

# MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

Vaniyambadi – 635 751

# PG and Research Department Foods and Nutrition

for

Undergraduate Programme Bachelor of Science in Nutrition Food Service Management and Dietetics

From the Academic Year 2024-25

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#### LEARNING OUTCOMES BASED CURRICULUM FRAMEWORK FOR UNDERGRADUATE EDUCATION

#### 1. Preamble

Nutrition plays a major role in fostering optimal health and well-being of an individual, and provides an absolute understanding of the intricate interplay between food, nourishment and human physiology. The Department of Nutrition, FSM & Dietetics of Marudhar Kesari Jain College for Women, Vaniyambadi strives to produce young budding nutritionists and dietitians who through rigorous research, education and outreach empower individuals to make informed choices about their diet and lifestyles, promoting longevity, vitality and resilience.

Nutrition is not only a cornerstone of preventive healthcare but also a catalyst for social change and sustainable development. We, the Department of Nutrition, Food Service Management& Dietetics engage with communities, policymakers and industry partners to address predominant nutritional challenges, foster food security and promote environmental stewardship.

The programme is aimed at training undergraduate graduate students who would have adequate background knowledge and practical skills for application in postgraduate research, teaching, industrial production, medical, hospital and environmental management

The Department aims to equip the undergraduate students with a sound knowledge of the fundamental principles involved in the study of Nutrition, FSM and Dietetics, to produce graduates who would create an impact in the diverse fields of human endeavors, considering the ubiquitous nature of food and the wide – ranging applications of the knowledge of Nutrition.

The main objective of the Department is to provide focus for a career in various fields of applied science including Food Industries, Medical Coding, Research Institution, Hospital Administration, Food Service Sectors, Free Lancing, Health Sectors, Quality Control, Biotechnology, Government and Non-Government agencies.

### PROGRAMME OUTCOMES (PO)

Programme	B.Sc., Nutrition Food Service Management & Dietetics
Programme Code	US08
Duration	3years [UG]
Programme Outcomes	<ul> <li>PO1: Disciplinary Knowledge: Capable of demonstrating comprehensive knowledge and understanding of one or more disciplines that form a part of an undergraduate Programme of study.</li> <li>PO2: Communication Skills: Ability to express thoughts and ideas effectively in writing and orally; Communicate with others using appropriate media; confidently share one's views and express herself / himself; demonstrate the ability to listen carefully, read and write analytically, and present complex in formation in a clear and concise manner to different groups.</li> <li>PO3: Critical thinking: Capability to apply analytic thought to a body of knowledge; analyze and evaluate evidence, arguments, claims, beliefs on the basis of empirical evidence; identify relevant assumptions or implications; formulate coherent arguments; critically evaluate practices, policies and theories by following scientific approach to knowledge; and apply one's learning to real life situations.</li> <li>PO5: Analytical reasoning : Ability to evaluate the reliability and relevance of evidence; identify logical flaws and holes in the arguments of others ;analyze and synthesize data from a variety of sources; draw valid conclusions and support them with evidence and examples and addressing opposing viewpoints.</li> <li>PO6: Research-related skills: A sense of inquiry and capability for asking relevant/appropriate questions, problem arising, synthesizing and articulating; Ability to plan, execute and report the result so fan experiment or investigation.</li> <li>PO7: Cooperation / Teamwork: Ability to work effectively and respect fully with diverse teams; facilitate cooperative or coordinate effort on the part of a group, and act together as a group or a team in the interests of a common cause and work efficiently as a member of a team.</li> <li>PO8: Scientific reasoning: Ability to analyse, interpret and draw conclusions from quantitative/qualitative data; and critically evaluate ideas, evidence, and experiences from an open-minded and reason</li></ul>

Programme Specific Outcomes:	This program provides comprehensive knowledge and nutritional practical skills in the area of Food Microbiology, Food Science, Menu Planning, Human Physiology and Nutritional Biochemistry. Students will be able to show case their expertise on food standards and quality control, Formulation of novel food products and sensory evaluation.
	Students will be able to demonstrate their practical skills by analyzing disease condition and prescribed diet for necessary conditions

#### Eligibility for Admission:

Candidates for admission to the first year of the Bachelor of (B.Sc., Nutrition, Food Service Management & Dietetics) Department of Foods & Nutrition shall be required to have passed the Higher Secondary Examination with Biology, Chemistry, Pure Science and Home Science as major subjects of any other Board accepted as equivalent there to by Thiruvalluvar University course shall be required to have passed the by the Government of Tamil Nadu or any equivalent

Methods of Evaluation										
Internal Evaluation	l de la constante de	25 Marks								
External Evaluation	75 Marks									
	100 Marks									
	Methods of Assessment									
Recall (K1)       Simple definitions, MCQ, Recall steps, Concept definitions										
Understand / Comprehend (K2) MCQ, True/False, Short essays, Concept explanations, short summary or overview										
Application (K3)	Suggest idea/concept with examples, suggest formulae, solve Explain	problems, Observe,								
Analyze (K4)Problem- Solving questions, finish a procedure in many steps, Differentiate Bet various ideas, Map knowledge										
Evaluate (K5)	Longer essay/Evaluation essay, Critique or justify with pros	and cons								
Create (K6)	Check knowledge in specific or of beat situations, Discussion Presentations	n, Debating or								

## Methods of Evaluation and Assessment

	Semester - I						Semester - II						
Code	Course Title	I	Ho Distri	ours butio	on	С	Code	Course Title	]	Ho Distri	on	С	
		L	Т	Р	S				L	Т	Р	S	
24UFTA11	Tamil -1	4	1	0	0	3	24UFTA12	Tamil –2	4	1	0	0	3
24UFEN11	English-1	4	1	0	0	3	24UFEN12	English–2	4	1	0	0	3
24UNDC11	CC1BasicsinFoodMicrobiolog y	3	1	2	0	5	24UNDC21	CC – 3 HumanPhysiology	3	1	2	0	5
24UNDP102	CC - 2 (Practical) BasicsinFoodMicrobiology	0	0	4	0	3	24UNDC22P	CC - 4 (Practical) HumanPhysiology	0	0	4	0	2
24UCHA11	EC-1AL Chemistry-I	3	1	0	0	3	24UCHA21	EC-2AL Chemistry-II	3	1	0	0	4
24UNDS11	SEC – 1 NM Women's Health and Wellness	1	0	1	0	2	24UCHA21P	EC - 3 AL PracticalChemistry-II	0	0	2	0	2
24UCHP103	SEC – 2 Practical Chemistry-I	1	0	1	0	2	24UNDS21	SEC – 3 Life skill strategies and Techniques	1	0	1	0	2
24UNDF11	FC-Foundation in Home Science	1	1	0	0	2		AEC– 1 Life skills through Yoga	1	1	0	0	2
TOTAL	I		1	1	30	23	TOTAL					30	23

L-Lecture T-Tutorial P-Practical S-Seminar C-Credit

Students must complete at least one online course (MOOC) from platforms like SWAYAM, NPTEL, or Nanmudalvan within the fifth semester. Additionally, engaging in a specified Self-learning Course is mandatory to qualify for the degree, and successful participation will be acknowledged with an extra credit of 2\*.

