



शासकीय मो.ह.गृह विज्ञान एवं विज्ञान महिला, महाविद्यालय

GOVERNMENT M. H. COLLEGE OF HOME SCIENCE & SCIENCE FOR WOMEN

[www.gmhcollege.org.in](http://www.gmhcollege.org.in)

नैपियर टाउन, जबलपुर - 482002 मध्य प्रदेश, भारत  
Napier Town, Jabalpur - 482002 Madhya Pradesh, India

## Cross Cutting Issues in Syllabus



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**B. Sc. III YEAR**

**2023-2024**

**Human Development**



## Theory Paper

Part A Introduction			
<b>Program: Degree</b>	<b>Class: BHSc/RSc (Home Science )</b>	<b>Year: Third</b>	<b>Session: 2023-24</b>
<b>Subject: Home Science Group 'B'</b>			
1	<b>CourseCode</b>	H3-HSCB1D	
2	<b>CourseTitle</b>	Early Childhood Education Sub - Group - A Paper - 1	
3	<b>Course Type (CoreCourse/Elective/ GenericElective/Vocat ional/ ..... )</b>	Discipline Specific Elective DSE)	
4	<b>Pre-requisite(ifany)</b>	To Study this course a student must have had this subject in diploma (Second year)	
5	<b>Course Learning outcomes(CLO)</b>	<b>On Successful completion of this course, students will be able to:</b> <ol style="list-style-type: none"> <li>1. Communicate respectfully and collaborate effectively with children, families and colleagues.</li> <li>2. Facilitate children's learning through play, exploration, investigation and enquiry.</li> <li>3. Engage in responsive interactions with children that support their learning.</li> </ol>	
6	<b>CreditValue</b>	4	
7	<b>TotalMarks</b>	Max.Marks: 30+70	Min. PassingMarks : 35

1. Dr. Geetali Sen Gupta  
4. Dr. Archana Pandey  
7. Dr. Anjali Mishra  
10. Dr. Archana Gupta  
13. Mrs. Shruti Singh

2. Dr. Meena Kumar  
5. Dr. Bhawna Sharma  
8. Dr. Abha Tiwari  
11. Dr. Madhulika Shrivastava  
14. Mrs. Madhuri Ramteke

3. Dr. Deepali Sharma  
6. Mrs. Payal Chourasiya  
9. Dr. Geeta Shukla  
12. Dr. Manisha Arya

Academic Council  
Approved



Class : B.Sc. Part I

Max. Marks: UE 70+ CCE 30

Subject : Biochemistry Paper : I Biochemical Techniques (BCHE101)

Part A - Introduction

Program: Certificate		Class: B.Sc.	Year: I	Session: 2023-2024
Subject: Biochemistry				
1	Course code	SI-BCHE11		
2	Course title	Biochemical Techniques (Paper 1)		
3	Course type (Core Course/Elective/Generic/Elective/Vocational/.....)	Core course		
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biology in class 12 <sup>th</sup> .		
5	Course Learning Outcomes (CLO)	<ul style="list-style-type: none"> <li>The course covers essential techniques used in various laboratories.</li> <li>It trains the learner to work in the laboratories and R&amp;D sections of various industries.</li> <li>Helpful for developing technological skills.</li> <li>Students get exposed to various techniques and their applications in separation and characterization of different biological molecules.</li> </ul>		
6	Credit Value	Theory - 4		
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 35	

Part B — Content of the course

Total number of Lectures (In hours per week): 4 hours per week

Total Lectures : 60 hours

Unit	Topic	Number of Lectures
I	<p><b>pH AND ITS MEASUREMENT:</b>                      Concept of acids, bases, pH and buffers: Definitions, Ionization of weak acids and bases, Henderson-Hasselbalch equation, Biochemical buffers and their actions, Titration curve for amino acids and the pK values, Physiological buffers and their role.                      Preparation of common solutions based on molarity, normality and percent. Preparation of buffers.                      Measurement of pH: Glass and reference electrodes, types of electrodes, complications of pH measurement (dependence of pH on ionic strength, electrode contamination and sodium error).</p>	12
II	<p><b>CHROMATOGRAPHY:</b>                      General principle of chromatographic separation. Technical details of Column adsorption and column partition chromatography, Paper</p>	10

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Class : B.Sc. Part I

Max. Marks: UE 70 + CCE 30

Subject : Biochemistry Paper : II Chemistry of Biomolecules (BCHE 102)

