### 3.3 DIGITALELECTRONICS

L P
32

## RATIONALE

This course has been designed to make the students know about the fundamental principles of digital electronics and gain familiarity with the available IC chips.This subject aims to give a background in the broad field of digital systems design.

## LEARNINGOUTCOMES

Afterundergoingthesubject,studentwillbeable to:

- Verifyand interprettruth tablesforalllogicgates.
- RealizealllogicfunctionswithAND,OR,NOT,NANDandNORgates • Design half adder and full adder circuit
- Demonstrateanddesign4-bitadder,2'scomplementsubtractor • Verify and interpret truth tables for all flip flops.
- Verifyandinterprettruthtablesofmultiplexer,de-multiplexer,encoderanddecoder ICs
- Designafourbitringcounterandverifyitsoperation -

Design 4-bit SISO, PISO, SIPO, PIPO shift registers

## DETAILEDCONTENTS

1. Introduction
a) Distinctionbetweenanaloganddigitalsignal.
b) Applicationsandadvantagesofdigitalsignals.
2. NumberSystem
a) Binary, octal and hexadecimal number system: conversion from decimal and hexadecimal to binary and vice-versa.
b) Binary addition, subtraction, multiplication and division including binary points. Sign magnitude method of representation,l'sand2' scomplementmethod of addition/subtraction, floating point representation
3. CodesandParity
a) Concept of code, weighted and non-weighted codes, examples of BCD,excess3 and Gray code.
b) Concept of parity, single and double parity and error detection and correction (Hamming code)
c) Alphanumericcodes:ASCII,EBCDICand Unicode.
4. LogicGates
(06hrs)
a) Conceptofnegativeand positivelogic
b) Definition, symbols and truth tables of gates. Construction of NOT, AND and OR gates from NAND and NOR gates (universal gates).
5. LogicSimplification
a) Postulates of Boolean algebra, De Morgan's Theorems. Various identities. FormulationoftruthtableandBooleanequationforsimpleproblem. Implementation of Boolean (logic) equation with gates
b) Karnaughmap(upto4variables)andsimpleapplicationindeveloping combinational logic circuits
6. Arithmeticcircuits
(05hrs)
a) HalfadderandFulladdercircuit,designandimplementation.
b) Halfand Fullsubtractorcircuit,designand implementation.
c) 4 bit adder/subtractor.
d) AdderandsubtractorIC(7484)
e) 2-bitcomparator
7. Decoders,MultiplexersandDe-Multiplexers
(06hrs)
a) Basicfunctionsandblockdiagramof Encodersanddecoders.
b) BasicfunctionsandblockdiagramofMultiplexersandDe-Multiplexers.Different types and ICs.
c) Fourbitdecodercircuitsfor7segmentdisplayanddecoder/driverICs.
8. Latchesandflipflops
(04hrs)
a) Conceptandtypesoflatchwiththeir workingandapplications
b) Operation using waveforms and truth tables of RS, T, D, JK and Master/Slave JK flip flops.
c) Differencebetweenalatchandaflipflop
d) FlipflopICs
9. ShiftRegister

Introductionandbasicconceptsincludingshiftleftandshiftright.
a) Serialinparallelout,serialinserialout,parallelinserialout,parallelin parallel out.
b) Universalshift register
c) Bufferregister,TristateBuffer register
d) IC 7495
10. Counters
(03hrs)
a) IntroductiontoAsynchronousandSynchronouscounters
b) Binaryup/downcounters(uptoMOD-8)
c) Decadecounter.
d) Presettableandprogrammable counters
e) Ringcounter withtimingdiagram
f) Counter ICs

## LIST OFPRACTICALS

1. Verification and interpretation of truth tables for AND, OR, NOT NAND, NORand Exclusive OR (EXOR) and Exclusive NOR(EXNOR) gates
2. -RealisationoflogicfunctionswiththehelpofNAND orNORgates

- Designofa NORgate latchandverificationofitsoperation

3.     - TodesignahalfadderusingXORandNANDgatesandverificationofits operation

- Construction of a full adder circuit using XOR and NAND gates and verify its operation

4. To design 4 bit adder, 2's complement subtractor circuit using an 4 bit adder IC andanXORICandverifytheoperation ofthecircuit.
5. Todesign aNORGateLatchandverificationofitsoperation

6 Verification of truth table for positive edge triggered, negative edge triggered, level triggered IC flip-flops (At least one IC each of D latch , D flip-flop, JK flipflops).
7. VerificationoftruthtableforencoderanddecoderICs,Mux andDeMux
8. Todesigna4bitSISO,SIPO,PISO,PIPOshiftregistersusingJK/Dflipflopsand verification of their operation.
9. Todesigna4bit ringcounterand verifyitsoperation.

## Note:Aboveexperiments maypreferablybedoneonBreadBoards.

## INSTRUCTIONALSTRATEGY

The digital systems in microprocessors have significant importance in the area of electronics. Adequate competency needs to be developed by giving sufficient practical knowledge in microprocessors (programming as well as interfacing), A/D, D/A Convertersandothertopics.Helpmaybetakenintheformofcharts,simulationpackages to develop clear concepts of the subject. Programming exercises other than the tested in circulation may be given to the students.

## RECOMMENDEDBOOKS

1. Malvino Leach,"DigitalElectronicsandApplications"TataMcGrawHill Education Pvt Ltd,New Delhi
2. Morris Mano,"Digital Logic Designs"Prentice Hallof India,New Delhi
3. Floyd and Jains, "DigitalFundamentals",PearsonEducation
4. KS Jamwal,'DigitalElectronics"Dhanpat Rai andCo., NewDelhi
5. RJTocci,"DigitalSystems: PrinciplesandApplications"PrenticeHall ofIndia, New Delhi

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted <br> (Hrs) | MarksAllocation <br> (Out of 50) |
| :---: | :---: | :---: |
| 1. | 2 | 2 |
| 2. | 4 | 5 |
| 3. | 4 | 5 |
| 4. | 6 | 8 |
| 5. | 5 | 5 |
| 6. | 5 | 5 |
| 7. | 6 | 6 |
| 8. | 4 | 4 |
| 9 | 6 | 6 |
| 10. | 3 | 4 |
| Total | $\mathbf{4 5}$ | $\mathbf{5 0}$ |

## COMPUTERPROGRAMMINGUSINGC

L $\quad \mathbf{P}$
34

## RATIONALE

Computers play a vital role in present day life, more so, in the professional life of technician engineers. People working in the field of computer industry, use computers in solving problems more easily and effectively. In order to enable the students use the computers effectively in problem solving, this course offers the modern programming languageC alongwithexpositiontovariousapplicationsof computers.Theknowledgeof C language will be reinforced by the practical exercises.