## 1<sup>st</sup> YEAR: FIRST SEMESTER

Course Code	Course Name	Category	L	Т	Р	S	Cred its	Hours	CIA	External	Total	
24UNDC101	Core Course -1 BASICS IN FOOD MICROBIOLOGY	Core	3	1	2	0	5	6	25	75	100	
	Learning	Objecti	ives									
LO1	Understand the interaction b	etween	mic	ro-c	organ	isms	and	l foo	d.			
LO2	Discuss the factors that favor	r or inhi	ibit	the	grow	th of	f mic	crobe	es.			
LO3	Understand the role of micro	obes in	fern	nent	atior	n, spo	oilag	ge an	d food	lborne c	liseases.	
LO4	Describe the microorganism parasites	s found	in f	ood	, inc	ludin	g ba	cteri	a, fun	gi, viru	ses, and	
LO5	Recognize the signs of food spoilage caused by microbial activity and underst mechanisms involved.										erstand the	
Unit	Cor	ntent									Hours	
1	History and Development of Food Microbiology History and Development of Food Microbiology. Definition and Scope of food microbiology. Inter-relationship of microbiology with other sciences. Characteristics of Microorganisms in Food Types of micro- organisms (Bacteria, Molds, and Yeast) associated with food their morphology and structure									14		
2	Microbial Growth in Food Bacterial growth curve and a the growth of microorganism bacteria. Cultivation of Micr	l nicrobia ns in foc ro- orga	al gi od. l nisr	rowi Metl ns.	th in hods	food for t	l. Fa he I	ctors Destru	affec uction	ting of	14	
3	Microbial Food Spoilage Spoilage of specific food gr and sea foods, Cereal and ce Fruits and vegetables and C	Microbial Food Spoilage Spoilage of specific food groups-Milk and dairy products, Meat, poultry and sea foods, Cereal and cereal products, Pulses and pulses products, Fruits and vegetables and Canned products										
4	Food FermentationFermentation- Definition and Benefits of fermentation and types of Microorganisms used in food fermentations. Dairy Fermentations- starter cultures and their types, concept of probiotics, Fermented Foods- types, methods of manufacture of vinegar, sauerkraut, tempeh, miso, soya sauce, beer, wine.14									14		
5	<b>Food Borne Illness</b> Types-food borne infection haemoliticus, Enter pathog borne bacterial intoxications Botulism). Trends in Food of microorganisms in food.	ns (Sal genic Es (Staph Microb	mor sche yloc iolo	nello erich eocc gy-	osis, iia c al, B Rapi	Shig coli, acillu id me	gello Her us co etho	osis, patitis ereus ds fo	Vibrio s A) s, or dete	opara Food ection	14	

СО	Course Outcomes
CO1	To understand the structure and functions of microbes (Bacteria, Molds, Yeast)
CO2	To Gain knowledge on Microbial Growth, Destruction of Bacteria
CO3	To gain knowledge on the microbes related to food spoilage
CO4	To study the importance of fermented foods and methods of manufacture
CO5	To gain Knowledge on food Borne illness

Text bo	ooks:
1	Aneja R.K "Modern Food Microbiology" (1 <sup>st</sup> Edition) Division of scientific
	International Tech (2018)
2	Adams M.R "Food Microbiology" (6 <sup>th</sup> edition) New age International Publisher (2001)
3	George. Ban ward "Basic Food Microbiology" (2 <sup>nd</sup> edition) CBS publisher pvt. Ltd
	(2001)
4	Ramanathan. N" Food Microbiology"(2 <sup>nd</sup> edition)New Age International Publisher
	(2010)
5	Samtson "Modern Food Microbiology" CBS exclusive Publisher (2011)
Referen	nce Books:
1	Banwart, G.J. "Basic Food Microbiology" 2 <sup>nd</sup> Edition. CBS Publishers, 1998.
2	Vijaya Ramesh. "Food Microbiology". MJP Publishers, Chennai, 2007
3	William Cand Westh of, Dennis C. Food Microbiology, TMH, New Delhi, 2004
4	Khetarpaul, Neelam. "Food Microbiology" Daya Publishing House, 2006
5	Adams, M.R. and M. O. Moss." Food Microbiology". New Age International, 2002

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3
CO1	2	3	3	2	3	2	2	3	3	3	3
CO2	3	3	3	2	3	2	2	3	3	3	3
CO3	3	3	3	3	2	2	2	3	3	3	3
CO4	3	2	3	3	3	2	2	3	3	3	2
CO5	2	3	3	3	3	2	3	2	3	2	3
Total	13	14	15	13	14	10	11	14	15	14	14
Average	2.6	2.8	3	2.6	2.8	2.2	2.2	2.8	3	2.8	2.8

### 1<sup>ST</sup> YEAR: FIRST SEMESTER

									Marks			
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total	
24UNDP102	Core Course 2- Basics in Food Microbiology practical	Core	0	0	4	0	3	4	25	75	100	
	Lear	ning O	bjec	tives								
LO1	Understand and demonstrate	profici	ency	in B	Basic	M	icrot	oial Cu	ıltural T	echniqu	ies	
LO2	Learn How to Prepare and E	Learn How to Prepare and Examine Food Samples Under a Microscope										
LO3	Study the Effects of Different Environmental Conditions (pH Temperature)											
LO4	Understand Different Preparation Methods											
LO5	Understands the concepts of Growth	Microb	ial C	irow	th ar	nd F	Facto	rs Inf	luencing	g Micro	bial	
Unit		Cont	ent							Но	urs	
1	Laboratory safety rules and p Instruments used in Microbio Hot air Oven, Incubator, Cen	recautio logical trifuge,	ons. ] Lab- pH 1	Fami Mici mete	iliari rosco r.	zat: ope	ion v , Au	vith toclav	e, and	1	2	
2	Sterilization Methods-Autock Laminar Airflow	ave, Ho	ot air	Ove	n, U	V L	amp	and		1	2	
3	Examination of Yeast, Molds	, protoz	xoa a	nd B	lacte	ria				1	2	
4	Examination of Wet Methods	and Ha	angir	ng Di	rop	prep	parat	ions		1	2	
5	Examination of Stained Organ Staining Method	nisms- :	Simp	ole st	ainii	ng a	and C	Gram		1	2	

СО	Course Outcomes
CO1	To Understand the Knowledge About Safety Precautions and Lab Instruments
CO2	To Gain Knowledge About the Preparation of Culture Media – Microbes
CO3	To Examine the Microbes Characteristics and Evaluating with Microscope
CO4	To Gain Knowledge about the Different Kinds of Chemical Preservation Methods
CO5	To Analyses Various Staining Methods