Part A - Introduction			
Program: Certificate		Class: B.Sc.	Year: I Session: 2023 -2024
Subject: Biochemistry			
1	Course code	S1-BCHE 2T	
2	Course title	Chemistry of Biomolecules (Paper II)	
3	Course type (Core Course/Elective/Generic Elective/Vocational/.....)	Core course	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biology in class 12 <sup>th</sup> .	
5	Course Learning Outcomes (CLO)	<p><b>On successful completion of this course the students</b></p> <ul style="list-style-type: none"> <li>• Are exposed to importance of biological molecules and their role in maintenance of life.</li> <li>• Enthusiastically learn about DNA, RNA, vitamins and lipids and their importance in biological system.</li> <li>• Get the insight of bio-molecular properties which can be used to carry out various studies.</li> <li>• Will be able to pursue research in any field as biomolecules are basis of all researches.</li> </ul>	
6	Credit Value	Theory - 4	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: <b>35</b>
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X. Singh  
26/07/23

M. Subramanian

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Part A: Introduction			
Program: Diploma		Class: B.Sc.	Year: II
Session: 2023-24			
Subject: Biochemistry			
1.	Course Code	S2-BCHE1T	
2.	Course Title	Clinical Biochemistry (Paper 1)	
3.	Course Type (Core Course/Elective/Generic Elective/Vocational/....)	Core Course	
4.	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in First Year.	
5.	Course Learning outcomes (CLO)	After successful completion of the course, the student will be able to: <ul style="list-style-type: none"> <li>Gain concepts of assessing the human physiology using various biological fluids.</li> <li>Attain knowledge about normal composition of body fluids.</li> <li>Understand the mechanism of metabolic disorders at molecular level and different parameters used for diagnosis of the disease in the clinical laboratories.</li> <li>Seek employability in diagnostic and research institutes.</li> </ul>	
6.	Credit Value	Theory- 4	
7.	Total Marks	Max. Marks: 30+70.	Min. Passing Marks: 35

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Part A Introduction			
Program: Diploma		Class: B.Sc.	Year: II
Session: 2023-24			
Subject: Biochemistry			
1	Course Code	S2-BCHE2T	
2	Course Title	Intermediary Metabolism	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/....)	Core Course Major 2/ Minor/ Elective	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in first year.	
5	Course Learning outcomes (CLO)	On completion of the course the students will be able to: <ul style="list-style-type: none"> <li>Acquire the knowledge of energy production in living systems by the degradation of various biomolecules.</li> <li>Gain the knowledge of metabolism which is the basis of drug designing and opens scope for research and development in pharmaceutical industries.</li> <li>Learn about importance of metabolism which helps in diagnosis of diseases and will provide opportunities in clinical field.</li> </ul>	
6	Credit Value	Theory -6	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 33

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Part A - Introduction			
Program: Degree	Class: B.Sc.	Year: Third	Session: 2023-24
Subject: Biochemistry			
1	Course code	S3-BCHE3D	
2	Course title	Human Physiology	
3	Course type (Core Course/Elective/Generic Elective/Vocational/.....)	Discipline specific elective- 1 (Group B)	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in Diploma (second year).	
5	Course Learning Outcomes (CLO)	On successful completion of this paper, students will be able to: <ul style="list-style-type: none"> <li>Get a holistic understanding of the different organ systems to their components and basic functioning.</li> <li>Learn about various physiological pathways and mechanisms for normal functions of the human body.</li> </ul>	
6	Credit Value	Theory - 4	
7	Total Marks	Max. Marks (30+70)	Min. Passing Marks: 35
Part B – Content of the course			
Total No. of Lectures-Tutorials-Practical (In hours per week): 2 Hrs/week			
L-T-P: Total no. of Hrs – 60 Hrs			
Unit	Topic	No. of Lectures	
1	<b>INTRODUCTION TO HUMAN PHYSIOLOGY:</b> Definition and an overview, levels of structural organization, organ system. Body fluid compartments: intracellular, extracellular and interstitial fluid. Homeostasis: definition and control mechanisms (negative and positive feedback mechanisms). Keywords: Organ System, intracellular fluid, extracellular fluid, interstitial fluid, homeostasis.	10	
2	<b>BLOOD CIRCULATION AND RESPIRATION:</b> Blood- Blood components and their functions. Blood groups: the ABO system, Rhesus system. Blood clotting factors, intrinsic and extrinsic pathways for blood clotting. Respiration-Components of respiratory system and mechanism of respiration. Role of hemoglobin in the transport of gases, dissociation curve of oxyhemoglobin and its significance. Bohr's effect, chloride shift. Factors affecting the transport of	14	



