM-3283	Food Microbiology	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNM- 3284	Diabetes Education-I	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNM-3285	Technology in Nutrition and Dietetics	C	2-0-4	2-0-2	4	100	40	30	30	3+3
BVNI - 3286	Internship and Report Writing	S	0-0-12	0-0-6	6	100	-	100	-	3
USEP-0003	Entrepreneurship Mindset Level-III	SEC	0-0-4	0-0-2	2	50	-	50	-	-
VACE-3221	Environmental Studies	VAC	2-0-0	2-0-0	2	50	35	-	15	1
TOTAL CREDITS						30				

C- Compulsory Course

S-Skill Enhancement

VAC: Value Added Course



BACHELOR OF VOCATION (NUTRITION AND DIETETICS)
(Semester III)
Session: 2026-27
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 basic reading skills

CO2:enrich their vocabulary, and usage of new words

CO3:get better insight into the usage of Standard English, grammar, effective sentence skills and organise ideas for paragraph writing/letter writing

CO4:learn the skills of team building, team work, time management and communication with others

BACHELOR OF VOCATION (NUTRITION AND DIETETICS)
(Semester III)

Session: 2026-27

Soft Skills and Communication
(THEORY)

COURSE CODE: BVNL-3101

Max. Marks: 100

Theory: 70

Time: 3 Hours

Continuous Assessment: 30

6 Lectures/per week

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. Two questions from each unit will be set in each section. Each question will carry 14 marks.

(14 x 5 = 70)

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.

Bachelor of Vocation (Nutrition and Dietetics)

(Session 2026-27)

Meal Management

(Theory)

COURSE CODE: BVNM-3282

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 and Dietetics) (Semester– III)
Meal Management
(Theory)

COURSE CODE: BVNM -3282
(Session 2026-2027)

Time: 3 Hrs.

L-T-P
2-0-2

Max. Marks: 100
Theory Marks: 50
Practical Marks: 20
CA: 30

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 atleast one question from each section.
- ☐ The fifth question may be attempted from any Section. Each Question Carry 10 marks.

COURSE CONTENT:

Unit-I

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

Unit-II

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

Unit-III

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

Unit- IV

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

References:

1. Guthrie, Hele, Andrews, Intoductory Nutrition, 6th Ed, St. Louts, Times Mirror/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.app C-1985
4. Willson, EVAD Principles of Nutrition 4th Ed, New York John Willey&Sons.1979.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– III)

Session: 2026-2027

MEAL MANAGEMENT

(Practical)

COURSE CODE: BVNM-3282

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 and Dietetics) (Semester– III)

Session: 2026-2027

MEAL MANAGEMENT

(Practical)

COURSE CODE: BVNM- 3282

Time:3 Hours

Max.Marks:20

Note:

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

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

☐ Breakfast dishes- Stuffed Paranthas, Pancakes, Poha, Dalia etc.

☐ Lunch & Dinner dishes- Main Dishes- Dal, Channa, Rajmah, Koftas etc., Rice- Pulaos, Paneer dishes, Side dishes, Dry. Vegetables, Stuffed Vegetables etc. Dessert - Puddings, Kheer etc. Salads, Soups etc.

☐ Evening Sweet & Salty snacks - at least 5 each.

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

(a) Infancy-Weaning foods

(b) Pre-schooler

(c) School going child.

(d) Adolescent girl and boy

(e) Adult male and female (sedentary moderate and heavy worker)

(f) Pregnant and lactating Women.

3. Develop AI-assisted meal planning, dietary assessment, and personalized nutrition recommendations.

Bachelor of Vocation (Nutrition and Dietetics)(Semester– III)
(Session 2026-2027)

Food Microbiology

(Theory)

COURSE CODE: BVNM-3283

COURSE OUTCOMES

CO1:Understand the fundamental concepts of microbiology, including the morphology and characteristics of various microorganisms (bacteria, fungi, viruses, protozoa, algae), and recognize their roles and relevance in everyday life.

CO2:Analyze the factors affecting microbial growth and methods of microbial control, including environmental influences such as pH, temperature, oxygen, and water activity.

CO3:Evaluate the microbiology of various food products, identify sources and types of spoilage and contamination, and understand the microbial standards essential for ensuring food safety.

CO4:Describe the roles of microorganisms in environmental and food contexts, including beneficial applications like fermentation, as well as their potential to cause infections, intoxications, and contamination through various environmental and biological agents.

Bachelor of Vocation (Nutrition and Dietetics)(Semester– III)

(Session: 2026-2027)

Food Microbiology

(Theory)

COURSE CODE: BVNM-3283

Time: 3Hrs.

L-T-P

2-0-2

Max. Marks: 100

TheoryMarks: 50

Practical Marks:20

CA: 30

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 carries 10 marks.

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

The fifth question may be attempted from any Section.

COURSE CONTENT

Unit I

1. Introduction to microbiology and its relevance to everyday life. General Morphology of microorganism general characteristics of bacteria, fungi, virus, protozoa, algae.
2. Control and Growth of microorganism growth curve, effects of environmental factors on growth of Microorganism-Ph. Water activity, oxygen availability, temp and others.

Unit II

1. Microbiology of different foods: Spoilage and contamination, sources, types, effect on the following:
 - i. Cereal and cereal products
 - ii. Sugar and salt
 - iii. Vegetables and fruits
 - iv. Meat and meat products
 - v. Fish, egg and poultry
 - vi. Milk and milk products
 - vii. Canned foods.

Unit III

Environmental microbiology:

- (a) Water and water borne diseases
- (b) Air and air borne diseases
- (c) Soil and soil borne disease
- (d) Sewage and diseases
2. Other agent of contamination humans , domestic animals, vermins, birds, hormones, antibiotics, chemical and metal contamination.
3. Relevance of Micro Biological standards for food safety.

Unit IV

1. Beneficial effect of microorganisms. Fermented foods: Bread, malt beverages. Role of microorganisms in fermented milk products: Butter and cheese etc.

2. Microbial in toxications and infections sources of contamination of foods, toxin production and physiological organism-Symptoms and methods of control.

Suggested readings:

- 1. Frailer ,W.C., “Food Microbiology”, 4th Ed .1988 McGraw Hill, New York**
- 2. Kawata ,K. “ Environmental Sanitation in India “ ,1963, Lucknow Publ . House**
- 3. Pelezer ,H.J. and Rober ,D., “Microbiology “, 2nd Ed . 1968, McGraw Hill, New York**
- 4. Banwart , G.T. “Basic Food Microbiology “, 1987 CBS Publ., New Delhi**
- 5. Jay ,J.H.,” Modern Microbiology”, CBS Publ., New Delhi**
- 6. Joshua ,A.K “Microbiology“ popular Book Depo, Madras 1988**
- 7. Carpenter , “Microbiology “-W.B Saunders Co., London**
- 8. West wood and Harger ,“ Food Service in institution “, 1966 , John Wiley and sons, intcorporation , New York,London.**
- 9. Simith and Water ,” Introductory Food Services “, McGraw Hill Book Co. , New York, 1975**
- 10. Salie ,A.J ,” Fundasmentals Principals of Bacteriology “ McGraw Hill Book Co.**
- 11. Vash Pal Bedi ,“ SocialAnd Preventive Medicine “-Arma Ram & Co. Delhi**
- 12. Mackmill AND Mac Carney “Handbook of Practical Bacteriology “, William and Wilkins Company , Baltimore.**

Bachelor of Vocation (Nutrition and Dietetics)(Semester– III)
(Session: 2026-2027)
Food Microbiology
(Practical)
COURSE CODE: BVNM-3283

CO1:

Demonstrate the ability to use basic microbiological tools and techniques, such as aseptic handling, staining, and microscopic observation, to identify the morphology of bacteria, fungi, and other microorganisms.

CO2:

Apply appropriate methods to culture, isolate, and enumerate microorganisms from food, water, air, and soil samples, and assess microbial growth under various environmental conditions.

CO3:

Detect microbial contamination and spoilage in different food samples (e.g., milk, meat, vegetables), and differentiate between types of spoilage using culture and biochemical techniques.

CO4:

Evaluate the effectiveness of sterilization, disinfection, and preservation techniques in controlling microbial growth and maintaining food safety and hygiene.

Bachelor of Vocation (Nutrition and Dietetics)(Semester– III)
(Session: 2026-2027)

Food Microbiology

(Practical)

COURSE CODE: BVNM-3283

Time:3 Hrs.