Text	books:
1	Diane Robert "Practical Food Microbiology (3rdedition
2	K.L. Garg "Laboratory manual of Food Microbiology" (2 <sup>nd</sup> edition)
3	Subhash Chandra prakash "Text Book of Practical Microbiology"(1stedition)
4	Rump as Aha "Microbiology Practical Manual" (2 <sup>nd</sup> edition)
5	Mukesh Kumar "competency based practical microbiology manual" (1 <sup>st</sup> edition)
Refe	rence Books:
1	Gunejavk. Sofos J.N 2007 control of Food borne Microorganism CR C press
2	Jaya J M. Loessner M. J and Golden DA 2005 "Modern Food Microbiology" springer
3	Doores.S2017"Microbiological analysis of food" CR C press-Publisher
4	Foresythe.S.J 2012"The microbiology of safe food"
5	Farver J. Mand peterkin 2016 "Microbiological Safety and quality of food" ASM press

	<b>PO1</b>	PO2	PO3	PO4	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	2	2	3	3	2	3
CO2	3	3	3	2	2	2	2	3	2	2	3
CO3	3	3	3	2	2	2	2	2	3	2	3
CO4	3	3	2	2	3	2	2	3	3	2	2
CO5	3	3	3	2	2	2	2	2	3	2	2
Total	15	15	14	11	12	10	10	13	14	10	13
Average	3	3	2.8	2.2	2.4	2	2	2.6	2.8	2	2.6

### 1<sup>ST</sup> YEAR: FIRST SEMESTER

									Marks	Marks		
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours		External	Total	
24UCHA102	Allied / Generic – 1 ALLIED CHEMISTRY	Core	3	1	0	0	3	4	25	75	100	
Learning Objectives												
LO1	To understand Chemical Bonding and Nuclear Chemistry.											
LO2	To understand the Nuclear Chemistry.											
LO3	To understand types of reactions.											
LO4	To correlate types of thermodynamics process.											
LO5	To understand separation and purification techniques.											
Unit	Content										urs	
1	Chemical Bonding and Nuclear Chemistry: Chemical Bonding: Molecular Orbital Theory-bonding, anti-bonding and non-bonding orbitals. Molecular orbital diagrams for Hydrogen, Helium, Nitrogen; discussion of bond order and magnetic properties. Nuclear Chemistry: Fundamental particles - Isotopes Isobars Isotopes and Isomers										9	
2	Industrial Chemistry: Fuels: Fuel gases: Natural gas, water gas, semi water gas, carbureted water gas, producer gas, CNG, LPG and oil gas (manufacturing details not required). Silicones: Synthesis, properties and uses of silicones. Fertilizers: Urea, NPK fertilizer, superphosphate, triple superphosphate										9	
3	<b>Fundamental Concepts in Organic Chemistry:</b> Hybridization: Orbital overlap, hybridization and geometry of CH4, C2H4 and C6H6. Electronic effects: Inductive effect, electromeric effect, mesomeric effect, hyper conjugation and steric effects - examples. Reaction mechanisms: Types of reactions–aromaticity (Huckel's rule)– aromatic electrophilic substitution: nitration halogenation Eriedal Craft's alkylation and acylation									9		
4	Thermodynamics and Phase Equilibria: Thermodynamics: Types of systems, reversible and irreversible processes, Statements of first law and second law of thermodynamics. Carnot's cycle and efficiency of heat       9         engine. Entropy and its significance. Relationship between Gibbs free energy and entropy.       9											
5	Analytical Chemistry: Princip purification techniques – extrac Chromatography: principle and chromatography.	les of vo tion, dis applicat	olume stillat sion c	etric a ion a of col	analy nd cı umn,	vsis. ryst , pa	Sepa alliza per a	aration ation. nd thir	and 1 layer	Ç	)	

СО	Course Outcomes
CO1	Gain in-depth knowledge about the theories of chemical bonding, nuclear reactions and its applications.
CO2	Evaluate the efficiencies and uses of various fuels and fertilizers.
CO3	Explain the type of hybridization, electronic effect and mechanism involved in the organic reactions.
CO4	Apply various thermodynamic principles, systems and phase rule.
CO5	Explain various methods to identify an appropriate method for the separation of chemical components.

Text	books:
1	Arun Bahl S. and Bahl B. S, "Advanced Organic Chemistry", S.Chandand Company New Delhi, 23 <sup>rd</sup> ed., 2012.
2	Soni P. L. and Chawla H. M, "Text Book of Organic Chemistry", Sultan Chand& Sons, New Delhi, 29 <sup>th</sup> ed., 2007.
3	Gopalan R, "Analytical Chemistry", Sultan Chand & Sons, 2017.
4	Puri B. R, Sharma L. R. and Madan S. Pathania, "Principles of Physical Chemistry", Vishal Publishing Co., 48 <sup>th</sup> ed., 2024.
5	Veeraiyan V. and Vaithyanathan S, "Text book of Ancillary Chemistry", Priya Publications, Karur, 2006.
Refe	rence Books:
1	Soni P. L. and Mohan Katyal, "Textbook of Inorganic Chemistry", Sultan Chand& Sons, New Delhi, 20 <sup>th</sup> ed., 2006.
2	Sharma B. K, "Industrial Chemistry", GOEL publishing House, Meerut, 16 <sup>th</sup> ed., 2014.
3	Puri B. R. and Sharma L. R, "Text book of Physical Chemistry", 47th ed., 2020.
4	Puri, Sharma, Pathania and Kaur, "Textbook of Physical Chemistry", Vishal Publishing Co., New Delhi, 2018.
5	Veeraiyan V, "Text book of Ancillary Chemistry", Priya Publications, Karur, 1 <sup>st</sup> ed., 2009.