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Part A - Introduction			
Program: Degree	Class: B.Se.	Year: Third	Session: 2023-24
Subject: Biochemistry			
1	Course code	S3-BCHE3Q	
2	Course title	Physiological Analysis	
3	Course type (Core Course/Elective/Generic Elective/Vocational/.....)	Discipline specific elective- 1 (Group B)	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in Diploma (second year).	
5	Course Learning Outcomes (CLO)	On successful completion of this paper, students will be able to: <ul style="list-style-type: none"> <li>Get knowledge about the different components of blood.</li> <li>Learn about blood group and blood clotting.</li> <li>Measure blood pressure which is useful in determining early stages of various diseases.</li> </ul>	
6	Credit Value	Practical- 2	
7	Total Marks	Max. Marks (30+70)	Min. Passing Marks: 35

Part B – Content of the course		
Total No. of Lectures-Tutorials-Practical (In hours per week): 2 Hrs/week		
L-T-P: Total no. of Hrs- 60 Hrs		
S.No.	List of experiments	No. of Lectures.
1.	Measurement of blood pressure.	60 Hrs
2.	Separation of plasma and serum from blood.	
3.	Determination of bleeding time and clotting time.	
4.	Blood group determination.	
5.	Determination of RBC and WBC count in blood.	
6.	Estimation of Hemoglobin by Sahli's method.	
7.	Detection of normal and abnormal constituents of urine.	



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Part A Introduction			
Program: Degree		Class: B.Sc.	Year: Third
Session: 2023-24			
Subject: Biochemistry			
1	Course Code	S3-BCHE4D	
2	Course Title	Nutritional Biochemistry	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	Discipline specific elective - 2 (Group B)	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in Diploma (second year).	
5	Course Learning outcomes (CLO)	After successful completion of the course, the student shall be able to: <ul style="list-style-type: none"> <li>• Understand the importance of nutritional biochemistry and contribute to the health and wellness of human beings.</li> <li>• Get acquainted with biological role of macro and micronutrients.</li> <li>• Learn to evaluate requirement of energy for various age groups.</li> <li>• Gain knowledge of anti-nutrient components of foods.</li> <li>• Get insight of processing methods to retain the nutritional quality of food.</li> </ul>	
6	Credit Value	Theory -4	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks:35
Part B- Content of the Course			
Total No. of Lectures-Tutorials-Practical (in hours per week): 2 Hours/week			
L-T-P: Total lectures- 60 hours			
Unit	Topics		No. of Lectures
1.	<b>NUTRITION AND ENERGY REQUIREMENT:</b> Basic concept of nutrition and its relation to health. Energy value of foods, Direct and Indirect Calorimetry, thermal equivalent of oxygen, respiratory quotient (RQ), Specific Dynamic action (SDA) of the foods. Balanced diet – Recommended dietary allowances (RDA) for various groups. Basal metabolic rate (BMR) – definition, measurement and factors affecting it, energy		12

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	requirement for various groups in human beings. Keywords: Nutrition, calorimetry, respiratory quotient, BMR, SDA, balance diet.	
2.	<b>NUTRITIONAL QUALITY OF CARBOHYDRATES AND LIPIDS:</b> Digestion and absorption of Carbohydrates. Nutritional importance, requirement and biological functions of various dietary carbohydrates, available and unavailable carbohydrates, Special role of the non-starch polysaccharides. Digestion and absorption of lipids. Nutritional importance, requirement and biological functions of various dietary lipids, Essential fatty acids and their physiological significance. Keywords: Available and unavailable carbohydrates, non-starch polysaccharides, dietary lipids, essential fatty acids	12
3.	<b>NUTRITIONAL QUALITY OF PROTEINS:</b> Digestion and absorption of proteins. Nutritional importance, requirement and biological functions of various dietary proteins. Essential amino acids, Quality of proteins, digestibility coefficient, Net protein utilization (NPU), biological value of protein and amino acid score, Protein digestibility-corrected amino acid scores (PDCAAS) Nitrogen balance and factors influencing it. Keywords: Essential amino acids, protein quality, NPU, biological value of protein, nitrogen balance	12
4.	<b>NUTRITIONAL CHARACTERISTICS OF VITAMINS AND MINERALS:</b> Vitamins- Structure, dietary sources, biochemical function and deficiency disorders of Fat soluble and water soluble vitamins, Hypervitaminosis. Minerals- Nutritional significance, sources, daily requirement and deficiency disorders of dietary calcium, phosphorus, magnesium, iron, zinc and copper, Mineral toxicity. Keywords: Fat soluble and water soluble vitamins, nutritional significance of minerals, hypervitaminosis, mineral toxicity.	12
5.	<b>FOOD PROCESSING AND NUTRITIONAL DISORDERS:</b> Food processing methods and loss of nutrients during processing and cooking. Naturally occurring anti-nutrients. Disorders related to nutrition - Protein-energy malnutrition (PEM), Starvation, Obesity. Keywords: Recommended dietary allowances, food processing, anti-nutrients, PEM, starvation, obesity	12
<b>Keywords/Tags:</b>		
<b>Part C-Learning Resources</b>		
Text Books, Reference Books, Other resources		