Practical Marks: 20

Note : Instructions for Practical Exam :

1. Entire theory paper will be covered for practical.
2. Practical Paper will be set on the spot.

References:

1. Frazier,W.C.,Food Microbiology.4th Ed,2006. McGrawHill, NewYork.
2. Black burn ,Food Spoilage Microorganism.

Bachelor of Vocation (Nutrition and Dietetics)(Semester– III)

(Session: 2026-27)

DIABETES EDUCATION-I

(Theory)

COURSE CODE: BVNM -3284

Upon Completion of this Course the student should be able to

CO1:- To provide knowledge about types of Diabetes: Type I, Type II, Prediabetes, Gestational Diabetes, and Impaired Glucose Tolerance (IGT).

CO2:- To give knowledge about pathology of diabetes and complications of diabetes.

CO3:- To give knowledge about Investigation used for diagnosis of diabetes.

CO4:- To provide knowledge about hand care, foot care, eye care for diabetes patients, initial assessment and reassessment of diabetic patients.

Bachelor of Vocation (NUTRITION AND DIETETICS)
(Semester– III)
Diabetes Education -I
(Theory)
COURSE CODE: BVNM -3284
(Session 2026-27)

Time: 3Hrs.

Max.Marks: 100
Theory Marks: 50

L-T-P
2-0-2

Practical Marks: 20
CA: 30

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. Each Question Carry 10 marks.

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,

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

Hypoglycaemia: Definition, complications, treatment and its management

UNIT -IV

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 Mirror/MosbyCollege:1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nded.) Wilay Eastern Ltd.1990.

3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol. I, II(2nded. Revised& enlarged) .

Bachelor of Vocation (NUTRITION AND DIETETICS)

(Semester– III)

Diabetes Education -I

(Practical)

COURSE CODE: BVNM -3284

(Session 2026-27)

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 AND DIETETICS)

Semester III

Diabetes Education –I

(Practical)

COURSE CODE: BVNM-3284

(Session 2026-27)

Time: 3 Hrs.

Marks:20

CONTENT:

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 and Dietetics) (Semester– III)
(Session: 2026-2027)

Internship and Report Writing
(Practical)

COURSE CODE: BVNI -3286

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 and Dietetics) (Semester– III)
(Session: 2026-2027)

Internship and Report Writing
(Practical)

COURSE CODE: BVNI -3286

Time: 3Hours

Max.Marks: 100

L-T-P

0-0-6

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

Bachelor of Vocation (Nutrition and Dietetics)
(Semester– III) (Session: 2026-2027)
GENDER SENSITIZATION PROGRAMME

Course Title: GENDER SENSITIZATION PROGRAMME

Nature of Course: Audit Course (Value Added)

Course Duration: 30 hours

Course intended for: Semester III students of the undergraduate degree program.

The program has been designed to instill the value of gender equality among students, enabling them to identify areas of gender discrimination, raise their voices against it, and work towards creating a gender-neutral society.

Objectives of the Course:

1. To sensitize students about gender rights, gender roles and relations.
2. To make students aware and capable of realizing their true potential.
3. To ensure equal participation of men and women in all economic, social and political processes.
4. To develop a gender perspective to transform the mindset of society.

Learning Outcomes:

On successful completion of this course, students will be able to

- develop ways to address gender inequalities and promote gender justice
- understand the difference between sex and gender and cultural norms ascribed to boys/men and girls/women.
- evaluate the impact of socially defined gender roles on economic and political participation.
- analyze social problems using a gender lens.
- learn the constitutional provisions and laws relating to gender rights.
- understand the importance of comprehensive access to healthcare for all women
- defend themselves against potential attacks and adversities using self-defense techniques.
- engage themselves in critical self-reflection and work for social transformation.

CURRICULUM

Course Code: VACG 3532

Total contact hours: 30

MODULE	TITLE	HOURS
1	Introduction to Gender Sensitization	4 Hrs.
2	Workshop in Self-Defense Techniques	12Hrs.
3 I	Cultural Roles and Gender Sensitivity	2 Hrs.

3 II	Gender Dimensions in Economic Participation and Wage Gap	2 Hrs.
3 III	Gender Rights: Constitutional Rights & Legal Rights	2 Hrs.
3 IV	Social Problems and Issues: Gender Perspective with focus on Indian Society	2 Hrs.
3 V	Gender Issues and the Health Care System	2 Hrs.
3 VI	Gender and Political Participation	2 Hrs.
4	Final Assessment Feedback and Closure	2 Hrs.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition and Dietetics)
Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session 2026-2027)

Semester-IV									
Course Code	Course Title	Course Type	Hours	Credits	Marks				Examination time (in Hours)
			Per Week L-T-P		Total	Th	P	CA	
BVNL- 4281	Diabetes Education- II	S	4-0-0	4	100	70	-	30	3
BVNL- 4102	Soft Skills and Communication	C	4-0-0	4	100	70	-	30	3
BVNL- 4283	Food Toxicology and Drug Nutrient Interaction	C	4-0-0	4	100	70	-	30	3
BVNM- 4284	Food Science	S	2-0-4	4	100	50	20	30	3+3
BVNM- 4285	Quantity Food Production and Service	S	2-0-4	4	100	50	20	30	3+3
BVNI – 4286	Internship and Report Writing	S	0-0-6	3	75	-	75	-	3
USEP-0004	Entrepreneurship Mindset Level-IV	SEC	0-0-4	0-0-2	2	50	-	50	-
VACP – 4511	Personality Development and Gender Sensitization	VAAC	2-0-0	2	50	35	-	15	3
TOTAL CREDITS				25					

C- Compulsory Course

S-Skill Enhancement

VAAC-Value Added Audit Course

Bachelor of Vocation (Nutrition and Dietetics) (Semester– IV)
(Session: 2026-2027)

Diabetes Education -II (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 and Dietetics) (Semester– IV)
(Session: 2026-2027)
Diabetes Education -II (Theory)
COURSE CODE: BVNL -4281

Time:3 Hrs.

Max.Marks:100

TheoryMarks:70
CA:30

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 carries 14 marks.
- ☐ The fifth question may be attempted from any Section.

CONTENTS

UNIT-I

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

UNIT-II

3. Professional behavior of diabetes educator, patient dealing, effective communication
4. Treatment plan for type 1 diabetes
5. Recent Advancement /Scope in Diabetes Management

UNIT-III

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

UNIT-IV

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

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louis, Times Mirror/Mosby College: 1988
2. Mudambi S.R. M.V. Rajgopal. Fundamental of Foods & Nutrition (2nd ed.) Wiley 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 Wiley & Sons. 1979

BACHELOR OF VOCATION (NUTRITION AND DIETETICS)

SEMESTER-IV

Session-2026-27

**Soft Skills and Communication
(THEORY)**

COURSE CODE: BVNL-4102

COURSE OUTCOMES

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

CO1: identify problems and be equipped with problem solving skills and learn techniques to write reports/notes

CO2: imbibe skills of constructive feedback

CO3: develop conversational skills and work ethics

CO4: imbibe and practise presentation skills and public speaking

BACHELOR OF VOCATION (NUTRITION AND DIETETICS)

(Semester-IV)

Session-2026-27

Soft Skills and Communication

Course Code: BVNL - 4102

Max. Marks: 100

Theory: 70

Time: 3 Hours

Continuous Assessment: 30

6 Lectures/per week

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. Two questions from each unit will be set in each section. Each question will carry 14 marks.

(14 x 5 = 70)

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, 2003.

Bachelor of Vocation (Nutrition and Dietetics) Sem -IV

Food Toxicology and Drug Nutrient Interaction

SESSION: 2026-2027

Course Code: BVNL-4283

Course Outcomes:

CO1:

Understand the types, sources, and health impacts of natural and chemical food toxins including microbial, fungal, and seafood toxins, and evaluate preventive and detoxification strategies.

CO2:

Analyze the impact of chemical contaminants such as pesticides, heavy metals, radioactive materials, and packaging substances on food safety and human health.

CO3:

Assess the effects of drug-nutrient interactions on human metabolism, including drug-induced malnutrition, gastrointestinal disorders, and metabolic complications associated with clinical nutrition.

CO4:

Demonstrate knowledge of the interactions between herbal supplements, alcohol, and drugs, and apply digital tools and counseling strategies for the effective management of nutrient-drug interactions in healthcare.

Bachelor of Vocation (Nutrition and Dietetics) Sem -IV

Food Toxicology and Drug Nutrient Interaction

SESSION: 2026-2027

Course Code: BVNL-4283

Time: 3 Hrs. Max. Marks: 100

Theory Marks: 70

CA: 30

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). Each question carries 14 marks.