	<b>PO1</b>	PO2	PO3	PO4	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	3	3	2	3	3	3
CO2	2	3	3	3	2	3	3	2	3	3	3
CO3	3	3	3	2	3	3	3	2	3	3	3
CO4	3	3	3	3	3	3	3	2	3	3	3
CO5	3	2	3	3	3	3	3	2	3	3	3
Total	14	14	15	14	14	15	15	10	15	15	15
Average	2.8	2.8	3.0	2.8	2.8	3.0	3.0	2.0	3.0	3.0	3.0

### 1<sup>ST</sup> YEAR: FIRST SEMESTER

									Marks			
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total	
24UCHP103	ALLIED CHEMISTRY PRACTICAL	Core	0	0	2	0	2	2	25	75	100	
Learning Objectives												
LO1	Different types of organic compounds with respect to their properties.											
LO2	Determination of elements in organic compounds.											
LO3	Identification of organic functional groups.											
LO4	Identify the components and structure of an unknown organic molecule											
LO5	Skills to solve problems related to the identification of organic molecules through a series of tests and observations.											
Unit		Cont	ent							Но	urs	
	Systematic Analysis of Org	ganic C	omp	oun	ds							
1	The analysis must be carried	out as	follo	ws:						6		
1	(a) Preliminary Tests		J									
	To distinguish between aliph											
2	To distinguish – Saturated an	nd unsat	urate	ed co	ompo	oun	ds.				5	
3	Detection of special elements	s (N, S,	Halo	ogen	s).					(	5	
4	Identification of Function elements) Phenol. Acids (mono & di).	nal gro	oup de ar	test:	s (A	Abs se.	ence	of	special	6	5	
5	Identification of Function elements)         Presence aromatic primary and primar	nal gro	oup	tests	(P	res	ence di).	e of s	special	6		

СО	Course Outcomes
CO1	Gain an understanding of the use of standard flask and volumetric pipettes, burette.
CO2	Design, carry out, record and interpret the results of volumetric titration.
CO3	Apply their skill in the analysis of water/hardness.
CO4	Analyze the chemical constituents in allied chemical products.
CO5	Describe the measurable skills, abilities, knowledge in qualitative analysis.

#### Text books:

Tex	xt books:
1	Venkateswaran V, Veerasamy R and Kulandaivelu A. R, "Basic Principles of Practical
	Chemistry", Sultan Chand & Sons, 2 <sup>nd</sup> ed., 1997.
2	Vogel A. I, Tatchell A. R, Furnis B. S, Hannaford A. J and Smith P. W. G, "Vogel's
	Textbook of Practical Organic Chemistry", Prentice Hall, 5th ed., 1989.
3	Donald L. Pavia, Gary M. Lampman, George S. Engel & Roger G. Gries, "Experimental
	Organic Chemistry", Cengage Learning, 2005.
4	Jerry Mohrig, Craig Hammond & Paul F. Snyder, "Techniques in Organic Chemistry",
	Macmillan Learning, 4 <sup>th</sup> ed., 2014.
5	Mann F. G and Saunders B. C, "Practical Organic Chemistry", Pearson Education, 4th
	ed., 1975.
Ref	Cerence Books:
1	Ralph J. Fessenden and Joan S. Fessenden, "Organic Chemistry Laboratory Manual",
	Brooks/Cole, 3 <sup>rd</sup> ed., 1982.
2	Middleton H, "Organic Qualitative Analysis", Longmans, Green and Co., 1st ed., 1951.
3	Bansal R. K, "Laboratory Manual of Organic Chemistry", New Age International
	Publishers, 5 <sup>th</sup> ed., 2010.
4	John Leonard, Barry Lygo and Garry Procter, "Advanced Practical Organic Chemistry",
	CRC Press, 3 <sup>rd</sup> ed., 2013.
5	Lisa Nichols, Organic Chemistry Laboratory Techniques", Libre Texts, 1 <sup>st</sup> ed., 2016.

### Mapping with Programme Outcomes and Programme Specific Outcomes

	<b>PO1</b>	PO2	PO3	PO4	<b>PO5</b>	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	3	3	2	3	3	3
CO2	2	3	3	3	2	3	3	2	3	3	3
CO3	3	3	3	2	3	3	3	2	3	3	3
CO4	3	3	3	3	3	3	3	2	3	3	3
CO5	3	3	3	3	3	3	3	2	3	3	3
Total	15	15	15	15	15	15	15	15	15	15	15
Average	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0

### 1<sup>ST</sup> YEAR: FIRST SEMESTER

										Marks		
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total	
24UNDS101	SEC 1 NM WOMEN'S HEALTH AND WELLNESS	Core	1	0	1	0	2	2	25	75	100	
Learning Objectives												
LO1	Understand the Diverse Factors that has a Bearing on Women's Health											
LO2	Highlight the Factors that Contribute to a Healthy Lifestyle among Women Across the Globe											
LO3	Describe the anatomy and Physiology of the Female Reproductive System											
LO4	Recognize the unique Mental Health Challenges Faced by Women											
LO5	Develop Nutrition and Fitness Plans to Women's Health Needs											
Unit	Content										Hours	
	NUTRITION FOR WOMEN											
1	Dietary Guidelines for a healthy lifestyle, Nutrient requirements for adolescents' girls and adult women with special focus on Protein, Iron, Vitamin C, and Calcium, Factors affecting nutrient intake in women.										5	
	PHYSICAL HEALTH											
2	Significance of body w parameters, Benefits of aerol health, bone health. Yoga and	eight bic, exe Fitness	and ercis s -bei	bo es o nefits	dy n ge	co ener	mpo: al	sition		(	5	
	REPRODUCTIVE HEALT	H										
3	Menstrual Health-safe and hyg Post- Menopausal concerns- p diseases-an Overview	gienic p reventi	ve m	ices t leasu	to be res,	e fo sex	llow ually	ed, Pr y trans	e- and mitted	(	6	
	STRESS MANAGEMENT											
4	Common mental health proble Strategies to improve mental h		(	5								
	SOCIAL HEALTH											
5	Balancing home and career, str communication skills and lead	rengthe lership	ening skill	rela s.	tions	ship	os, er	nhanci	ng	(	5	

СО	Course Outcomes
CO1	Define terms related to nutrition, physical. reproductive, mental and social health
CO2	Discuss the need of right nutrition, Exercise and Skills needed for the overall well being of women
CO3	Explaining the Significance of Maintaining Physical, Reproductive, Mental and social for overall well being of an women
CO4	Devise Strategies to Improve Women's Health in a Holistic Manner
CO5	Recommends Pleasure for a Healthy Life style

Text	books:
1	Linda sparke "Women's Health "Primary care clinical guide(5 <sup>th</sup> edition)-2019
2	Merlene gold man "Women and Health"(2 <sup>nd</sup> edition)-2013
3	M.Susanandkaren "Health and Hormone" Revised edition-2009
4	Judith's "women's health and welfare"(1 <sup>st</sup> edition)-2007
5	Christiane northrup "Physical and emotional Health and Healing" Revised edition-
	2010
Refe	rence Books:
1	Minkin M.J. and Wright C.V. (2003) The Yale Guide to Women's Reproductive
	Health from menarche to menopause. Yale University Press, London.
2	Sizer F.S.and Whitney.(2014) B Nutrition: Concepts &
	Controversies.13 <sup>th</sup> Ed, Wadsworth, Cengage Learning, USA.
3	Sperry L.(2016)Mental Health and Mental Disorders.ABC-Clio,California
4	Williams M.H., Anderson D.E., Rawson E.S. (2013) Nutrition for Health, Fitness and
	Sport. McGraw Hill, New York.
5	Wrzus C, Hänel M, Wagner J, Neyer FJ.(2013)Social network changes and life events
	across the life span: a meta-analysis. Psychol Bull;139(1):53-80.