## LEARNINGOUTCOMES

Afterundergoingthe subject, thestudentswillbeableto:

- Identify the problem and formulate an algorithm for it.• Identifyvariouscontrolstructuresandimplementthem.
Identify various types of variables.
- Usepointerin anarrayand structure.
- Usestructuresandunion forhandlingdata.
- ExplaintheconceptsofCprogramminglanguage
- Explainandimplementthelanguageconstructs concepts
- InstallCsoftwareonthesystemanddebugthe programme
- ExplainandexecutememberfunctionsofCintheprogramme

Describe and implement array concept in C programme

- Describeandexecutepointers -

Handle file with C

## DETAILEDCONTENTS

1. AlgorithmandProgrammingDevelopment

Overview of computer language and Operating systems -Machine level language, assembly level language, high level language, assembler, compiler and interpreter
Stepsindevelopmentofaprogram
Flowcharts,Algorithm development
ProgrammeDebugging

## 2. ProgramStructure

I/Ostatements,assignstatements
Constants, variablesand datatypes
Operatorsand Expressions
Standardsand Formatted
DataType Casting
3. ControlStructures

Introduction
Decisionmakingwith IF-statement
IF-ElseandNestedIF
Whileanddo-while,forloop
Break.Continue, gotoandswitchstatements
4. Functions

Introductionto functions
GlobalandLocal Variables
FunctionDeclaration
Standardfunctions
ParametersandParameterPassing
Call -byvalue/reference
5. Arrays

Introductionto Arrays
ArrayDeclaration,Lengthofarray
SingleandMultidimensionalArray.
Arraysofcharacters
Passingan arraytofunction
6. Pointers,StructuresandUnions
Introductionto Pointers
Declarationof structures
Accessingstructure members
Structure Initialization
Unions
7. FileHandlingwithC

IntroductiontoFiles(streamsinC)
File:FileDeclaring,FileOpening, FileClosing
OperationsonFile: Readingon File,Writing onFile,Appendingonfile RandomAccessof a file
Commandlineargument.

## LIST OFPRACTICALS

1. Programmingexercisesonexecutingand editingaCprogram.
2. Programmingexercisesondefiningvariablesand assigningvaluestovariables.
3. Programmingexercisesonarithmeticandrelational operators.
4. Programmingexercisesonarithmeticexpressionsandtheirevaluation.
5. Programmingexercisesonformattinginput/outputusingprintfandscanfandtheir return type values.
6. Programmingexercisesusingifstatement.
7. Programmingexercisesusingif-Else.
8. Programmingexercisesonswitch statement.
9. Programmingexercisesondo-while,statement.
10. Programmingexercisesonfor- statement.
11. Programsonone-dimensional array.
12. Programson two-dimensional array.
13. (i)Programsforputtingtwostringstogether. (ii)Programsforcomparingtwo strings.
14. Simpleprogramsusingstructures.
15. Simpleprogramsusingpointers.
16. Simpleprogramsusingunion.
17. Writeaprogramtoapplyopen,closeandsaveoperationsonafiletobeperformed onC file.
18. Programtoperformwriteandreadoperationsinfile.

## INSTRUCTIONALSTRATEGY

The subject is totally practical based.Students should be given clear idea about the basic conceptsofprogramming.Inpracticalsessionstudentshouldbeaskedtodrawflowchart write algorithm and then write program for the algorithm and run on computer.It is required that students should maintain records (files with printouts).

## RECOMMENDEDBOOKS

1. Kanetkar,Yashwant,"LetusC" BPBPublication,New Delhi
2. Balaguruswami,E,"ProgramminginANSI C",TataMcGrawHillEducationPvt. Ltd.New Delhi.
3. Salaria, RS"ProblemSolvingandProgramminginC",KhannaBookPublishingCo (P)Ltd.New Delhi.
4. Gottfried,"Programmingin C",SchaumSeries,TataMcGrawHillEducationPvt. Ltd., New Delhi.
5. Subburaj, R, "Programming in C", Vikas Publishing House Pvt. Ltd., Jangpura, New Delhi.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | Marks Allotted <br> (Outof50) |
| :---: | :---: | :---: |
| 1 | 02 | 02 |
| 2 | 08 | 09 |
| 3 | 08 | 09 |
| 4 | 08 | 09 |
| 5 | 06 | 06 |
| 6 | 07 | 09 |
| 7 | 06 | 06 |
| Total | $\mathbf{4 5}$ | $\mathbf{5 0}$ |

## DATABASEMANAGEMENTSYSTEM

L $\mathbf{P}$
34

## RATIONALE

Database and database systems have become an essential component of everyday life in modern society.This course will acquaint the students with the knowledge of fundamental concepts of DBMS and its application in different areas, storage, manipulation and retrieval of data using query languages.Oracle/My SQL/SQL Server can be use as package to explain concepts.

## LEARNINGOUTCOMES

Afterundergoingthe subject, thestudentswillbe able to:

- Defineanddescribethedatabase
- Contrastandcompilethedesignofdatabasearchitecture
- Convertandcomparethedesignsanddifferentiatebetweenthekeys $\bullet$

Convert database in the form of tables

- Normalizethedata
- Provide the security to the database
- RespondvariousqueriesintheSQL


## DETAILEDCONTENTS

## 1. Introduction

Database Systems; Database and its purpose, Characteristics of the database approach, Advantages and disadvantages of database systems. Classification of DBMS Users; Actors on the scene, Database Administrators, Database Designers, End Users, System Analysts and Application Programmers, Workers behind the scene (DBMS system designers andimplementers, tool developers, operator and maintenancepersonnel)
2. DatabaseSystemConceptsandArchitecture