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

The fifth question may be attempted from any Section.

UNIT-I

Introduction and significance of food toxicology. Types, causative agents, symptoms and preventive measures of food poisoning. Natural food toxins. Anti-nutritional factors, fungal and seafood toxins, goitrogens and carcinogens, their harmful effects and methods of removal. Concept of microbial toxins and food intoxication. Sources of food contamination, effect on health, preventive measures and methods of inactivation/destruction.

UNIT-II

- ☐ Chemical toxins-pesticides, metallic and radioactive materials in food, residual effects, preventive measures, methods of removal.
- ☐ Food packaging material and potential contaminants.
- ☐ Hazards of plastic packaging during storage and transportation and their effect on health.
- ☐ Drug interactions: Basic concepts. Types and mechanism of various drugs and their interaction with nutrients.

UNIT-III

- ☐ Biopharmaceuticals of orally ingested drugs. Relationship of drug therapy with intake, absorption and utilization of nutrients. Monitoring nutritional status in drug regimens.
- ☐ Drug induced malnutrition. Nutrients commonly affected by drugs. Drug related gastrointestinal and metabolic disorders.
- ☐ Obesity and appetite suppressant drugs. Drug induced metabolic alterations in patients receiving parental and enteral nutrition.

UNIT-IV

- ☐ Herbal and dietary supplements and their interaction with drugs.
- ☐ Effect of alcohol consumption on nutrients.
- ☐ Dietary counseling to prevent food drug interactions.
- ☐ Computer applications in management of nutrient drug interaction.
- ☐ Drug nutrient interaction and Joint Commission for Health Care Organizations.

Reference:

- Nutritional Toxicology Volume 2 (Nutrition : Basic and Applied Science) Kindle Edition by John N. Hathcock (Author, Editor)
- Handbook of Drug-Nutrient Interactions. New York, NY: Humana Press, ISBN: 978-1-60327-363-3 2nd edition

Bachelor of Vocation (Nutrition and Dietetics) Sem -IV

Food Science

SESSION: 2026-2027

Course Code: BVNM-4284

CO1:

Understand the structure, composition, and nutritional significance of cereals, millets, and cereal products, and evaluate the effects of processing and cooking techniques such as milling, parboiling, dextrinization, and gelatinization on their nutritive value.

CO2:

Analyze the composition, nutritional value, and processing of pulses, legumes, nuts, and meat substitutes like soya and TVP, including the identification and management of associated toxic substances.

CO3:

Demonstrate knowledge of the classification, composition, and nutritive value of milk and milk products, eggs, vegetables, fruits, fats, and oils in the context of a balanced diet.

CO4:

Apply principles of food selection, purchase, and storage to ensure the quality, safety, and nutritional retention of perishable and non-perishable foods such as dairy, eggs, meat, fruits, vegetables, fats, and oils.

Bachelor of Vocation (Nutrition and Dietetics) Sem -IV

Food Science

SESSION: 2026-2027

Course Code: BVNM-4284

Time:3Hrs.

Max.Marks: 100

TheoryMarks: 50

Practical Marks: 20

CA: 30

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). Each question carries 10 marks.
- ☐ Candidates are required to attempt five questions, selecting at least one question from each section.
- ☐ The fifth question may be attempted from any Section.

Unit- I

1. Cereal and cereal products: Cereals and millets, breakfast cereals, cereal products.

Microscopic structure of various starch granules-nutritive value of rice, wheat and locally available millets. Processing of cereals, milling, parboiling, effect of processing and cooking on the nutritive value of cereals, dextrinization, gelatinisation, gluten formation.

UNIT-II

2. Pulses, legumes and nuts: Production (in brief), selection and variety, composition – nutritive value of grams, dals, processing, use in a variety of preparations, some common nuts, meat substitutes – soya products, textured vegetable protein (TVP) and cost. Toxic substance – *Lathyrus sativus* goitrogens, *Aspergillus* flavours.

UNIT-III

3. Milk and milk products-composition, classification, nutritive value.

Eggs-structure, composition, nutritive value.

Vegetables and fruits: composition, classification, nutritive value.

Fats and oil: composition, classification, nutritive value.

4. Selection, purchase and storage of food:-

- a. Milk and milk products
- b. Eggs
- c. Meat and fish
- d. Vegetables and fruits
- e. Fats and oil

References:

1. Charley, Helen, 1970 "Food Science" – John Wiley & Sons, New York
2. Griswold C., R.H. "The Experimental Study of Foods" .Houghton Mifflin Co, Boston
3. Hughes, O. "Introductory Foods", Macmillan & Co, New York
4. Pan and Palamer, "Food Theory and Application", John Wiley and Sons, New York.
5. Swaminathan, M " Food Science and Experimental Foods", Ganesh & Co, Madras.
6. Brain A. Fox and Allan G. Cameron, 1989, "Food Science, Nutrition and Health", 5th Edition, Edward Arnold.
7. Mudambi S.R. and S.M. Rao, "Food Science", Wiley Eastern LTD, New Delhi, Bangalore, Bombay, Calcutta, Madras, Hyderabad
8. Devis, B " Food Commodities-Heinman Professional Publishing, Great Britain

Bachelor of Vocation (Nutrition and Dietetics) Sem -IV

Food Science

SESSION: 2026-2027

Course Code: BVNM-4284

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 and Dietetics) Sem -IV

Food Science

SESSION: 2026-2027

Course Code: BVNM-4284

Time: 3Hrs.

Marks: 20

Contents:

- Evaluation of Food grains for their physical appearance
- Evaluation of milk sample
- Preservation of food
- New product development
- Market survey of processed foods for quality assurance.
- Develop educational posters on Cereals, Pulses, Dairy , Fruits and Vegetables using AI.

Bachelor of Vocation (Nutrition and Dietetics) Semester IV

SESSION: 2026-27

**QUANTITY FOOD PRODUCTION
(THEORY)**

COURSE CODE: BVNM-4285

Time:3Hours

L-T-P

2-0-4

Max.Marks:100

Theory: 50

Practical:20

CA: 30

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). Each question carries 10 marks.
- Candidates are required to attempt five questions, selecting at least one question from each Section.
- The fifth question may be attempted from any Section.

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 Specialized service.

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. New Age International (P) Limited Publisher Jalandhar.
2. Mohini Sethi, Surjeet Malhan –Institutional food management.

Bachelor of Vocation (Nutrition and Dietetics) Semester IV

SESSION: 2026-27

**QUANTITY FOOD PRODUCTION
(PRACTICAL)**

COURSE CODE: BVNM-4285

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 and Dietetics)(Semester–IV)

SESSION: 2026-27

QUANTITY FOOD PRODUCTION

(PRACTICAL)

COURSE CODE: BVNM-4285

Time:3Hours

Max.Mar

ks:20

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

- 1) Standardization and cost calculation of asnacks&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 equipment's, utensils, counters, floor and cupboards.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– IV)
(Session: 2026-2027)
Internship and Report Writing
(Practical)
COURSE CODE: BVNI -4286

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 and Dietetics)
(Semester– IV)
(Session: 2026-2027)
Internship and Report Writing
(Practical)
COURSE CODE: BVNI -4286

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

Max.Marks: 75
Practical: 75

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



FACULTY OF VOCATIONAL STUDIES

**SYLLABUS OF
Bachelor of Vocation (Nutrition and
Dietetics)**

Semester: V-VI

**Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session 2026-2027)**



**The Heritage Institution
KANYA MAHA VIDYALAYAJALANDHAR
(Autonomous)**

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition And Dietetics)
Credit Based Continuous Evaluation Grading System
(CBCEGS) (Session 2026-2027)

Semester-V										
Course Code	Course Title	Cour se Type	Hours Per Week	Credits L-T-P	Total Credits	Marks				Examina tion time (in Hours)
			L-T-P			Total	Th	P	CA	
BVNM-5101	Soft Skills and Communication	C	4-0-0	4-0-0	4	100	50	20	30	3+3
BVNL-5282	Social Welfare	S	2-0-0	2-0-0	2	50	35	-	15	3
BVNL-5283	Introduction to Sports Nutrition	C	4-0-0	4-0-0	3	100	70	-	30	3
BVNL-5284	Role of Diet Assistant-I	C	4-0-0	4-0-0	3	100	70	-	30	3
BVNL-5285	Health and Hygiene	S	4-0-0	4-0-0	4	100	70	-	30	3+3
BVNM-5286	Therapeutic Nutrition -I	S	2-0-4	2-0-2	4	100	50	20	30	3
BVNM-5127	Internet Applications	S	1-0-2	1-0-1	2	50	25	10	15	3+3
BVNM-5288	Institutional Food Service and Personnel Management	S	2-0-4	2-0-2	4	100	50	20	30	3+3
BVNP-5289	Cafeteria	S	0-0-4	0-0-2	2	50	-	35	15	3
CCFC-5522	Community Outreach	CCFR	0-0-2	0-0-4	2	50	-	35	15	3
TOTAL CREDITS				30						