	<b>PO1</b>	PO2	PO3	<b>PO4</b>	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	2	3	3	3	2	3	3	2	3
CO2	3	3	3	3	3	3	2	2	3	2	3
CO3	3	3	2	3	3	3	2	2	3	2	3
CO4	3	3	2	2	3	3	3	3	2	2	2
CO5	3	2	3	2	3	3	2	3	3	3	3
Total	15	14	12	13	15	15	11	13	14	11	14
Average	3	2.8	2.4	2.6	3	3	2.2	2.6	2.8	2.2	2.8

### 1<sup>ST</sup> YEAR: FIRST SEMESTER

Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total		
24UNDF101	FC – FOUNDATION COURSE IN HOME SCIENCE	Core	1	1	0	0	2	2	25	75	100		
	Learning Objectives												
LO1	Understand the basics in Nutri	ics											
LO2	Gain awareness on the care opportunities in home science.												
LO3	Understand the scope, signific	ance, a	nd m	ulti-	disc	ipli	narv	natur	e of hor	ne scien	ce		
LO4	Acquire skills in home manage	ement.	orga	nizat	ion.	buc	lgeti	ng, tir	ne mana	agement			
LO5	Develop critical thinking skills	s to ana	lyze	situa	ation	s re	elate	d to he	ome scie	ence			
Unit		Conte	nt							Hours			
1	Introduction To Food Science Definition, Food groups and their Nutritive aspects of food constituents. Functions of food physiological, psychological and social. Relationship between food, nutrition and health.										5		
2	Introduction to Nutrition And DieteticsA. Definition of Nutrition, Basic function of Carbohydrates,Lipids, Proteins, Vitamins and Minerals.B. Definition of balanced diet, Importance of menuplanning. Difference between normal and therapeutic dietsC. Role of diet and life style changes in health promotion anddisease prevention									6			
3	Introduction Of Food Service Management         A. Definition of Food Service Management; types of food         service establishments- commercial and non-commercial         B. Food service-Types         C. Introduction to concepts of management, functions of manager         in managing sources like manpower, materials, money, time,										6		
4	Introduction to Electives Under Home Science         A. Human Development Stages of Human Life span         B. Interior Decoration – Introduction and concept of interior design,         C. Textile and Clothing – Varn cotton, Jute, Silk, Manmade Fibers									6			
5	<ul> <li>Career Opportunities In H Management And Dietetics</li> <li>A. Seeding importance of hig opportunities</li> <li>B. Exposure to Job oppor Nutritionist and Dietitian a Safety Officer Registered Manager of Food/Hospital</li> <li>C. Extension Education</li> </ul>	fome S gher stu ortunitie and Co ed Die ity Serv	cien dies s-Ro mmu titian vice.	ce- I and ble unity n, L	Nutr its 1 and Nut acta	itio cole R ritio	in e in e espo onist n C	Food enhanc onsibil , CDF onsult	Service cing job ities o PO, Foo tant an	6			

CO	Course Outcomes
CO1	Describe basic concepts in Food Science, Nutrition, Dietetics and Food Service
	Management
CO2	Identify the relationship between food, nutrition, diet and health
CO3	Explain the concept of Food Services and Food Service Management
CO4	Analyze the importance of the study of Food Service Management, Human
	Development, Interior Decoration and Textiles
CO5	Summarize the career opportunities available in-Home Science, Nutrition, Dietetics
	and Food Service Management

Tex	t books:
1	Meenakshi Bala Subramaniam "Foundation of Home Science" New age International Pvt Ltd (1 <sup>st</sup> edition) -2003
2	P.M. Nair "Home science "APH publishing corporation(1 <sup>st</sup> edition)-2011
3	A. P. Pillai "Home science and Techniques" Anmol Publications pvt. Ltd
4	Smukherjee "Foundation of science and Nutrition" New central book Agency Publisher (1 <sup>st</sup> edition) -2005
5	Veerbalarastogi "Foundation of Home Science" New central Publisher Pvt Ltd(1 <sup>st</sup> edition)- 2007
Ref	erence Books:
1	Anastasia Snelling(2014), Introduction to Health Promotion, Wiley Publications.
2	Premlata Mullick (2012), Text book of Home science, Kalyani Publishers
3	Emie Cohen (2021), How Food Heals: A Look into Food as Medicine for Our Physical and Mental Health, New Degree Press
4	Gurie Hughes (2021), Food and Mental Health: A Guide for Health Professionals, Rout ledge Publishers
5	Kaveri Chakra barthy and A.S. Chakra barthy, (2021), Text book of Nutrition in Health
	and Disease, Springer Publications

	<b>PO1</b>	PO2	PO3	PO4	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	2	3	3	3	3	3	3	3	3
CO2	3	3	2	2	3	3	2	3	3	3	3
CO3	3	3	3	2	3	3	2	3	3	3	3
<b>CO4</b>	3	3	2	2	3	3	2	3	3	3	3
CO5	3	3	2	2	3	3	33	2	2	2	2
Total	15	15	11	11	15	15	12	15	14	14	14
Average	3	3	2.2	2.2	3	3	2.4	3	2.8	2.8	2.8

## 1<sup>ST</sup> YEAR: SECOND SEMESTER

Subject	Course Name		L	Τ	P	S				Marks				
Code		gory					lits	SJ						
		Cate					Cred	Hour	CIA	Exte	Tota			
24UNDC21	Core Course 2-	Core	3	1	2	0	5	6	25	75	100			
	HUMAN PHYSIOLOGY													
	L	earning O	bjec	tives	l									
LO1	To enable the students to k													
LO2	To gain basic understanding of human anatomy and physiology													
LO3	To discuss the fundamental relationship between anatomy and physiology													
LO4	Use familiarity with the human body and its functioning to make healthful cho													
1.05	with regard to nutrition and take appropriate action when signs of illness													
LUS	To Understand about the r	ormones a	ina 1	is fur		ons.								
Unit		Cont	ent							Hours				
1	Cells and tissues- Structure and function of cell and its organelles.Cell Division and Classification. Structure, Types and functions of tissues.Blood-Constituents of blood- RBC, WBC and Platelets and its14functions, Blood groupsImmune system- Types of Immunity. Role of Antigen and Antibody													
2	Nervous system Structure and functions of Structure and Functions Nerves and Cranial nerv organs (Eyes, Ears, Skin	f brain (cen of Spinal ves Structu , Taste and	rebru cord ure a l Sme	ım, b l; Fu and ell)	orair Incti func	nste lons etio	m, co of ns	erebel Autor of ex	lum), nomic ternal	1	4			
3	Heart and circulationAnatomy of the heart and blood vessels, origin and conduction of heartbeat, cardiac cycle, Blood Pressure Definition and factors affectingblood pressure.14Respiratory systemAnatomy and physiology of respiratory organs. Mechanism ofrespiration, Gaseous exchange in the lungs and tissues.(Inhalationand Exhalation)									4				
4	Digestive system Anatomy of Gastro-intestin carbohydrates, proteins an Excretory system- Stru physiology of urine Forma	nal tract, D Id fats. cture of ka ation.	igest idne <u>y</u>	ion a y, st	and a	abso	orptic of r	on of hephro	on,	1	4			
5	Endocrine system Hormones secreted by Pit adrenal glands and its func of hormones in pregnancy	uitary glar tions, Men and Lacta	nd, th strua tion.	iyroi ll cyc	d, p le. S	arat Sex	hyro horn	id and nones	l –Role	14				