Data models, schemas, instances, data base state.DBMS Architecture; The External level, The conceptual level, The internal level, Mappings. Data Independence; Logical data Independence, Physical data Independence. Database Languages and Interfaces; DBMS Language, DBMS Interfaces. Classification of Database Management Systems
3. DataModelingusingE.R. Model(EntityRelationshipModel)
(06hrs)
Data Models Classification; File based or primitive models, traditional data models, semantic data models. Entities and Attributes, Entity types and Entitysets, Relationship among entities
4. RelationalModel:
(05hrs)
Relational Model Concepts: Domain, Attributes, Tuples and Relations. Relational constraints and relational database schemes; Domain constraints, Key constraints and constraints on Null. Relational databases and relational database schemes, Entity integrity, referential integrity and foreign key
5. Normalization
(05hrs)
Non-loss decomposition and functional dependencies, First, Second and Third normal forms, Boyce/Codd normal form, denormalization
6. Database Access and Security

Database security, process controls, database protection, grant and revoke
7. MYSQL/SQL(StructuredQueryLanguage)

SQL* DDL (Data Definition Languages): Creating Tables, Creating a table with datafrom anothertable, Insertingvalues into atable, updatingcolumns ofa Table, DeletingRows,DroppingaTable.DML(DataManipulationLanguage): Database Security and Privileges, Grant and Revoke Command, Maintaining Database Objects, Commit and Rollback, various types of select commands, various typesof joins, sub query, aggregate functions.

## LIST OFPRACTICALS

1. Exercisesoncreationandmodificationofstructureof tables.
2. Exercisesoninsertinganddeletingvaluesfromtables.
3. Exercisesonqueryingthetable(usingselect command).
4. Exercisesonusingvarioustypesof joins.
5. Exercisesonusingfunctionsprovidedbydatabase package.
6. ExercisesoncommandslikeGrant,Revoke,CommitandRollbacketc.
7. Designofdatabaseforanyapplication.

## INSTRUCTIONALSTRATEGY

Explanation of concepts using real time examples, diagrams etc. For practical sessions booksalongwithCDsorlearningmaterialswithspecifiedactivitiesarerequired.Various exercises and small applications should be given along with theoretical explanation of concepts.

## RECOMMENDEDBOOKS

1) Vig,Dr.Renu,and EktaWalia,"Fundamentalsof DatabaseManagement Systems", an ISTE, Publication, New Delhi.
2) ISRDGroup,"IntroductiontoDBMS",TataMcGrawHillEducationPvtLtd, New Delhi.
3) Wesley,DateC.J.Adison,"An Introduction to Database Systems"
4) Elmasri,Navathe,AdisonWesley,"FundamentalsofDatabaseSystems"
5) Desai,BipinC.,"AnIntroductiontoDatabaseSystems",GalgotiaPublications Pvt. Ltd., Daryaganj, New Delhi 110002.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | Marks Allotted <br> (Outof50) |
| :---: | :---: | :---: |
| 1 | 04 | 4 |
| 2 | 05 | 6 |
| 3 | 06 | 8 |
| 4 | 05 | 5 |
| 5 | 05 | 5 |
| 6 | 06 | 6 |
| 7 | 14 | 16 |
| Total | $\mathbf{4 5}$ | $\mathbf{5 0}$ |

## OPERATINGSYSTEMS



32

## RATIONALE

The course provides the students with an understanding of human computer interface existing in computer system and the basic concepts of operating system and its working. The students will also get hands-on experience and good working knowledge to work in windows and Linux environments. The aim is to gain proficiency in using various operating systems after undergoing this course. While imparting instructions, the teachers are expected to lay more emphasis on concepts and principles of operating systems, its features and practical utility.

## LEARNINGOUTCOMES

Afterundergoingthe subject,thestudentswillbeableto:

- Identifymemorymanagementtechnique. •

Differentiate scheduler algorithm.

- SetupofLinux labs.
- UseLinuxforrunningvariousprogramminglanguages •

Set up open source labs.

- Describeandidentifyvariousfilesystem.

Assist in handling other open sources

## DETAILEDCONTENTS

1. OverviewofOperatingSystems

Definition of Operating Systems, Types of Operating Systems -Distributed OS and Network OS, Importance of Operating Systems, Functions of Operating Systems
2. ProcessManagement

Process Concepts, Process Control block, Process State Diagram, Operations on Processes,Inter Process Communication, Process synchronization andsemaphores
3. CPUScheduling
(04hrs)
Basic Concepts, Scheduling Queues, Schedulers, Scheduling Criteria, Scheduling Algorithms and their evaluation

4. Deadlock<br>(05hrs)<br>Deadlock model, Characterization, Methods for handling deadlocks, Deadlock prevention, Deadlock avoidance, Deadlock detection and recovery

5. MemoryManagement

Basic Concepts, Logical vs Physical address space, Swapping, Paging and segmentation, Virtual Memory and demand paging
6. InputOutput Management

Dedicated andshareddevices,Inputoutputdevicesandstorage devices,
7. FileSystem Management
(04 hrs)
File Concepts, Access methods, File Structure, Allocation methods and free space management
8. LinuxOperatingSystem

Introduction, history of Linux, Linux Overview, Structure of Linux, Linux releases, open linux, system requirements, file structures, Linux Commands and Filters:Shell:conceptsofcommandoptions,input, outputredirectingand network file, process and communication commands like: mkdir, cd, ls, who, whoami, cat, more, tail, head, mv, chmod, grep, wc, sort,kill, write, wall, mail, news

## LIST OFPRACTICALS

1. Directorycommands
2. Filecommands
3. Processmanagement
4. Usingfilepermission commands
5. Mailcommands
6. EstablishmentofLANnetworkforhomogeneousandheterogeneoussystems through DHCP.

## INSTRUCTIONALSTRATEGY

This subject is both theory and practical oriental.Therefore, stress must be given on particulars along with theory.Laboratory must have windows as well as Linux operating system.Concepts of O.S. must be taught practically.