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Part A Introduction			
Program: Degree	Class: B.Sc.	Year: Third	Session: 2023-24
Subject: Biochemistry			
1	Course Code	S3-BCHE4Q	
2	Course Title	Techniques in Nutritional Biochemistry	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	Discipline specific elective – 2 (Group B)	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in Diploma (second year).	
5	Course Learning outcomes (CLO)	After successful completion of the course, the student will be able to: <ul style="list-style-type: none"> <li>• Get an insight of Nutritional Biochemistry and importance of nutrients.</li> <li>• Develop skills of qualitative and quantitative analysis of nutrients.</li> <li>• Understand the analysis of nutritional quality of food.</li> <li>• Learn the parameters of biochemical process for energy requirement for human nutrition.</li> </ul>	
6	Credit Value	Practical-2	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 35
Part B- Content of the Course			
Total No. of Lectures-Tutorials-Practical (in hours per week): 2 hours per week			
L-T-P: Total Number of Hrs-60 Hrs			
S.No.	List of Experiments	No. of Hours	
1.	Estimation of protein in pulses.	60 Hrs	
2.	Determination of acid number, saponification and iodine value in oil.		
3.	Separation of egg proteins and their quantification.		
4.	Isolation of casein from milk and its quantification.		
5.	Estimation of total fats in milk.		
6.	Estimation of moisture content of food.		
7.	Estimation of calcium, phosphorus and iron in leafy vegetables.		
8.	Estimation of ascorbic acid (Vitamin C) in-citrus fruits.		



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Part A Introduction			
Program: Degree	Class: B.Sc.	Year: Third	Session: 2023-24
Subject: Biochemistry			
1	Course Code	S3-BCHE2T	
2	Course Title	Food Biochemistry and Technology	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	Minor	
4	Pre-requisite (if any)	To study this course, a student must have had the subject Biochemistry in Diploma (second year).	
5	Course Learning outcomes (CLO)	After successful completion of the course, the student will be able to: <ul style="list-style-type: none"> <li>Learn the importance of food biochemistry and technology for nutritional wellness of the mankind.</li> <li>Grasp the functional role of food components and their importance in food products.</li> <li>Get insight about food manufacturing, processing and preserving.</li> </ul>	
6	Credit Value	Theory -4	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 35
Part B- Content of the Course			
Total No. of Lectures-Tutorials-Practical (in hours per week): 4 Hours/week			
L-T-P: Total lectures- 60 hours			
Unit	Topics	No. of Lectures	
1.	<b>CONCEPT OF FOOD BIOCHEMISTRY:</b> Basic food groups- Energy giving, body building and protective food. Macronutrients - Sources and biological functions of carbohydrates, proteins and fats. Micronutrients - Sources and biological importance of vitamins and minerals. Importance of edible fibre and water. Functional foods: milk, egg, prebiotics, probiotics. Key words: Macronutrients, micronutrients, edible fibre, prebiotics, probiotics.	12	