C-Compulsory Course

S-Skill Enhancement

CCFR-Co- Curricular Field Work and Report Writing

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Session: 2026-2027)

Soft Skills and Communication
(THEORY)

COURSE CODE: BVNM/ BVHM-5101

COURSE OUTCOMES

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

CO1: learn techniques to organise ideas for email writing and handling responses

CO2: identify problems and be equipped with problem solving skills

CO3: imbibe non-verbal communication skills and practice leadership skills

CO4: develop the ability to communicate through situational dialogues and telephonic conversations

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Semester– V)
(Session: 2026-2027)

Soft Skills and Communication
(THEORY)
COURSE CODE: BVNM/ BVHM-5101

Time: 3 Hours

Max. Marks: 100

Theory: 50
Practical: 30
Continuous Assessment: 20

Instructions for the paper setter and distribution of marks:

The question paper will consist of four sections. Two questions will be set from each unit of syllabus. 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. The questions may have sub-parts. Each question will carry 10 marks. (5 x 10 = 50)

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:

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

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Session: 2026-2027)

Soft Skills and Communication

COURSE CODE: BVNM/ BVHM-5101

PRACTICAL EXAMINATION

Examination Time: 3 hours

Marks: 30

Course Contents:

1. Dialogue Delivery
2. Making PPT slides from the syllabus
3. Email-Writing

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)

(Session: 2026-2027)

Course Code: BVNL-5282

Course Title: SOCIAL WELFARE (THEORY)

Course Outcomes :

- **CO1** : Explain the concept, meaning, importance, and scope of social welfare, and distinguish it from social work, social service, social reform, and social action.
- **CO2** Describe the major fields of social welfare, including family and child welfare, medical and psychiatric welfare, correctional services, labour welfare, and tribal welfare.
- **CO3** Analyze the structure and functioning of social welfare administration, including the roles of central and state governments, ministries, departments, and major national welfare organizations.
- **CO4** : Evaluate the contributions of voluntary organizations and local agencies involved in social welfare, particularly those working for women, families, and community development.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)

(Session: 2026-2027)

Course Code: BVNL-5282

Course Title: SOCIAL WELFARE (THEORY)

Time: 3 Hrs.

Credit: 2-0-0

Max. Marks: 50

Theory: 35

CA: 15

Instructions for paper setters:

Eight questions of equal marks (Specified in the syllabus) 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. Each Question carry 7 marks.

Course Content

Unit I

1. Concept of Social Welfare:

- a) Meaning, Importance.
- b) Social welfare as distinguished from social work, social service, social reform and social action.

Unit II

2. Broad fields of social welfare.

Family and child welfare
Medical and psychiatric welfare
Correctional service
Labour welfare service
Tribal Welfare

Unit III

3. Social welfare agencies and institutions involved in social welfare:

- a. Social welfare administration
- b. Functioning of central and state government.
- c. Ministries and departments of social welfare
- d. Trends in social welfare administration
- e. Central social welfare board
- f. Kasturba Gandhi National Memorial Trust

Unit IV

- a. Bhartiya Grameen Mahila Sangh
- b. All India women's conference
- c. Women's voluntary service
- d. The all India conference of social work
- e. The home science association of India
- f. Local Organization– Official and non-official, involved in social welfare

Suggested readings:

1. Clarke, Helen, Principles and Practices of Social work, Acolaton, Century-crofts, Ince, New York,1947.
2. Young Husband, Eileon, Social work and Social Change, George Allanand Unwin Ltd., Ruskin House Museum Street, London,1964.
3. Fariod lander, Walter, A Concept and Methods of Social Work, Prentice Hall of India (Pvt). Ltd., New Delhi,1964.
4. E.Wilson, Everett, E. and Convener, MerrillB.TheField of Social work, Henry Holt and Company, New York, 1958.



Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)

(Session: 2026-27)

Introduction to Sports Nutrition

(Theory)

COURSE CODE: BVNL-5283

Course outcomes:

CO1. To develop the knowledge about concept of sports nutrition, carbohydrate, fat and protein intake during exercise.

CO2. To develop the knowledge about concept of energy balance and energy requirement in athletic performance.

CO3. To understand the knowledge about use of Nutritional supplements.

CO4. To understand the knowledge about nutrient periodization, meal timing and hydration among athletes.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Session: 2026-27)

Introduction to Sports Nutrition
(Theory)

COURSE CODE: BVNL-5283

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

Max. Marks: 100
Theory Marks: 70
CA: 30

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. Each question carries 14 Marks.

CONTENT:

UNIT-I

Macronutrient need of team sport athletes:

Carbohydrate Intake and performance: Type and function of Carbohydrate and its utilisation in the body; Type, timing and quantity of carbohydrate intake in training; Food sources from different types of carbohydrate; Pre, during and post event/training intake

Fat Intake and performance: Function of fat and its utilisation in the body; Intensity of training impacting fat utilisation; Type, timing and Quantity of fat intake in training; sources of fat; pre, during and post event/training intake,

Protein Intake and performance: Type and Quality of protein and its utilisation in the body; Specific role of amino acids for performance; sources of protein; pre, during and post event/training intake

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UNIT-II

Macronutrients and Energy balance

Energy balance concept for athletic performance: Contribution of macronutrients to Energy; Factors affecting energy expenditure (age, gender, ethnicity, level of training, training intensity, type of sport and phase of training); Energy balance; Consequences of Energy imbalance in performance.

Contribution of Resting metabolic Rate, Thermic effect of food and Exercise and Non-exercise activity thermogenesis (NEAT) towards energy expenditure

UNIT-III

Use of Nutritional supplements

Macro nutrient supplements: Pure protein (eg; whey, casein, egg albumen, soy protein, pea protein) & protein bars and weight gainers

Amino acid supplement: Glutamine, Arginine

Carbohydrate supplement & EFA's: Glycerol, Meal replacement powders, ready to drink protein shakes (RTD),

Sports drink & sports gels

Micronutrient supplements:

Benefits, mechanism and application of:

Vitamins: ergogenic role of vitamin B complex vitamins, vitamin B12, Folic acid, vitamin D supplements, multivitamin supplements

Mineral supplement: Magnesium, iron supplements, electrolyte replacement drinks,

Antioxidant vitamin & mineral supplements

UNIT-IV

Nutrient periodization, meal timing and hydration among athletes

Nutrient periodization and Meal timing: Importance of periodization and meal timing Related to the type of training; Importance of timing of carbohydrate intake; Type of carbohydrates and proteins beneficial for maximum refueling post exercise sessions; Gender differences in carbohydrate, protein and fat refueling strategies.

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 fluid intake; Gastric emptying and absorption of fluids; Beverage palatability and fluid intake.

References:

Sports nutrition by Nancy clark, MS, RD.

Health education and sports nutrition by Dr. Lalita ishwarnpunnya

Sports Nutrition: A handbook for professionals by Christine karpinski ,PhD, RD, CS



**Bachelor of Vocation (Nutrition and
Dietetics)(Semester-V)**

(Session: 2026-27)

Role of Diet Assistant-I (Theory)

COURSE CODE: BVNL-5284

CO1 : Explain the healthcare system, hospital functions, the role of the Food and Dietetics Department, and the responsibilities of a diet assistant while applying the principles of balanced nutrition.

- **CO2 :** Use dietetics-related medical terminology and demonstrate effective communication skills with patients, families, and healthcare professionals.

- **CO3 :** Apply personal hygiene, food safety, infection control, and safe food handling practices to maintain quality patient care.

- **CO4 :** Demonstrate appropriate food preparation techniques and therapeutic diet practices based on patients' nutritional and medical requirements.

Bachelor of Vocation (Nutrition and Dietetics) (Semester-V)

(Session: 2026-27)

Role of Diet Assistant-I (Theory)

COURSE CODE: BVNL-5284

Time: 3Hrs.

Theory Marks:70

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) 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. Each Question carry 14 Marks.

Course Content

Unit I

Health care System

Health care service providers (primary, secondary & tertiary)

Hospital functions

Food and Dietetics department and it's facilities.