## RECOMMENDEDBOOKS

1. OperatingSystemsbyAchyutSGodboleandAtulKahate:TataMcGrawHill Education Pvt Ltd, New Delhi
2. Linux -The Complete Reference by Ruichard Peterson, Tata McGraw Hill, New Delhi
3. OperatingSystemsbyStallingsTataMcGrawHill.
4. Operating Systems- A Concept Based Approach by Dham Dhare, Tata McGrawHill Education Pvt Ltd , New Delhi
5. OperatingSystemConceptsbyEktaWalia,KhannaPublishers,NewDelhi.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted <br> (Hrs) | Marks Allotted <br> (Outof50) |
| :---: | :---: | :---: |
| 1. | 03 | 03 |
| 2. | 04 | 04 |
| 3. | 04 | 05 |
| 4 | 05 | 06 |
| 5 | 05 | 06 |
| 6 | 04 | 05 |
| 7 | 04 | 05 |
| 8 | 16 | 16 |
| Total | $\mathbf{4 5}$ | $\mathbf{5 0}$ |

## INTERNETANDWEBTECHNOLOGIES

L P
24

## RATIONALE

This course will enable the students to understand the basics of internet and various application of internet like e-mail, FTP, Telnet, Newsgroups and video conferencing In addition, this course develops competency amongst the students to design professional web sites and interactive web pages. They will have overview of different technologies like of HTML, CSS,JavaScript.

## LEARNINGOUTCOMES

Afterundergoingthe subject, thestudentswillbe able to:

- Defineinternetanditsoperation.

Outline application of internet.

- Useapplicationofvideoconferencing •

Use application of E-communication

- DescribetheapplicationofE-communicationandbenefittosociety.

Define and differentiate between various web browsers.

- Developstaticwebpage/webportal.

Validate input data.

## DETAILEDCONTENTS

1. InternetBasics
(06hrs)
Concept of Internet, its applications, specification and technical details for establishing Internet. Types and functions of modems, Internet service providers, Intranets, E-mail, Telnet, FTP, IRC, NNTP, Video conferencing, e-commerce
2. InternetConnectivity
(04hrs)
Wired and wireless connectivity like optical fibre, cable media, mobile internet, leased line, ISDN, VSAT, RF link, Wi-Fi
3. World WideWeb(WWW):
(06hrs)
World Wide Web and its evolution, web page, web server, HTTP/HTTPSprotocol.Examples of web servers. Navigation Tools: Mozilla Firefox, Google Chrome, Internet Explorer, Uniform Resource Locator (URL). Hypertext, hyperlinks and hypermedia, URL, its registration, browsers, search engines, proxy servers
4. DevelopingWebPortalsUsingHTML
(4hrs)

- BasicstructureofHTML •

Introduction to HTML 5

- Formattingtext,title,headings,Horizontalrulesandcomments • Inserting links and images,
- Creatingtables
- CreatingformsusingHTML5 Using div and span tag

5 Cascading Style Sheets (CSS)

- Introduction to syntax of CSS,
- DifferentmethodsofincludingCSS, CSS attributes,
- CSSboxmodel
- VariousCSSpropertieslikemargin,padding,border Font related CSS properties like Text, fonts, color
- CSSbackgroundrelatedproperties Class and Idin CSS

6 JavaScript
(06hrs)

- Basic introduction to JavaScript
- MethodsofincludingJavaScript • Variable declaration
- Operatorsin JavaScript
- ControlStatementsandloopingStatements Document Object Model (DOM)
- ValidatingFormsusingJavaScript


## LIST OFPRACTICALS

1. Configuringcomputersystemtoaccessinternet
2. Managingsocialnetworkingprofile ande-mailaccount
3. TodemonstratetheuseofTELNET, FTP,IRC
4. Demonstrationofaudio-videoconferencing
5. Demonstrationofe-commerce transaction
6. CreatingWeb pagesusingHTMLand CSS
7. Creatingtheemailvalidation usingJAVA script
8. Creatingofmobilevalidation,regexcheckingand emptytextbox.

## INSTRUCTIONALSTRATEGY

StudentsshouldbeexposedtoInternetasthesubjectispracticeoriented,theoretical Instruction may be given during practical session also.

## RECOMMENDEDBOOKS

1. Rajkamal,"InternetandWebTechnologies’Tata,McGraw HillEducationPvt. Ltd., New Delhi.
2. Alam, Tanweer, "Web Technology"Khanna Book Publishing Co. (P) Ltd., New Delhi.
3. Stephanie, Cottrell, Bryant, "Teach Yourself HTML 4.0 with XML, DHTMLand Java Script", IDG Books India Pvt. Ltd., New Delhi.
4. DynamicWebPublishing-UnleashedTechMedia

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 06 | 10 |
| 2 | 04 | 06 |
| 3 | 06 | 10 |
| 4 | 04 | 06 |
| 5 | 04 | 06 |
| 6 | 06 | 12 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## OPENELECTIVE

L $\quad \mathbf{P}$
2 -

## RATIONALE

Open Elective refers to a course that students can opt for in addition to their primary area of study. The open electives is from an unrelated discipline with the intention to provide exposure in that discipline.Itprovides the students the opportunity to select and learn a subject related to his/herinterest, thus allowing them to explore their passion..

## LISTOFSUGGESTEDOPENELECTIVES

Thestudentcanoptone courseout ofthe following :

1 ForeignLanguage
2 NationalCadetCorps(NCC)
3 Yoga
4 FirstAid
5 CreativeWriting
6 Sketching,Drawingand ColourStudies
7 Gardening
8 Photography
9 LegalStudies
10 Event Management
11 DietandNutrition

Openelectivecanbeofferedonlineor offline.

## FOREIGNLANGUAGE

 (French,Japanese,German,Spanish)L $\quad \mathbf{P}$ 2 -

## RATIONALE

This course is anintroduction to the specific language. Learning to understand andarticulate oneself in day to day real life situations, and to begin to make sense of thelanguageasaculturalspacearetheoverallobjectivesofthecourse.Thestudentshouldbeable to grasp the basic sentence structure and build a good foundational vocabularythrough this course.

## LEARNINGOUTCOMES

Afterundergoingthiscourse, the studentswillbe ableto:

- Enhancethelevel ofvocabularyin specificlanguage.
- Managesituationalcommunicationinspecificlanguage.