СО	Course Outcomes
CO1	Recall the structure and functions of the cell, its organelles and the various tissues
CO2	Describe the structure and functions of the various organs and systems in the body
CO3	Identify the microscopic structure of basic tissues, label the parts of primary physiological systems in the body such as nervous, respiratory, digestive, endocrine and reproductive systems
CO4	Evaluate the role of the nervous and endocrine system in regulating the activities of other systems.
CO5	Perform haematological study on blood such as blood smear, blood count and blood grouping, record pulse, blood pressure and interpretation normal ECG
Text bo	ooks:
1	

1	Wilson, K.J.W. (1987) Anatomy and Physiology in Health and Illness.6th ed. ELBS, Chur
	chill Livingstone, London
2	Waugh A and Grant A. (2012) Ross and Wilson Anatomy and Physiology in Health and Illness.11 <sup>th</sup> ed. Churchill and Livingston, Elsevier
3	Tortora G.J. Anagnostakos N.P.(1984) Principles of Anatomy and Physiology,4 <sup>th</sup> edition, Harpe rand Row Publishers, New York
4	Subramaniam, S and Madhavan Kutty, K.(1971). The Text Book in of Physiology. Orient
	Longman Ltd., Madras.
Refe	rence Books:
1	Beck, W.S. (1971) Human Design . Harcourt Brace Jovanovich Inc., New York.
2	CC CHATTERJEE Human Physiology 14 <sup>th</sup> edition Volume -1
3	Creager, J.G. (1992)Human Anatomy and Physiology. 2 <sup>nd</sup> ed. WMC Brown Publishers, England
4	Guyton, A.C.(1979)Physiology of the Human Body.5 <sup>th</sup> ed. Saunders College of Publishing Philadelphia
5	Subramaniam, S .and Madhavan Kutty, K. (1971) The Text Book of Physiology. Orient Longman Ltd., Madras.

	PO1	PO2	PO3	PO4	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	2	3	3	3	3	3	3
CO3	3	3	3	2	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	2	3	3	3
CO5	3	3	3	3	3	3	3	3	3	3	3
Total	15	15	15	14	14	15	15	14	15	15	15
Average	3.0	3.0	3.0	2.8	2.8	3.0	3.0	2.8	3.0	3.0	3.0

Subject Code	Course Name									Marks	
		Category	L	Т	Р	S	Credits	Hours	CIA	External	Total
24UNDC22P	Core Course 2- HUMAN PHYSIOLOGY PRACTICAL	Core	0	0	4	0	2	4	25	75	100
Learning Objectives											
LO1	To learn about the various types of tissues found in the body through microscope										
LO2	To understand the haemoglobin present in the blood										
LO3	To create the visual effect to identify the blood group										
LO4	To determine the blood pressure and pulse rate										
LO5	To discuss about the interna	lorgans	and l	Dem	onst	rati	on o	n bloc	d cells	determi	nation
Unit		Cont	ent							Но	urs
1	Microscopic studies of diffe Connective tissue, muscula nervous tissue	erent tissu ar tissue a	ies ej and	pithe	lial	tissi	ue,			1	2
2	Estimation of Haemoglobin									1	2
3	Identification of blood group	ps								1	2
4	Determination of Blood pressure Respiratory rate and pulse rate 12										2
5	Demonstration Experiments: Study of structure of brain, I reproductive organs using m Microscopic study of WBC,	neart, kid odels/cha , RBC est	lney, arts/v	mal video	e an os.	d fe	emale	2		1	2

СО	Course Outcomes
CO1	Recall the structure the various types of tissues through microscopic examination.
CO2	Describe the Haemoglobin present in the blood
CO3	Identify the blood groups of various persons
CO4	Evaluate the blood pressure, Respiratory rate and pulse rate
CO5	Demonstration studies of internal organs ,WBC, RBC estimation

Tex	t books:
1	"Human Physiology: An Integrated Approach" by Dee Unglaub Silverthorn
2	"Physiology Laboratory Manual" by R. A. McKinley
3	"Laboratory Manual for Human Physiology" by H. W. Wilson
4	"Principles of Physiology" by Michael L. Johnson
5	"Human Physiology: From Cells to Systems" by Lauralee Sherwood
Ref	erence Books:
1	"Human Physiology Laboratory Manual" by G. A. R. S. (Ravi) Ghosh
2	Laboratory Exercises in Human Physiology" by David M. D. Alworth and L. C. T. Tansley
3	Physiology Laboratory Manual" by R. C. McKinley
4	A Photographic Atlas for the Anatomy and Physiology Laboratory" by Michael J. Arguello
5	"Human Physiology: An Integrated Approach" by Dee Unglaub Silverthorn

	<b>PO1</b>	PO2	PO3	<b>PO4</b>	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	2	3	3	3	2	3	3	2	3
CO2	3	3	3	3	3	3	2	2	3	2	3
CO3	3	3	2	3	3	3	2	2	3	2	3
CO4	3	3	2	2	3	3	3	3	2	2	2
CO5	3	2	3	2	3	3	2	3	3	3	3
Total	15	14	12	13	15	15	11	13	14	11	14
Average	3	2.8	2.4	2.6	3	3	2.2	2.6	2.8	2.2	2.8