Role of the diet assistant

Functions of diet assistant

Care of food storage equipment kitchen equipment and articles needed

Patient comforts and safety

Ethical behavior and understanding of certain administrative functions

Introduction to food and nutrition

Balanced diet and food groups

Unit II

Introduction to dietetics related medical terminology

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

Soft Skill and Communication-I

Art of effective communication

Effective Communication with patients & family

Effective Communication with peers/colleagues using medical terminology in communication

Unit III

Personal 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

Food handling techniques and serving practices so as to maintain optimum temperature to prevent bacterial growth and nutrition loss

Personal hygiene while handling food

Checking expiry date of food products or items or decayed food.

Unit IV

Introduction to therapeutic diets and its importance.

Food preparation practices

Need of preparing food (raw, cooked or uncooked)

Techniques of food preparation

Cooking practices as specified for different food items

Food preparation techniques as per patient's nutritional and medical requirement

Suggested Readings:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th Ed, St. Louis, 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 and Dietetics) Semester V)

(Session: 2026-27)

HEALTH AND HYGIENE (Theory)

COURSE CODE: BVNL-5285

Course Outcomes (COs)

- **CO1** : Explain the concepts of health, hygiene, immunity, immunization, and personal hygiene, and their importance in preventing infections and promoting health.
- **CO2** : Describe the causes, modes of transmission, symptoms, prevention, and control measures of common communicable diseases.
- **CO3** : Demonstrate knowledge of water sources, contamination, and household as well as modern methods of water purification for ensuring safe drinking water.
- **CO4** : Apply the principles and methods of health education and communication to promote health awareness and healthy practices among individuals and communities.

Bachelor of Vocation (Nutrition and Dietetics) Semester V)
(Session: 2026-27)
HEALTH AND HYGIENE (Theory)
COURSE CODE: BVNL-5285

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

Max.Marks:100
Theory Marks:70
CA:30

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.
- Each question carries 14 marks.

Content

**Health &
Hygiene**

Unit I

- a) Definition of health Hygiene infection sources prevention, immunity &immunizationschedule
- b) Personalhygiene

Unit II

Brief study of diseases cause mode of spread incubation period symptoms prevention& control

- a) Disease caused by ingestion Typhoid, Jaundice, cholera, Diarrhoea and Dysentery & Food poisoning
- b) Diseases caused by inhalation- Measles, mumps, and tuberculosis, chickenpox,COVID-19

Unit III

- c) Diseases caused by vectors- MalariaDengue.
- d) Diseasescausedbysexualcontact-HIV,AIDS
- e) Diseases caused by contact-Eczema

Unit IV

Water supply

- a) Sources ofcontamination
- b) Types ofwater
- c) Purification of water athome

Modern Methods of purification of water (different types of filter – Aqua guard, R.O filteretc)

Reference Books:

1. Family resource management & Hygiene byRandhawa
2. Physiology and Hygiene by J.HKellig
3. Public Health and Hygiene by Sorona Raj and VKumaresan

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Session 2026-27)

THERAPEUTIC NUTRITION-I
(THEORY)

Course code: BVNM -5286

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 and Dietetics) (Semester– V)
(Session 2026-27)

THERAPEUTIC NUTRITION-I
(THEORY)

Course code: BVNM -5286

Credits:2-0-2

Time:3 Hours

MaxMarks:100

Theory: 50

Practical: 20

CA: 30

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.
- Each question carries 10 marks

CourseContent

Unit I

Role of dietician: The hospital and community
Basic concepts of diet therapy
Principles of diet therapy and therapeutic nutrition for changing needs.

Unit II

Modification of normal diet: Liquid diet (clear liquid and full fluid), soft diet, bland diet.

Basicconceptsof:

- a) Oralfeeding
- b) Tubefeeding
- c) Parentalnutrition
- d) Intravenousfeeding

Unit III

Obesity-causes, complication, health effects, dietary treatment and other recommendations.

Underweight-causes, dietary treatment and other recommendations.

Fevers –metabolism in fever, general dietary considerations, short duration fevers (Influenza, Typhoid and Malaria), Long duration fevers (Tuberculosis)

Unit IV

Diet in Diabetes mellitus:

Incidence and predisposing factors.
Symptoms- types and tests for detection.
Metabolism in diabetes.
Dietary treatment & meal management.
Complication of diabetes.

Suggested readings:

1. Anita, F.P. (1989). Clinical Dietetics and Nutrition. Bombay, Oxford Press.
2. Williams, S.R. (1994). Nutrition and Diet Therapy. New York, Mosby Mirror Publishing Co.
3. Sri Lakshmi, B. (2002). Dietetics. New Delhi, New Age International Pub. Ltd.
4. Malhan, K.N. and Arlim. (2002). Krauses Food Nutrition and Diet Therapy. W.B. Saunders Company, Philadelphia.
5. Passmore, P. and Eastwood, M.A. (1986). Human Nutrition and Dietetics. London, ELBS and Co.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)

(Session 2026-27)

THERAPEUTIC NUTRITION-I

(PRACTICAL)

Course code: BVNM -5286

- **CO1:** Demonstrate the preparation of therapeutic diets, including clear liquid, full fluid, soft, and bland diets.
- **CO2:** Plan balanced therapeutic diets for individuals with obesity, underweight, influenza, typhoid, malaria, tuberculosis, and diabetes mellitus.
- **CO3:** Apply nutritional principles to modify diets according to specific disease conditions and individual nutritional requirements.
- **CO4:** Develop suitable snacks, desserts, and beverages that meet the dietary needs of patients with different health conditions.

Bachelor of Vocation (Nutrition and Dietetics) (Semester– V)
(Session 2026-27)

THERAPEUTIC NUTRITION-I
(PRACTICAL)

Course code: BVNM -5286

Time: 3 Hours

Marks:20

Instructionsforexaminers

- 1) Thispaperistheorybased
- 2) Externalexaminerwillsetthepaperonthespot
- 3) Planning of any one diet and calculation of any one meal important for that particular condition (30Marks)
- 4) File (10Marks)
- 5) Viva (10Marks)

Coursecontent

- Preparationofclearliquiddiet,fullfluiddiet,softdiet,blanddiet
- Planningdietsinthefollowingconditions:
 - Obesity
 - Underweight
 - Influenza
 - Typhoid
 - Malaria
 - Tuberculosis
 - Diabetes mellitus.
- Planningsnacks,dessertsandbeveragesforaboveconditions

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-V)

Session: 2026-27

Internet Applications

Course code: BVNM- 5127

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 (Nutrition and Dietetics)
(Semester-V)
Session: 2026-27
Internet Applications
Course code: BVNM- 5127

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

MaximumMarks:50
Theory:25
Practical:10
CA-15

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&GurvinderSingh.
2. Information Technology, Hardeep Singh&AnshumanSharma.
3. Office Complete,BPBPublications.

Bachelor of Vocation (Nutrition and Dietetics) Sem -V
Institutional Food Service and Personnel Management (Theory)

SESSION: 2026-2027
Course Code: BVNM-5288

Course Outcomes:

CO1:

Identify and differentiate between various types of food service institutions and service styles, and demonstrate the ability to plan and design effective menus suitable for different food service settings.

CO2:

Apply basic principles of layout and floor planning to design efficient food service areas, incorporating key management functions and tools for effective operation.

CO3:

Understand the fundamentals of food material management, including selection, purchase, storage, budgeting, inventory control, and standardization to ensure cost-effective and quality food service.

CO4:

Describe the objectives and practices of storekeeping in food service operations, including purchasing systems, quality control measures, and the responsibilities of storekeeping personnel for efficient resource management.

Bachelor of Vocation (Nutrition and Dietetics) Sem -V
Institutional Food Service and Personnel Management (Theory)

SESSION: 2026-2027
Course Code: BVNM-5288

Time: 3Hrs

Max.Marks: 100

TheoryMarks: 50

Practical Marks: 20

CA: 30

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). Each question carries 10 marks.

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

The fifth question may be attempted from any Section.

Unit –I

Types of food service institutions. Styles of food services.

Planning, writing, types and preparation of menu and menu cards. Menu display.

Unit-II

Floor planning and layout

Principles, functions and tools of management.

Unit-III

Food material management: Meaning definition and importance. Selection, purchase and storage of food. Control in relation to these operations (material planning, budgeting, material standardization, inventory control).

Unit-IV

Store keeping: Definition, objectives, functions, factors underlying successful storekeeping, duties and responsibilities of a storekeeper, purchasing, organization, principles, procedure, systems and quality control.