## DETAILEDCONTENTS

1. Introduction
(06hrs)

Selfintroduction,Numbers,Days,Months,Date,Time, and Counting
2. Vocabulary
(06hrs)

Myhome,Myfamily,Myfriend,Dailyroutine,Hobbies,Food,Greetingand Thanking
3. Grammar

Verb and Verbforms, Articles, Possessive pronouns, Auxiliaryverbs, Questions, Present and Past tense
4. Theme
(06hrs)

Meansoftransport,Basicdirections,Food, Drink,Family,Groceriesand Meals

## RECOMMENDEDBOOKS

1. Annie Berthet, Hugot et al, "Alter Ego - Méthode de Français", Hachette.
2. 3 A Corporation, "Minnano Nihongo ", Goyal Publishers, New Delhi.
3. Stefanie Dengler, "NETZWERK Deutsch als Fremdsprache A1", Goyal Publishers,New Delhi.
4. Jaime Corpas et.al, "Aula International 1", Difusión, Madrid.

## INSTRUCTIONALSTRATEGY

Teachers are expectedto develop necessaryknowledge in the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 06 | 10 |
| 2 | 06 | 10 |
| 3 | 12 | 20 |
| 4 | 06 | 10 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## NATIONALCADETCORPS (NCC)


#### Abstract

L $\mathbf{P}$ 2 -

\section*{RATIONALE}

This course is structured to instil in the students qualities like nationalism, patriotism, discipline, team spirit, esprit-de-corps, leadership, self-confidence, national integration and improve their personality. The objective of the course is to expose the students to a regimental way of life, which is essential to inculcate in them the values of discipline, duty,punctuality,orderliness,smartness, and respectforauthority,correct workethosand selfconfidence. In addition, it will inculcate defence services work ethos, which is characterized by hard work, sincerity of purpose, honesty, ideals of selfless service, dignity of labour, secular outlook, comradeship, spirit of adventure and sportsmanship.


## LEARNINGOUTCOMES

Afterundergoingthiscourse,thestudentswill beableto: •
Explainaims and objectives of NCC.

- Understandtheimportanceofnationalintegration.
- AssistCivilAdministrationinperformanceofselectivedutiesduringdisasters.

Perform drill without arms.

- Contributetowardsnationbuilding. -

Provide voluntary social service.

## DETAILEDCONTENTS

1. Introduction

Aims and objectives of NCC, Organisation structure and training, NCC Song, NationalIntegrationandawareness,Religions,Culture,TraditionsandCustoms ofIndia, National Integration: Importance and Necessity. Freedom Struggle and Nationalist Movement in India, Problems/ Challenges of national integration, Unity in diversity, Famous leaders of India, Images/ Slogans for nationalintegration, Contribution of youth to nation building
2. Civil Affairs
(04hrs)

Civil Defence Organizationandits duties/ NDMA,Types of emergencies/ Natural Hazards, Role of NCC during Natural Hazards/ Calamities
3. DrillWithoutArms
(08hrs)

General and Words of Command, Attention, Stand at Ease and Stand Easy,turning and inclining at the halt, Sizing, forming up in three ranks and numbering, open and close order march and Dressing, Saluting at the halt, Getting on parade, dismissing and falling out, Marching, length of pace and time of marching inquick time and halt, slow march and halt, Turning on the march and wheeling, Saluting on the March Individual word of command
4. PersonalityDevelopmentandLeadership

Personality development, self-awareness, Leadership, life/soft skills, time management and character building.
5. Social Service

Basics of Social service, and its needs, Social/ Rural Development Projects: MNREGA,SGSY,NSAP;Literacyenhancementandpovertyalleviation, Social evils,Contribution of youth towards social welfare.

## RECOMMENDEDBOOKS

1 "Cadet Hand Book (Common Subjects)", published by DG, NCC.
2 "Grooming Tomorrow's Leaders", published by DG, NCC.
3 "Youth in Action", published by DG, NCC.

## INSTRUCTIONALSTRATEGY

Teachers areexpectedto develop necessaryknowledgein the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | Marks Allotted <br> (Outof50) |
| :---: | :---: | :---: |
| 1 | 08 | 14 |
| 2 | 04 | 06 |
| 3 | 08 | 14 |
| 4 | 04 | 06 |
| 5 | 06 | 10 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## YOGA

$\begin{array}{rr}\mathbf{L} & \mathbf{P} \\ 2 & -\end{array}$

## RATIONALE

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.It not only improves physical healthbut also mental andspiritualwell-being, which are the foundationsoflife. The courseisaimedatdeveloping skillsinyogafor strength,flexibility and relaxation.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudents willbeableto:

- Explaintheimportanceofyogaanditseffectonhealth •

Perform yoga in various forms and combinations

- Understandthephilosophyofheartfulness meditation.
- Promotepositivehealthandholisticwellnessthrough yogaandmeditation.


## DETAILEDCONTENTS

1. Yoga
(4hrs)

Concept, need and importance, Yogic principles, Rules and precautions to be followedby yoga practitioners, Introduction to Ashtanga yoga and Yoga sutra
2. AsanasandMudras

Basic asanas, Asanas in different postures -Sukshma Vayayam, PawanMuktasan,Surya Namaskar, Hasta Utthanasana, Padahastasana, Tadasana, Vrikshasana,Tirayak Tadasana, Natarajasana, Vajrasana, Padmasana, Bhujangasana.
Mudras -Concept, Important mudras -Prana Mudra, Varuna Mudra, Prithvi Mudra, Aakash Mudra, GyanaMudra.
3. Pranayama

KapalbhatiPranayama,NadiShodhanPranayama(AnulomVilom),Bhastrika Pranayama, Ujjayi Pranayama.
4. Meditation

Heartfulnessmeditation, Practiceonmeditation
5. HealthBenefitsofYogaandMeditation

BenefitsandeffectofAsanas,MudrasandPranayamaonvarioussystemsand organs of human body.Relaxation and wellness through meditation

## RECOMMENDEDBOOKS

1. Saraswati, Swami Satyananda, "Asana, Pranayama, Mudra and Bandha", Yoga PublicationTrust,Bihar.
2. BKS Iyengar, "Light on Yoga", George Allen and Unwin.
3. MudrasbyHeartfulness;HeartfulnessEducationTrust.
4. Kamlesh D Patel, "The Way of the Heart", Spiritual Hierarchy Publication Trust
5. Goel, Aruna, "Yoga Education: Philosophy and Practice", Deep \& Deep Publications, NewDelhi.
6. Nagendra,HR,andRNagarathna,"Yoga for Promotion of Positive Health". SwamiVivekananda Yoga Prakashan.