### 1<sup>ST</sup> YEAR: SECOND SEMESTER

								Marks				
Course Code	Course Name	Category	L	CIA CIA T CIA		CIA	External	Total				
24UCHA21	Elective Course 2 Allied Chemistry - II	Core	3	1	0	0	4	6	25	75	100	
	Lear	ning O	bject	tives		-						
LO1	To understand the mechanisms of polymerisation and their impact on polymer properties.											
LO2	To analyze real-world problems and apply the fundamental principles of photochemical reactions to identify potential solutions.											
LO3	To apply the concepts of el and fuel cells.	To apply the concepts of electrochemistry to analyze the behavior of batteries and fuel cells.										
LO4	To encompass the core conce coatings, such as paints, ename	To encompass the core concepts of corrosion delves into the application of protective coatings, such as paints, enamels, and lacquers, to safeguard materials from corrosion.										
LO5	To assess various pharmaceutical drugs, including sulfa drugs, antibiotics, anesthetics, antiseptics, analgesics, antipyretics, tranquilizers, and sedatives.											
Unit		Cont	ent							Ho	urs	
1	<b>Polymer Chemistry</b> - Introduce polymerisation, addition polymerization, condensation a thermosetting polymers, different polymers, preparation, properties 6,6 and Polyesters	Polymer Chemistry - Introduction, classification of polymers, types of polymerisation, addition polymerization - mechanism of free radical polymerization, condensation and copolymerization. Thermoplastic and thermosetting polymers, difference between thermoplastic and thermosetting polymers, preparation, properties and uses of Polythene, PVC, Teflon, Nylon12										
2	<b>Photochemistry</b> - Grothus-Dr photochemical equivalence, Qu Jablonskii diagram - Phosphorese photosensitization and photosynt	aper's antum cence, fl hesis (de	law yield luore efinit	and - H scent ion v	Sta lydro ce, cł vith e	rk-] gen nem exar	Einst -chlo ilum nples	ein's oride r inesce	law of eaction. nce and	1	2	
3	<b>Electrochemistry - Electrolytes</b> - Specific and Equivalent Conc Limitations. Batteries - primary primary and secondary batteries reaction and uses. Fuel cell H2-C	<ul> <li>Defination</li> <li>luctance</li> <li>and second</li> <li>Lead</li> <li>2 fuel c</li> </ul>	nitior – C ondar stora ell - (	n and Ostwa ry ba ige b expla	Exa ald's tterie atter natio	mpl Dil ss - y - on v	les – lutior diffe cell vith d	Classi Law rence diagra liagran	fication and its between um, cell n.	1	2	
4	Corrosion and Protective Coa methods. Electrochemical corros Electroless plating - applications of a Good Paint - Pigments Class – Definition – Classification Chromophores and Auxochrome uses.	tings - sion and s. Paints sification based c s. Enam	Corr l its - Co n of I on C nels a	osion preve ompo Pigm consti and L	n - ty entio nents ents tutio acqu	vpes n - s of base n a iers	F, cor Elec Pair ed or and - cor	rosion troplat nt – Re Colou Applic mposit	control ing and equisites ar. Dyes ation – ion and	1	2	

	Pharmaceutical Chemistry - Sulpha Drugs - Preparation and uses of								
	Sulphapyridine and Sulphadiazine - mode of action of Sulpha drugs -								
5	Antibiotics - Uses of Penicillin, Chloramphenicol and Streptomycin -	12							
	Anaesthetics - General and Local Anaesthetics - Antiseptics - Analgesics,								
	Antipyretics, Tranquilizers, Sedatives - Examples and their applications								

C	0	Course Outcomes								
C	01	Critically evaluate the properties and applications of different types of polymers to select the most suitable materials for specific purposes.								
С	02	To explain the laws of photochemistry and calculate quantum yields.								
С	03	Construct electrochemical cells, such as batteries and fuel cells, based on theoretical principles								
С	04	Ability to design and implement effective corrosion prevention strategies for various materials and environments.								
CO5 Develop new pharmaceutical compounds with improved efficacy and reduced toxicity										
Te	extbo	oks:								
1	Frie	d, J. R, "Polymer Science and Engineering", Prentice Hall, 3rded., 2003.								
2	Turr	o, N. J., "Modern Molecular Photochemistry of Organic Molecules", University Science								
	Boo	ks, 1991.								
3	New	vman, J," <i>Electro chemical Engineering</i> . Prentice Hall", 3 <sup>rd</sup> ed., 2004.								
4	Fon	tana, M. G., & Staehle, R. H, "Corrosion Engineering", McGraw-Hill, 4 <sup>th</sup> ed., 2017.								
5	Albe 5 <sup>th</sup> ee	ert, A. A., & Phillips, D. J, "Medicinal Chemistry: An Introductory Text", Wiley, d., 2002.								
Re	efere	nce Books:								
1	Atk	ins, P. W., & de Paula, J, "Physical Chemistry", Oxford University Press, 10 <sup>th</sup> ed.,								
	2014	4.								
2	Gilb Publ	ert, A., & Baggott, J., "Essentials of Molecular Photochemistry", Blackwell Scientific ications, 1991.								
3	Shri	ver, D. F., & Atkins, P. W, "Inorganic Chemistry", W. H. Freeman, 5thed., 2010.								
4	Baro 2009	dwell, A. J, "Principles of Corrosion Engineering", Butterworth-Heinemann, 2 <sup>nd</sup> ed., 9.								
5	Leh Free	ninger, A. L., Nelson, D. L., & Cox, M. M, "Principles of Biochemistry", W. H. eman, 5 <sup>th</sup> ed., 2013.								

—			-												
	PO	PSO	PSO	PSO											
	1	2	3	4	5	6	7	8	1	2	3				
CO1	3	3	3	3	3	3	3	3	3	3	3				
CO2	3	3	3	3	2	3	3	3	3	3	3				
CO3	3	3	3	2	3	3	3	3	3	3	3				
CO4	3	3	3	3	3	3	3	2	3	3	3				
CO5	3	3	3	3	3	3	3	3	3	3	3				
Total	15	15	15	14	14	15	15	14	15	15	15				
Average	3.0	3.0	3.0	2.8	2.8	3.0	3.0	2.8	3.0	3.0	3.0				

3Strong, 1- Medium, 1- Low-3

### 1<sup>ST</sup> YEAR: SECOND SEMESTER

										Marks		
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total	
24UCHA21P	Elective Course 3 Chemistry Practical for Physical and Biological Sciences - II	Core	0	0	2	0	2	30	25	75	100	
Learning Objectives												
LO1	Different types of organic com	Different types of organic compounds with respect to their properties.										
LO2	Determination of elements in o	Determination of elements in organic compounds.										
LO3	Identification of organic functional groups.											
LO4	Identify the components and structure of an unknown organic molecule.											
LO5	Skills to solve problems related to the identification of organic molecules through a series of tests and observations.											
Unit		Hours										
	Systematic Analysis of Organic Compounds											
	The analysis must be carried out as follows:										6	
1	(b) Preliminary Tests											
	(c) To distinguish between aliphatic and aromatic compounds.											
2	To distinguish – Saturated and	l unsatu	rate	d coi	npo	und	s.			6	5	
3	Detection of special elements	(N, S, I	Halog	gens)	).					6	5	
	Identification of Function	al gro	oupt	tests	(A	bse	nce	of	special			
4	elements)									Å	5	
·	Phenol, Acids (mono & di), Aldehyde and Glucose.										)	
	Identification of Functiona	Identification of Functional group tests (Presence of special										
5	elements)									6		
	Presence aromatic primary an	nine A	mide	es (m	ono	&	-li)			C	J	
			mue	.5 (III		ω.						