Suggested Readings:

1. Bora, P.M. (1982). Food administration in India. A study of an Indian State.
2. Boella, M.J. (1974). Personnel management in the hotel and catering industry. 1st ed. Bassie and Jenhis, London.
3. Kiesan, J. (1986). Controlling, analyzing costs in food service operations. 2nd ed. MacMillan Publishing Company.
4. Kumar, H.L. (1986). Personnel management in the hotel and catering industry. Metropolitan Book Co., Delhi.
5. Minor, L.J. and Cichy, R.F. (1984). Food service systems management. Avi Publishing Co., Connecticut.
6. Sethi, M. and Malhan, S. (1987). Catering management-an integrated approach. Wiley Eastern Ltd

Bachelor of Vocation (Nutrition and Dietetics) Sem -V
Institutional Food Service and Personnel Management (Practical)
SESSION: 2026-2027
Course Code: BVNM-5288

CO1:

Demonstrate the ability to standardize recipes for snacks and meals based on portion size and cost considerations, ensuring consistency and cost-effectiveness in food production.

CO2:

Design and prepare various types of menu cards suited to different occasions and food service formats, reflecting appropriate menu planning principles.

CO3:

Perform practical skills in food service operations including table setting, tray service, and organized service of high tea and meals for groups, maintaining hygiene and hospitality standards.

CO4:

Plan and execute the preparation and service of packed meals and special occasion diets, and gain exposure to real-world food service practices through field visits to food service institutions.

Bachelor of Vocation (Nutrition and Dietetics) Sem -V
Institutional Food Service and Personnel Management (Practical)
SESSION: 2026-2027
Course Code: BVNM-5288

Time:3Hrs.

Marks: 20

- ☐ Standardization of recipes of snacks and a meal for portion and cost
- ☐ Preparation of various types of menu cards.
- ☐ Table setting, tray service of tea and snacks of tea and snacks for 25 persons.
- ☐ Serving high tea to 20 persons and a meal to 10 persons.
- ☐ Preparation and service of packed lunch.
- ☐ Planning and preparation of diets for special occasion's birthdays and festivals.
Generate a E-pamphlets and Menu Cards using AI.
- ☐ Visit to any two food service institutions (Hospitals, flight kitchen, hotel, restaurant, canteen, industry).

Bachelor of Vocation Nutrition and Dietetics (Semester –V)
(Session: 2026-27)
Cafeteria (Practical)
COURSE CODE: BVNP-5289

Course Outcome:

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 and Dietetics (Semester –V)
(Session: 2026-27)
Cafeteria (Practical)
COURSE CODE: BVNP-5289

Time: 3 hours

L-T-P

0-0-2

Max. Marks: 50

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 at least 25 persons.
2. Students have to cook min. 4 dishes.
3. The cooking should be Theme based.
4. Design nutrition awareness posters with AI.

KANYA MAHA VIDYALAYA, JALANDHAR (AUTONOMOUS)
SCHEME AND CURRICULUM OF EXAMINATION OF THREE YEAR DEGREE PROGRAMME
Programme: Bachelor of Vocation (Nutrition and Dietetics)
Credit Based Continuous Evaluation Grading System (CBCEGS)
(Session:2026-2027)

Semester-VI

Course Code	Course Title	Course Type	Hours Per Week L-T-P	Credits	Marks				Examination time (in Hours)
					Total	Th	P	CA	
BVNL-6281	Functional foods and Nutraceuticals in Health and Disease	S	4-0-0	4	100	70	-	30	3
BVNL-6282	Role of Diet Assistant -II	C	4-0-0	3	100	70	-	30	3
BVNM-6283	Therapeutic Nutrition -II	S	4-0-0	4	100	50	20	30	3
BVNM-6104	Soft Skills and Communication	C	4-0-0	3	100	50	20	30	3+3
BVNM-6285	Community Nutrition	S	2-0-4	4	100	50	20	30	3+3
BVNM-6126	Database Concepts	S	1-0-2	2	50	25	10	15	3+3
BVNP-6287	Entrepreneurship Diet Counselling	S	0-0-8	4	100	-	70	30	3+3
BVNI-6288	Internship and Report Writing	C	0-0-8	4	100	-	100	-	3
VACH-6401	Human Rights and Constitutional Duties	VAC	2-0-0	2	50	35	-	15	3
TOTAL CREDITS				30					

C-Compulsory Course

S-Skill Enhancement

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

**FUNCTIONAL FOODS AND NUTRACEUTICALS IN HEALTH & DISEASE
(THEORY)**

Course code: BVNL-6281

Course Outcomes (COs)

- **CO1 (Unit I):** Explain the concepts, classification, and health benefits of functional foods, nutraceuticals, and bioactive compounds derived from plant sources.
- **CO2 (Unit II):** Describe the functional components obtained from animal sources and evaluate their nutritional and therapeutic significance.
- **CO3 (Unit III):** Explain the role of prebiotics, probiotics, and synbiotics as functional food ingredients in promoting human health.
- **CO4 (Unit IV):** Evaluate the clinical applications of functional foods in the prevention and management of obesity, cardiovascular diseases, diabetes mellitus, cancer, bone disorders, and gastrointestinal and nervous system health.

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

**FUNCTIONAL FOODS AND NUTRACEUTICALS IN HEALTH & DISEASE
(THEORY)**

Course code: BVNL-6281

Time: 3Hrs.

L-T-P

4-0-0

Max. Marks: 100

Theory Marks: 70

CA: 30

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) 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. Each question carry 14 marks.

Course Content

Unit I

- Introduction to functional foods and nutraceuticals
 - Functional food and nutraceutical – Definition, History of functional foods and classification.
- Functional components from Plant Sources
 - Dietary fiber – Types and sources, Physical and Physiological properties.
 - Phenolic compounds – Phytoestrogens (Isoflavones, Lignans) Flavonoids – Quercetin, kempferol, flavones – limonene, flavols – catechin phenolic acid – Ellagic acid, Caffeic acid.
 - Phytosterols and PhytoSterols.
 - Saponins
 - Tannins
 - Carotenoids – Lycopene, Beta-carotene, Lutein and zeaxanthin.

Unit II

- Functional Components from Animal Sources
 - Proteins – Lactalbumin, lactoglobulin, lactoferrin, immunoglobulins
 - Derived peptides – casein phosphopeptides, glycomacropptides
 - Lactose. Fat. Mineral – Zinc, Selenium, Calcium
 - Dietary lipids – Conjugated Linolenic Acid, Linoleic acid, oleic acid, GLA
 - Omega 3 and Omega 6 Fatty Acids
 - Structured Lipids

Unit III

- Microbes as Functional Foods
 - Prebiotics – Definition, role of prebiotics as functional
 - Ingredient, Probiotics – Definition, role of probiotics as
 - Functional ingredient, Symbiotics – Definition, role of probiotic as functional ingredient

Unit IV

- Clinical Application of Functional Foods
 - Functional foods in oral and gut health
 - Functional foods in Obesity and Cardiovascular diseases
 - Functional foods in Nervous System
 - Functional foods in Bone health and diabetes mellitus
 - Functional foods in cancer

Suggested Readings:

1. Mary K Schmidl and Theodore P. Labuza, Essential of functional Foods Culinary and Hospitality Industry Publications Services 2000
2. G. Mazza Functional Foods Biochemical Processing Aspects and Culinary and Hospitality Industry Publications 1998.
3. Israel Goldberg Functional Foods Designer Foods Pharma Food, Nutraceuticals Culinary and Hospitality Industry Publications 2001.
4. Robert E C Wildman Handbook of Nutraceuticals and functional Foods Culinary and Hospitality Industry Publications 2001.
5. David H Watson Performance Functional Foods Culinary and Hospitality Industry Publications 2001.
6. R. Chatwick Etal. Functional Foods Springer 2003.

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

ROLE OF DIET ASSISTANT – II

Course code: BVNL-6282

Course Outcomes (COs)

- **CO1** : Explain the principles and importance of therapeutic diets while considering patients' nutritional, cultural, regional, and religious needs during menu planning.
- **CO2** : Identify sources of food contamination and apply appropriate food safety, hygiene, and contamination prevention practices in healthcare food services.
- **CO3** : Assess common food-borne illnesses, recognize symptoms associated with contaminated food, and plan appropriate dietary management for affected patients.
- **CO4** : Demonstrate effective inventory, kitchen, and food storage management practices to ensure safe and efficient food service operations.