## INSTRUCTIONALSTRATEGY

Teachers are expectedto develop necessaryknowledge in the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted <br> $(\mathbf{H r s})$ | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 04 | 06 |
| 2 | 14 | 24 |
| 3 | 06 | 10 |
| 4 | 03 | 05 |
| 5 | 03 | 05 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## FIRSTAID

| $\mathbf{L}$ | $\mathbf{P}$ |
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| 2 | - |

## RATIONALE

First aid is a valuable and life-saving course. The objective of this course is to impart knowledge and skills to the students necessary in an emergency to help sustain life,reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudents willbeableto:

- Administerbasiclifesupportskillsincludingcardiopulmonaryresuscitation •

Provide first aid of simple and multiple system trauma.

## DETAILEDCONTENTS

1. BasicsofFirstAid (4hrs)

First aid, importance of first aid, first aider, laws of first aid, contents of an ideal firstaid kit, dealing with an emergency.
2. EmergencyResponse

CPR, steps forperformingCPR,CPRfornewborns and infants, recoveryposition, firstaid in drowning, fractures of bones, causes and types of fractures, dislocation.
3. FirstAidinBurns
(4hrs)

Types of burns, danger of burns, first aid in dry burns and scalds, electrical burns, chemical burns, sunburn, heatstroke.
4. FirstAidinWoundsand Injuries
(6hrs)

Typesofwounds-smallcutsandabrasions,Headinjury-nosebleed,bleeding gums,bleeding from varicose veins, Shocks- causes of shock and its first aid.
5. FirstAidinPoisoning

Poisoning by swallowing, gases, injections, skin absorption, Animal bites, snake bites and insect stings.
6. First Aid in Foreign Objects Entering the Sense Organs:

Foreign body in the eye, ear, nose, skin, swallowing of foreign objects.

Note: Persons from Civil Defence/ National Disaster Response Force (NDRF)etc. can beinvitedfor conductof first aid classesand demonstration of first aidpractices.

## RECOMMENDEDBOOKS

1. Gauri Goyal, Dr. Kumkum Rajput, Dr. Manjul Mungali,, "First Aid and Health", SBPDPublishingHouse
2. Williamson, Swapna Naskar and Goswami Mala, "First Aid and Emergency Care",Kumar Publishing House, New Delhi.
3. Mahopatra, R., "First Aid for You and Me", Academic Publishers, New Delhi.

## INSTRUCTIONALSTRATEGY

Teachers areexpected to develop necessaryknowledgein thestudents for comprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 04 | 06 |
| 2 | 10 | 18 |
| 3 | 04 | 06 |
| 4 | 06 | 10 |
| 5 | 03 | 05 |
| 6 | 03 | 05 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## CREATIVEWRITING

## RATIONALE

Creative writing is a written art form that uses the imagination to tell stories and compose essays, poetry, screenplays, novels, lyrics, and more.The objective of this course is to acquaint the students with ideas related to creative writing including art, craft and basic skills required for a creative writer.

## LEARNINGOUTCOMES

Afterundergoingthiscourse,thestudentswillbeableto:
Distinguish between literary genres.

- Practicevariousformsofcreativewriting.

Write for various media.

## DETAILEDCONTENTS

1. FundamentalsofCreative Writing (06hrs)

Meaning and significance of creative writing, Genres of creative writing: poetry, fiction, Non-fiction, Drama and other forms, Research for creative writing
2. Elements of Creative Writing

Plot, Setting, Character, Dialogue, Point of view, Literary devices and figurative language, Elements of style, Grammar and the structure of language, Proofreading and editing
3. Traditional Forms of Creative Writing

Fiction: short story, novella and novel, Poetry, Drama, Essay, Fable, Biography, Memoire and autobiography, Travelogues, Diaries, Self-narrative writing
4. WritingforMedia

Printmedia,Broadcastmedia,Internet-Webcontentwritingandblogwriting, Advertising

## RECOMMENDEDBOOKS

1. Anjana Neira Dev. Anuradha Marwah, Swati Pal, "Creative Writing: A Beginner's Manual", Pearson Longman, Delhi
2. Robert Scholes, Nancy R. Comley, Carl H. Klaus, Michael Silverman, "Elements ofLiterature: Essay, Fiction, Poetry, Drama, Film",Delhi
3. Bell,JuliaandMagrs,Paul,"TheCreativeWritingCourse-Book",Macmillan, London
4. Gardner, John, "The Art of Fiction", Vintage, New York

## INSTRUCTIONALSTRATEGY

Teachers areexpectedto develop necessaryknowledgein the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 6 | 10 |
| 2 | 10 | 16 |
| 3 | 10 | 16 |
| 4 | 4 | 08 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## SKETCHING,DRAWINGANDCOLOURSTUDIES

| $\mathbf{L}$ | $\mathbf{P}$ |
| ---: | ---: |
| 2 | - |

## RATIONALE

This course is aimed to develop aesthetic sense of students. It also encompasses trainingin sketching, drawing and colouring to develop their mental faculties of observation, imagination and creation.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudents willbeableto:

- Sketchcommonobjectsandvariousgeometricalandnon-geometricalformsfound in life and nature.
- Usedifferentmediumand materials.
- Use colour judiciously in creation of visual work.
- Preparecollageusingvariouspaperandmaterials.


## DETAILEDCONTENTS

1. Sketchingof ObjectsandNature
(8hrs)

Sketchingof objects at home like cup, plate, glass, book, pencil box etc. Sketching of tree, mountain, hills, vegetables flower etc.for Nature study usingPencil, colour Pencil
2. Drawing ofHuman and Animal Figures
(10 hrs)

DrawingofHumanandanimalformwiththehelpofBasicGeometricalshapes
3. CollageMaking

CreatingCollagewiththehelpofcolouredcutoutpapers,picturefroma magazine orany easily available materials
4. Colours
(8hrs)

Watercolour,Postercolour,Colourtheory-Coloursystem,Colourwheel, Colour dimensions, Drawing with oil pastel colour and dry pastel.