C	0	Course Outcomes										
C	O1	Gain an understanding of the use of standard flask and volumetric pipettes, burette.										
C	02	Design, carry out, record and interpret the results of volumetric titration.										
C	03	Apply their skill in the analysis of water/hardness.										
CO4 Analyze the chemical constituents in allied chemical products.												
С	05	Describe the measurable skills, abilities, knowledge in qualitative analysis.										
Te	Textbooks:											
1	Ven of P	Venkateswaran V, Veerasamy R and Kulandaivelu A. R, "Basic Principles of Practical Chemistry", Sultan Chand &Sons, 2 <sup>nd</sup> ed., 1997.										
2	<sup>2</sup> Vogel A. I, Tatchell A. R, Furnis B. S, Hannaford A. J and Smith P. W. G, "Vogel's Textbook of Practical Organic Chemistry", Prentice Hall, 5 <sup>th</sup> ed., 1989.											
3	Donald L. Pavia, Gary M. Lampman, George S. Engel & Roger G. Gries, "Experimental Organic Chemistry", Cengage Learning, 2005.											
4	Jerr Mac	y Mohrig, Craig Hammond & Paul F. Snyder, "Techniques in Organic Chemistry", cmillan Learning, 4 <sup>th</sup> ed., 2014.										
5	Mar 197	nn F. G and Saunders B. C, "Practical Organic Chemistry", Pearson Education, 4 <sup>th</sup> ed., 5.										
Re	efere	nce Books:										
1	Ralp	bh J. Fessenden and Joan S. Fessenden, "Organic Chemistry Laboratory Manual",										
_	Bro	oks/Cole, 3 <sup>rd</sup> ed., 1982.										
2	Mid	dleton H, "Organic Qualitative Analysis", Longmans, Green and Co., 1 <sup>st</sup> ed., 1951.										
3	Ban Pub	sal R. K, "Laboratory Manual of Organic Chemistry", New Age International lishers, 5 <sup>th</sup> ed., 2010.										
4	Johi CRO	n Leona rd, Barry Lygo and Garry Procter, "Advanced Practical Organic Chemistry", C Press, 3 <sup>rd</sup> ed., 2013.										
5	Lisa	Nichols, Organic Chemistry Laboratory Techniques", Libre Texts, 1 <sup>st</sup> ed., 2016.										

	<b>PO</b> 1	PO 2	<b>PO</b> 3	PO 4	PO 5	PO 6	PO 7	PO 8	PSO 1	PSO 2	PSO 3
CO1	3	3	3	3	3	3	3	2	3	3	3
CO2	2	3	3	3	2	3	3	2	3	3	3
CO3	3	3	3	2	3	3	3	2	3	3	3
CO4	3	3	3	3	3	3	3	2	3	3	3
CO5	3	3	3	3	3	3	3	2	3	3	3
Total	15	15	15	15	15	15	15	15	15	15	15
Average	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0

### 1<sup>ST</sup> YEAR: SECOND SEMESTER

							Marks						
Course Code	Course Name	Category	L	Т	Р	S	Credits	Hours	CIA	External	Total		
24UNDS21	LIFE SKILL STRATEGIES AND TECHNIQUES	Core	1	0	1	0	2	2	25	75	100		
	Lear	ning O	bjec	tives									
LO1	To gain self-competency and c	confider	nce										
LO2	To practice emotional competency												
LO3	To gain an edge through profe	To gain an edge through professional competency											
LO4	To aim for Holistic Life												
LO5	To understand the importance	To understand the importance of human value strategies and techniques skills											
Unit		Cont	ent							Hours			
1	Communication SkillsDeveloping Listening, Speaking and Reading Skills, An introduction to Scientific Writing, Letter writing, and Usage of Non-verbal Communication									5			
2	Professional Skills Resume writing Interview Sk Skills. Work-Life Balance- Management.	tills. C Strategi	Brouj es	o Dis to	achi	sion	is, P e the	resent m, Tir	ation ne		5		
	Leadership/Management Sk	tills											
3	Leadership skills, Manageria	l skills	, Те	am	buile	ding	3,			6			
	Entrepreneurial skills, Ethics a	and Inte	egrit	у.									
	Basic Lifestyle-related Skills	1											
4	Healthy eating using simple of skills, Basics in Gardening, St practices Benefits for a Holist	cooking ress Ma ic Life.	; prae inage	ctice emer	s, H nt- Y	om oga	e ma a and	ikeove   Fitne	er ess		5		
	Human Value Skills												
5	Strategies and techniques to	promot	te N	on-V	viole	nce	, Sei ing I	rvice	to the		5		
	, ac veroping births	r • - • • • • • • • • • • • • • • • • •					1						

CO	Course Outcome
CO1	Describe different skills and techniques needed to maintain a healthy personal and Professional approach to life.
CO2	Identify skills needed for a healthy lifestyle.
CO3	Explain the need to develop various skill sets for a holistic life.
CO4	Develop confidence with respect to emotional competency, personal and Professional life.
CO5	Recommend life skill strategies for the holistic development of the individual

Te	ext books:
1	Ashokan M.S.(2015).Karmayogi A biography of Sreedharan. Penguin
2	Hanson C.W. (2021). Resume Writing 2021: The ultimate guide to writing a resume that
	lands you the job. Independently Published, Kindle.
3	Jane E., Burt S., and Nudelman G. (2018). Professional Communication: Deliver effective
	written, spoken and visual messages. 4th ed. Juta and Company Pvt. Ltd., Cape Town,
	South Africa.
4	Kelly T, and Kelly D. (2014). Creative Confidence: Unleashing the Creative Potential
	Within Us All. William Collins
5	Kumar S ,and LataP.(2015).CommunicationSkills.2 <sup>nd</sup> ed.Oxford University Press, India.
R	eference Books:
1	Fries, K.(2019). Essential Qualities That Define Great Leadership . Forbes.
	Retrieved 2019-02-15
2	How to Build Your Creative Confidence ,Ted Talk by David Kelly
3	India's Hidden Hot Beds of Invention Ted Talk by Anil Gupta -
4	Knowledge and What on Interviews Former Indian President APJ Abdul Kalam .& quote; A Leader Should Know How to Manage Failure & quot.
5	Martin, R.(2007). How Successful Leaders Think. Harvard Business Review, 85(6): 60.

	<b>PO1</b>	PO2	<b>PO3</b>	<b>PO4</b>	PO5	<b>PO6</b>	<b>PO7</b>	<b>PO8</b>	PSO1	PSO2	PSO3
CO1	3	3	3	3	3	3	3	3	3	3	3
CO2	3	3	3	3	2	3	3	3	3	3	3
CO3	3	3	3	2	3	3	3	3	3	3	3
CO4	3	3	3	3	3	3	3	2	3	3	3
CO5	3	3	3	3	3	3	3	3	3	3	3
Total	15	15	15	14	14	15	15	14	15	15	15
Average	3.0	3.0	3.0	2.8	2.8	3.0	3.0	2.8	3.0	3.0	3.0

Mapping with Programme Outcomes and Programme Specific Outcomes