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

ROLE OF DIET ASSISTANT – II

Course code: BVNL-6282

Time: 3Hrs.

L-T-P

4-0-0

Max. Marks: 100

Theory Marks: 70

CA: 30

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) 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. Each question carry 14 marks.

Unit I

Introduction to Therapeutic Diets and its importance

- Define therapeutic diet
- To develop broad understanding of religion, regional and cultural background during menu selection for the patient.
- To understand patient's nutritional requirement while menu selection

Unit II

Food Contamination: Prevention methods

- Food Contamination
- Various sources which may lead to food contaminated food to the patient
- Impact of Air, Water and Soil in food contamination and way to prevent it.
- Environmental impact of contamination of food and way to prevent it.
- Impact of food contamination which could occur due to materials used for packaging of food and alternative way to prevent it.
- Practice hand hygiene and self hygiene.
- Cross contamination of food due to various factors
- Signs of decayed or Contaminated food.

Unit III

Common ailments associated with intake of food contaminated food

- Common ailments/symptoms associated with food contamination
- Interpretation of unusual symptoms associated with consumption of contaminated food
- Patient follows up various activities
- Management of diet for liver disease due to contaminated food
- Symptoms associated with electrolyte imbalance
- Identification with gastrointestinal distress

Unit IV

Inventory and kitchen management

- Inventory management
- Manage kitchen articles
- Patient indent

Food storage practices

- Food classification as per storage practices
- Types of storage
- Use and operation of storage equipment's

NOTE: Students have to visit the health care institutions and clinical attachments.

References:

1. Guthrie, Hele, Andrews, Introductory Nutrition, 6th ed, st. Louis, Times Mirror/Mosby College : 1988
2. Mudambi S.R .M.Vrajgopal. Fundamental of food & Nutrition (2nd ed.) Wilay Eastern Ltd. 1990
3. Swaminathan S: Advanced Text Book on Foods Nutrition, Vol I,II (2nd ed, Received & enlarged) B. app C-1985
4. Willson, EVAD Principals of Nutrition 4th Ed, New York Jihn Willey & Sons 1979.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
THERAPEUTIC NUTRITION – II (THEORY)
Course code: BVNM-6283

Course Outcomes (COs)

- **CO1 :** Explain the dietary management of gastrointestinal disorders including gastritis, peptic ulcer, intestinal disturbances, diarrhea, constipation, ulcerative colitis, celiac disease, and lactose intolerance.
- **CO2 :** Apply nutritional principles in planning therapeutic diets for liver, gallbladder, and pancreatic disorders, including jaundice, hepatitis, cirrhosis, cholecystitis, cholelithiasis, and pancreatitis.
- **CO3 :** Describe dietary modifications for food allergies, skin disorders, and renal diseases, including renal failure, nephritis, dialysis, and urinary calculi.
- **CO4 :** Develop dietary approaches for cardiovascular diseases, hypertension, surgical conditions, burns, and cancer while considering nutritional requirements and therapeutic restrictions.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
THERAPEUTIC NUTRITION – II (THEORY)
Course code: BVNM-6283

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

Max. Marks: 100
Theory Marks: 50
Practical: 20
CA: 30

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) 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. Each question carry 10 marks.

Unit I

- Diet in gastritis and peptic ulcer-symptoms, clinical findings and dietary modifications.
- Diet in disturbances of small intestine and colon.
 - a) Diarrhea (child and adult)-classification, modification of diet, fiber, residue, fluid and nutritional adequacy.
 - b) Constipation-flatulence-dietary considerations.
 - c) Ulcerative colitis (adults)-symptoms, dietary treatment.
 - d) Celiac disease, lactose-intolerance, dietary treatment.

Unit II

- Diet in diseases of the liver, gall bladder and pancreas.
 - a) Etiology, symptoms and dietary treatment in jaundice, hepatitis, cirrhosis and hepatic coma.
 - b) Role of alcohol in liver diseases.
 - c) Dietary treatment in cholecystitis, cholelithiasis and pancreatitis.

Unit III

- Diet in allergy and skin disturbances: definition, classification, manifestations, common food allergies and test and dietary treatment.
- Diet in renal diseases: Basic renal function, symptoms and dietary treatment in acute and chronic glomerulonephritis, nephrosis, renal failure, dialysis. Urinary calculi-causes and treatment, acid and alkali producing and neutral foods.

Unit IV

- Diet in cardiovascular diseases: Role of nutrition in cardiac efficiency, incidence of atherosclerosis, dietary principles, hyperlipidemia.
Hypertension-causes and dietary treatment
Sodium restricted diet, level of sodium restriction, sources of sodium.
- Diet in surgical conditions, burns and cancer.

Suggested readings:

1. Anita, F.P. (1989). Clinical Dietetics and Nutrition. Bombay, Oxford Press.
2. Williams, S.R. (1994). Nutrition and Diet Therapy. New York, Mosby Mirror Publishing Co.
3. SriLakshmi, B. (2002). Dietetics. New Delhi, New Age International Pub. Ltd.
4. Malhan, K.N. and Arlim. (2002). Krauses Food Nutrition and Diet Therapy. W.B. Saunders Company, Philadelphia.
5. Passmore, P. and Eastwood, M.A. (1986). Human Nutrition and Dietetics. London, ELBS and Co.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
THERAPEUTIC NUTRITION – II (Practical)
Course code: BVNM-6283

Course Outcomes (COs)

- **CO1:** Plan and modify therapeutic diets for gastrointestinal disorders such as diarrhea, constipation, and peptic ulcer according to nutritional requirements.
- **CO2:** Develop appropriate dietary plans for liver diseases by considering disease conditions, nutrient requirements, and dietary restrictions.
- **CO3:** Apply principles of diet therapy to plan suitable diets for cardiovascular and renal diseases while managing specific nutritional modifications.
- **CO4:** Prepare therapeutic diet plans for patients undergoing surgery by addressing their nutritional needs for recovery and healing.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
THERAPEUTIC NUTRITION – II (Practical)
Course code: BVNM-6283

Marks:20

Time:3Hours

Weekly teaching hours:4

Instructionsforexaminers(ExternalExaminer)

- 1) Thispaperistheorybased.
- 2) Planning any one diet and calculation of two nutrients important for that particular condition. (on the spot)
- 3) File.
- 4) Vivavoce.

Coursecontent

- Planningdietsinthefollowingconditions:
 - a) Diarrhea
 - b) Constipation
 - c) Forpepticulcer
 - d) Forliverdisease
 - e) Forcardiovasculardiseases.
 - f) Forrenaldisease.
 - g) Surgery.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session-2026-27

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: develop the ability to write job application and resume as well as develop the ability to provide good customer service

CO3: learn the technique of video conferencing

CO4: practise group discussion and develop interview skills

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session-2026-27

Soft Skills and Communication
Course Code: BVNM-6104

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

Max. Marks: 100
Theory: 50

Practical: 20
CA: 30

Instructions for the paper setters and distribution of marks:

The question paper will consist of four sections. Two questions will be set from each unit of syllabus. 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 10 marks. (5 x 10 = 50)

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:

- 2. *Business Communication*, by Sinha, K.K. Galgotia Publishers, 2003.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session-2026-27

Soft Skills and Communication
Course Code: BVNM-6104

PRACTICAL EXAMINATION

Examination Time: 3 hours

Marks: 20

Course Contents:

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

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

COMMUNITY NUTRITION (THEORY)

Course code: BVNM- 6285

CO1. To understand the relationship between nutrition and infection. To gain knowledge about enhancing the nutritive value of food.

CO2. To assess nutritional status using different methods.

CO3. To study channels of nutrition education in community. To understand the importance of planning and implementation of nutrition education programmes in a community. To study different national nutrition programmes and policies

CO4. To understand the role of various national and international agencies in community nutrition.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
COMMUNITY NUTRITION (THEORY)
Course code: BVNM- 6285

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

Max. Marks: 100
Theory Marks:50
Practical: 20
CA:30

Instructions for the Paper Setters:-

Eight questions of equal marks (Specified in the syllabus) 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. Each question carries 10 marks.

Course Content

Unit-I

Concept of community, health, malnutrition, maternal and infant mortality, morbidity, nutritional status. Major nutritional problems prevalent in India - Protein - energy malnutrition, iron deficiency anaemia, Vit - A deficiency, iodine deficiency disorder, Vit - D and calcium deficiency, fluorosis.

Malnutrition and Infection - Nutritionally relevant infection and infestation. Effect of malnutrition on defense mechanism.
Effect of infection on nutritional status and growth and development.