## RECOMMENDEDBOOKS

1. BettyEdwards,"Color: A Course in Mastering the Art of Mixing Colors", PenguinGroup Inc., New York
2. Feisner, E., "Colour Studies", Fairchild Publications, USA

## INSTRUCTIONALSTRATEGY

Teachers are expectedto develop necessaryknowledge in the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 08 | 14 |
| 2 | 10 | 16 |
| 3 | 04 | 06 |
| 4 | 08 | 14 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## GARDENING



## RATIONALE

Gardening activities are fantastic for helping students engage in a way that is more difficult in the classroom. Watching plants grow is a fun and educational experience for them.Theirenormouscuriosityandexcitementoveranythingnewmakesthemnaturalfor gardening. Growing plant seeds teaches them how nature works and adds to their interest in environmental sustainability.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudents willbeableto :

- Explainvarioustechniquesofgardening, cultivation,multiplication,raisingof seedlings of garden
- Discussnewandmoderntechniquesofplantpropagation.

Develop interest in nature and plant life.

## DETAILEDCONTENTS

1. Gardening

Definition,objectivesandscope.Differenttypesofgardening-landscapeand home/terrace gardening, parks and its components. Plant materials and design.
2. GardeningOperations
(14hrs)

Soillaying,manuring,watering,managementofpestsanddiseasesand harvesting.
3. Sowing/RaisingofSeeds andSeedlings

Structure and types - Seed dormancy; causes and methods of breaking dormancy. Seed storage: Seed banks, factors affecting seed viability, genetic erosion Seed production technology. Seed testing and certification. Transplanting of seedlings.

## RECOMMENDEDBOOKS

1. Bose T.K., Mukherjee, D., "Gardening in India", Oxford \& IBH Publishing Co. New Delhi.
2. Kumar, N., "Introduction to Horticulture", Rajalakshmi Publications. Nagercoil, TamilNadu.
3. Sandhu, M.K., "Plant Propagation", New Age International Publishers.

## INSTRUCTIONALSTRATEGY

Teachers are expectedto develop necessaryknowledge in the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 06 | 10 |
| 2 | 14 | 24 |
| 3 | 10 | 16 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## PHOTOGRAPHY

L $\mathbf{P}$
2 -

## RATIONALE

Photography is a unique and creative medium of self-expression that requires aesthetic senseaswellastechnicalexpertise.Studentswhoarehighlypassionateabout learningthe workings of cameras and different technologies based on them can pursue this course. The objective of this course is to enable the candidates to understand the utility of different camera parts and the art of taking candid shots.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudentswillbeableto:
Explain the principles of photography.

- Handlevariouscamerasfortakingphotographs.

Apply aesthetics of photography.

## DETAILEDCONTENTS

1. BasicPhotography
(04hrs)

Meaninganddefinitionofphotography,Basicprincipleinthefilmanddigital photography, History of photography.
2. CameraFunctionand Accessories

Basiccamera,Differentpartsofcameraandtheirbasicfunctions,Camera Accessories
3. MainControlsofCamera

Partsof Camera,Typesof lenses, Shutter, Diaphragm,Exposure, Film and digital image sensor, Depth of field, Lighting, Photography with flash, Filters in photography.
4. DigitalCamera
(05hrs)

Processofdigitalimaging,Typesofdigitalcameras,Menuoperationsofdigital cameras, Introduction to colors.
5. AestheticsofPhotography (07hrs)

Definition of lighting, Principles of lighting, Reflection, Light characteristics, Color,Direct light and indirect light, Light and subject, Light as subject, Shadow as subject,Light sources, Naturallight and artificial light, Principles of visualization,Composition guidelines

## RECOMMENDEDBOOKS

1. Dilwali, Ashok, "All about Photography", National Book Trust, New Delhi.
2. Sharma, O.P., "Practical Photography", Hind Pocket Books.
3. Freeman, "The Photographer's Guide to Light", John Collins \& Brown

## INSTRUCTIONALSTRATEGY

Teachers are expectedto develop necessaryknowledge in the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion.As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted <br> (Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 04 | 06 |
| 2 | 04 | 08 |
| 3 | 10 | 16 |
| 4 | 05 | 08 |
| 5 | 07 | 12 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## LEGALSTUDIES

| $\mathbf{L}$ | $\mathbf{P}$ |
| :--- | :--- |
| $\mathbf{2}$ | - |

## RATIONALE

The course introduces the students to Indian legal system, contracts management, and legal documentation. Further, the course familiarizes students with basic knowledge of labour laws that would be useful.

## LEARNINGOUTCOMES

Attheendofthecourse,thestudentswillbeableto: •
Understand the Indian Legal System.

- DiscussIndianContractAct.
- Explorelabourlawsandlawsrelatedtowomen.


## DETAIL CONTENTS

1. Introduction to Indian Legal System

Constitution of India, Sources of Law and Judicial system.
2. TheIndianContractAct
(6hrs)

Contract -meaning and kinds. Essentials of a valid contract, Discharge of a contract, Contract of Agency
3. LegalDocumentation

Drafting of legal documents including Non-Disclosure Agreements (NDA), RequestforProposal(RFP),collaborationagreements,jointventure agreements, tendering andsubcontracting
4. LabourLaws

ProvidentFund,ESIC,GratuityandBonus
5. LegislationRelatedto Women
(4hrs)

Sexual harassment at Work place (Prevention, Prohibition and Redressal), Protection of Women from Domestic Violence Act, Criminal Law (Amendment) Act, The Indecent Representation of Women (Prohibition) Act.

## RECOMMENDEDBOOKS

1. Joseph Minattur, "Indian Legal System", Indian Law Institute, New Delhi.
2.Srivastava, S.C., "Industrial Relations and Labour Laws", Vikas Publishing House Pvt.Ltd.
2. Aggarwal, S K, "Business Law", Galgotia Publishers, Delhi.

## INSTRUCTIONALSTRATEGY

Teachers areexpectedto develop necessaryknowledgein the students forcomprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 04 | 07 |
| 2 | 06 | 10 |
| 3 | 10 | 16 |
| 4 | 06 | 10 |
| 5 | 04 | 07 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## EVENT MANAGEMENT



2 -

## RATIONALE

Event Management is a course which deals with the planning, coordinating, and organising of events for people and communities. It is a part of the mass communication course which is offered by many prestigious colleges in India. Event management course aims to imbibe knowledge on analysing, marketing, planning and strategies in business administration to its students.

## LEARNINGOUTCOMES

Afterundergoingthiscourse, the studentswillbe able to:

- Explainthepurposeofspecial eventsin anorganization.
- Usetechniquesandstrategiesrequiredtoplansuccessfulspecialevents.