Unit-II

Assessment of nutritional status using different methods

Anthropometric measurement, standards for comparison age assessment, weight, height, skin folds, arm, head and chest circumference, use of growth chart.

Clinical sign and symptoms of malnutrition, classification of clinical sign and symptoms methods of reporting results.

Biochemical assessment - most commonly used biochemical methods and their standard ranges.

Diet Surveys - Population sampling, methods of dietary survey points requiring special attention, adult consumption unit analysis of diet survey data

Unit-III

Channels of nutrition education in the community, Nutrition education method - lectures and Demonstration, workshops, films, posters, charts, exhibition, books, pamphlets, newspaper, radio & television, power point- presentations.

Planning and implementation of Nutrition education programme, objective, selecting topic, and audiovisual aid for target group.

Method of enhancing nutritive value of food - Supplementation, sprouting, fermentation, fortification, enrichment. Food Fadism and Faculty Food habits.

National Nutrition programme & policies.

- a) Integrated Child Development Services.(ICDS)
- b) Applied Nutrition Programme.(ANP)
- c) Special Nutrition Programme.(SNP)
- d) Mid-day meal Programme.(MMP)
- e) Balwadi Nutrition Programme.(BNP)

Unit-IV

Role of National and international agencies in community Nutrition.

- a) Indian council of Agriculture Research.(ICAR)
- b) Indian council of Medical Research.(ICMR)
- c) Central Food Technological Research Institute, Mysore.(CFTRI)
- d) National Institute of Nutrition, Hyderabad.(NIN)
- e) Food and Agriculture organization.(FAO)
- f) World Health organization.(WHO)
- g) United Nations Children's Fund.(UNICEF)
- h) CARE.

Reference Book :

1. Food and Nutrition by Dr. M. Swaninathan.

Bachelor of Vocation (Nutrition and Dietetics)

(Semester-VI)

Session: 2026-27

COMMUNITY NUTRITION (THEORY)

Course code: BVNM- 6285

COURSE OUTCOMES

1. To cook recipes and calculate their cost and nutritive values.
2. To assess the nutritional status of different vulnerable groups.
3. To develop different audio-visual aids for imparting knowledge.
4. To plan, implement and evaluate the nutrition education for target groups.
5. To visit school to see the functioning of mid day meal programme.

Bachelor of Vocation (Nutrition and Dietetics)
(Semester-VI)
Session: 2026-27
COMMUNITY NUTRITION (THEORY)
Course code: BVNM- 6285

Time: 3 Hours

Marks: 20

1. Cook following recipes and calculate their cost and nutritive value.
 - a) Low cost energy and protein rich recipes.
 - b) Low cost iron rich recipes.
 - c) Low cost calcium rich recipes.
 - d) Value addition of cereal & pulses.
 - e) Weaning foods
2. Assessment of nutritional status of vulnerable group using anthropometry/dietary surveys. Project report will be judged by the external examiner.
3. Development of audio-visual aids for imparting nutrition education-e.g. charts, posters, flashcards and power-point presentation.
4. Planning, implementation and evaluation of nutrition education for specific target groups.
5. Visit to see the functioning of mid-day meal programme in schools or any health oriented programme.
6. Design nutrition awareness posters with AI.

Paper will be set on the spot by the examiner

Bachelor of Vocation (Nutrition and Dietetics) Semester VI

SESSION: 2026-27

Database Concepts

COURSE CODE: BVNM-6126

Course Outcomes:

After completing the course, the student should learn:

CO1: comprehend the database concepts and keys implementation on tables

CO2: understands the database management using Database software.

CO3: comprehend the working with tables

CO4: understand the work with forms and reports

Bachelor of Vocation (Nutrition and Dietetics) Semester VI

SESSION: 2026-27

Database Concepts

COURSE CODE: BVNM-6126

Time: 3 Hours

L-T-P:

1-0-1

Maximum Marks: 50

Theory: 25

Practical: 10

CA- 15

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 Co

Bachelor of Vocation (Nutrition and Dietetics) Semester VI
(Session: 2026-2027)
ENTREPRENEURSHIP DIET COUNSELING (PRACTICAL)
COURSE CODE: BVNP-6287

- **CO1:** Demonstrate effective nutrition counseling skills by assessing patients' needs, considering individual food choices, applying behavior modification techniques, and motivating patients toward healthy dietary practices.
- **CO2:** Develop nutrition education materials and deliver counseling using teaching aids, presentations, and community-based nutrition awareness programs for various health conditions.
- **CO3:** Apply computer applications, diet planning software, and digital tools for dietary assessment, nutrient analysis, and preparation of personalized diet charts for patients.
- **CO4:** Utilize Artificial Intelligence (AI) tools responsibly in nutrition and healthcare for personalized diet planning, nutrition research, patient education, data analysis, and evaluate AI-generated recommendations using ethical and evidence-based approaches.

Bachelor of Vocation (Nutrition and Dietetics) Semester VI
(Session: 2026-2027)
ENTREPRENEURSHIP DIET COUNSELING (PRACTICAL)
COURSE CODE: BVNP-6287

L-T-P
0-0-4

Time: 3 Hours

Max Marks: 100
CA: 30

Instructions for examiners (External Examiner)

1. This paper is theory based and will be set on the spot.
2. Preparation of teaching aids for imparting nutrition education to patients suffering from any one disease given in course content.
3. Evaluation of teaching aids prepared during course work.
4. PowerPoint presentation regarding nutrition counseling for any one disease (prepared during course work).
5. File.
6. Vivavoce.

Course Content

- Diet counseling – its significance
- Assessment of needs of patients
- Practical consideration in giving dietary advice and counseling
 - (a) Individual food choice
 - (b) Communication of dietary advice
 - (c) Consideration of behavior modification
 - (d) Motivation
- Preparation of teaching aids (charts, posters and leaflets) for patients suffering from
 - a) Diabetes Mellitus
 - b) Hypertension
 - c) Cardiovascular diseases
 - d) Digestive disorders
- PowerPoint presentation regarding nutrition counseling.
- Computer application with the use of Diet Apps
 - (a) Execution of software packages
 - (b) Straight line, frequency table, bar diagram, pie chart, preparation of dietary chart for patients
- Organizing counseling camp for obesity, digestive disorders, diabetes, hypertension and cardio-vascular diseases in college/hostel/health club.
- Introduction to Artificial Intelligence in Nutrition and Healthcare
- Basics of AI, machine learning, and their applications in nutrition and dietetics.
- AI for Personalized Nutrition and Diet Planning
- AI-assisted meal planning, dietary assessment, and personalized nutrition recommendations.
- AI Applications in Clinical and Public Health Nutrition
- AI for nutrition screening, disease risk prediction, tele-nutrition, and public health interventions.
- AI in Nutrition Research and Scientific Communication
- Using AI for literature review, data analysis, research writing, presentations, and evidence synthesis.
- Ethical and Responsible Use of AI in Nutrition Practice
- Data privacy, AI bias, academic integrity, limitations of AI, and ethical decision-making.
- Generate a balanced diet plan using AI and critically evaluate it.

- Compare AI-generated dietary advice with standard nutrition guidelines.
- Use AI to summarize a nutrition research article.
- Create patient education material using AI.
- Design nutrition awareness posters with AI.
- Develop healthy recipes using AI assistance.
- Analyze a 24-hour dietary recall using AI and verify the results.

Suggested Readings:

1. Nutrition Counseling and Education Skills for Dietetics Professionals Paperback—December 17, 2012 by Betsy Holli, Judith A. Beto PhD RD LDN FADA.
2. Nutrition Counseling and Education Skill Development Paperback—July 21, 2011, by Kathleen D. Bauer, Doreen Liou.
3. Nutrition Therapy and Pathophysiology, Hardcover—June 16, 2010, by Marcia Nelms, Kathryn P. Sucher.
4. Nutrition and Dietetics 2nd Ed, Shubhangini A. Joshi, Tata McGraw-Hill Publishing Company Limited.

Bachelor of Vocation (Nutrition and Dietetics) Semester VI
(Session: 2026-2027)

Internship and Report Writing
(Practical)

COURSE CODE: BVNI 6288

COURSE OUTCOME:

CO1. To understand about roles and responsibilities of dietitians and diet assistant.

CO2. To get the concept of patient dealing and counseling.

**Bachelor of Vocation (Nutrition and Dietetics) Semester VI
(Session: 2026-2027)**

**Internship and Report Writing
(Practical)**

COURSE CODE: BVNI- 6288

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

**Max.Marks:100
Practical: 100**

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