Promote and conduct special events.

- Assessthequalityandsuccessofspecial events.


## DETAILEDCONTENTS

1. PrinciplesofEventManagement

Introduction to event management, size \& type of event, event team, code of ethics, principles of event management, role of event manager -planning, organising, leadingand controlling an event
2. Event Planning

Objectiveofevent,useofplanningtools,protocols,dresscodes,staging,staffing.
3. EventMarketing

Advertising,publicity,eventmarketing process,evenhospitality
4. EventLeadership

Teambuilding\&workdistribution,managingteam,managingmeetings, written\& verbal communication.
5. EventSafetyand Security
(04hrs)

RoleofSecurity,Safety, Crowdmanagement,Risk management.
6. Event Accounting (04hrs)

Budget,Cashflowanalysis,Profit \&lossstatement,Balancesheet.

## RECOMMENDEDBOOKS

1. Singla, Sita Ram, "Event Management", ATH Publishers, New Delhi.
2. Sharma, Divakar, "Event Planning and Management", Deep \& Deep Publication.

## INSTRUCTIONALSTRATEGY

Teachers areexpected to develop necessaryknowledgein thestudents for comprehending basic concepts and principles of the subject so that they may pursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 4 | 06 |
| 2 | 8 | 12 |
| 3 | 4 | 08 |
| 4 | 6 | 10 |
| 5 | 4 | 08 |
| 6 | 4 | 06 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## DIETAND NUTRITION

$\begin{array}{ll}\mathbf{L} & \mathbf{P} \\ \mathbf{2} & -\end{array}$

## RATIONALE

The objective of this course is to help the students to understand the concept of diet and nutrients and provide knowledge about causes and symptoms of Nutrition-related disorders.

## LEARNINGOUTCOMES

Oncompletionofthiscourse, thestudentswillbeableto:

- Comprehendthenutritional valueofdifferentfood items.
- Explaintheneedofnutritionduringthenormalstagesoflife.

Calculate normal dietary requirements and balanced diet.

## DETAILEDCONTENTS

1. Introduction
(04hrs)

Basic concepts of health, Nutrition, Nutrients, Nutrition requirement, Balanced diet.Relationship between health \& nutrition, Assessment of nutritional status.
2. Nutrients

Nutrients \& their classification.Macro Nutrients -Sources, Functions and Effects ontheBody;Micronutrients-sources,FunctionsandeffectsontheBody;
Fatsolublenutrients-sources,Functionsandeffectsonthebody, Water solublenutrientsSources, Functions and effects on the body, Digestion, Absorption of carbohydrates, Lipids, Proteins and energy.
3. EnergyandNutrition-related Disorders

Basic concepts, Definition and components of energy requirement, Protein malnutrition, Iodine deficiency disorders, Disease and disorder caused by imbalanceof nutrients, Food allergies.
4. NutritionalNeeds
(04hrs)

Nutritional need during normal stages of life - Infancy, Childhood, Adolescence, Pregnancy, Lactation and Old age, Disease management with diet.

## RECOMMENDEDBOOKS

1. Antia, F.P., "Clinical Dietetics and Nutrition", Oxford University Press.
2. Swaminathan, "Essentials of Food and Nutrition", Ganesh and Co., Madras.
3. Subhangini Joshi, "Nutrition and Dietetics", McGraw Hill Publishers.
4. B.S.Narsinga Rao et al, "Nutritive Value of Indian Foods", National Institute ofNutrition, Hyderabad.

## INSTRUCTIONALSTRATEGY

Teachers areexpectedto develop necessaryknowledgein the students forcomprehending basic concepts and principles of the subject so that they maypursue their passion. As far as possible, the teaching of subject shall be supplemented by demonstration and practices to enhance the relevant skills.

## SUGGESTEDDISTRIBUTIONOFMARKS

| TopicNo. | TimeAllotted(Hrs) | MarksAllotted <br> (Out of 50) |
| :---: | :---: | :---: |
| 1 | 04 | 06 |
| 2 | 16 | 28 |
| 3 | 06 | 10 |
| 4 | 04 | 06 |
| Total | $\mathbf{3 0}$ | $\mathbf{5 0}$ |

## ENERGYCONSERVATIONAWARENESSCAMP

A diploma holder must have knowledge of various tips of energy conservation. Energy conservation has attained priority as it is regarded as additional energy resource. Energy saved is energy produced. This camp covers the basic concepts of energy managementand its conservation. It gives the insight to energy conservation opportunities inhousehold appliances and star rating. Lectures will be delivered on following broadtopics. There will be no exam for this camp.

1. Classification of energy- primary and secondary energy, commercial and noncommercial energy, non-renewable and renewable energy with special reference to solar energy
2. Introduction to energy management, energy conservation, energy efficiency andits need
3. Salient features of Energy Conservation Act 2001 \& The Energy Conservation (Amendment) Act, 2010 and its importance
4. Standardsand Labeling

- Conceptofstarratingandits importance
- $\quad$ Typesofproduct availableforstar rating

5. SalientFeaturesofPunjabEnergyConservationBuildingCode(ECBC)
6. GeneralEnergySavingTips in:

- LightingSystem
- RoomAirConditioners
- Refrigerators
- WaterHeater
- Computers
- Fans,Heaters,BlowersandWashingMachines Colour
- Television
- WaterPumps
- Kitchens
- Transport


## DRUGSUSEANDABUSEAWARENESS CAMP

Thisistobeorganizedatastretchfortwotothreedaysduringthirdsemester.Lectures will be delivered on the following broad topics. There will be no examination for this subject.

1. DrugsUseandAbuseinSociety
b. Conceptandoverview
c. Extent oftheproblem
d. Druguseasasocial problem
e. CausesofDrugUse:Biological,Socio-cultural,psychological
2. TypesofDugsandidentificationof Abuse
a. Familiardrugs:Tabacco, Caffeine,overthecounterdrugs
b. RestrictedDrugs:Opiates,Hallucinogens,Marijuana
c. Reformanceenhancingdrugs
d. UppersandDowners:StimulantsandDepressants
3. ImpactofDrugAbuse
a. Individuallevelbiologicalandpsychological
b. Familysocial, National
4. ManagementandPreventionofDrugAbuse
a. Medicaland psychological
b. RoleoffamilySchool,Media andLegislation