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2.	<b>FOOD SPOILAGE AND FOOD BORNE DISEASES:</b> Biochemistry of food spoilage and food contamination. Types of food spoilage and factors affecting it (Physical, chemical, microbial). Spoilage of different foods- meat, fish, poultry, fruits, vegetables, cereal and cereal products, milk and milk products. Outline of various food borne diseases and food poisoning. <b>Keywords:</b> Food spoilage, food contamination, food borne diseases, food poisoning.	12
3.	<b>FOOD ADULTERATION AND PRESERVATION:</b> Commonly used food adulterants and their harmful effects, detection of food adulterants. Importance of food preservation, Various physical and chemical methods for food preservation. <b>Key words:</b> Food adulteration, food adulterants, detection of food adulterants, food preservation.	12
4.	<b>FOOD PROCESSING AND TECHNOLOGY:</b> Dairy industry- handling of milk, purity check of milk, thermal processing, Pasteurization (LTLT and HTST), Sterilization, Fermentation of milk and fermented milk products (Cheese, yogurt etc), evaporated and dried milk products- Milk powder, infant formula milk. Bakery- Introduction to baking, bakery ingredients and their functions, machines and equipments. Testing of flour, Manufacturing of bread, cake and biscuits. <b>Keywords:</b> Dairy, pasteurization, sterilization, milk fermentation, bakery, infant formula milk	12
5.	<b>FOOD ADDITIVES AND FOOD SAFETY:</b> Brief outline of Food Additives - role and types of flavouring agents, leavening agents, emulsifiers, stabilizers. Food Safety and Assurance System- Need, Benefits and Principles of Hazard Analysis Critical Control Point (HACCP). <b>Keywords:</b> Food additive, flavouring agent, leavening agents, emulsifiers, food stabilizers, HACCP.	12

Keywords/Tags:

Part C-Learning Resources

Text Books, Reference Books, Other resources

1. Suggested Readings:

1. Prescott S.C. & Dunn C.G., "Industrial Microbiology", CBS Publishers, 1982, 4<sup>th</sup> ed.
2. Jay J.M. "Modern Food Microbiology", CBS Publishers, 2004, 7<sup>th</sup> ed.
3. Casida L.R. "Industrial Microbiology", New Age International Pvt. Ltd., 2019.
4. Pelczar, Chan, and Krieg, "Microbiology", McGraw Hill, 1985, 5<sup>th</sup> ed.
5. Mathlouthi M., "Food Packaging and Preservation" (theory & practice)-Elsevier Applied Science Publisher, London and New York, 1994, 1<sup>st</sup> ed.
6. Stanley S. & Roger C. G., "Food Packaging", The AVI Publishing Company Inc., 1980.
7. Robinson R. K. "Modern Dairy Technology", (Vol.1&2), Elsevier Applied Science Pub., 1996.
8. Herrington B.L. "Milk & Milk Processing", McGraw-Hill BookCompany, 2000.

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Session 2023 – 24

**Botany**  
Syllabus Prscribed for the  
Degree of Bachlar of Science in Botany

**Part A Introduction**

Program: Certificate	Class: B.Sc. I Year	Year: 2021	Session: 2021-22
Course Code	VI-HOR-ORGT		
Course Title	Oragnic Farming		
Course Type(Core Course/Electivc/Gencric /Elective/Vocational/....)	Vocational		
Pre-requisite(if any)	Open for All		
Course Learning outcomes (CLO)	<p><b>After studying this Course the Student will be able to:</b></p> <ul style="list-style-type: none"> <li>• Prepare media for protected cultivation.</li> <li>• Demonstrate irrigation and fustigation, green house operations, irrigation and fustigation, care and maintenance of protected structure.</li> <li>• Demonstrate special horticultreual practices in protected cultivation</li> <li>• Identify and control of insect-pest and diseases, harvest and postharvest practices.</li> </ul>		
Expected Job Role/Career opportunities	Job Opportunities in government sector as well as private ector and self employment.		
Credit Value	04 Credits		

**Part B-Content of the Course**

Total No. of Lecture+Practical (in hours per week): L-1 Hr/P-1 Lab Hr

Module	Topics	No. of Hours
I	Introduction and Principles, Developing Organic Farm, conversion of soil to organic soil cultivation and Tillage, Creating good growing conditions, soil compaction, Types of soil cultivation. परिचय और सिद्धांत, जैविक खेत का विकास, मिट्टी का जैविक मिट्टी की खेती और जुताई में बदलना, अच्छी बढ़ती परिस्थितियों का निर्माण, मिट्टी की खेती के प्रकार।	5
II	Crop planning and Management, Crop rotation, intercropping, cover crops, crop-animal association. Mulching: Definiation, Uses, Selection of mulch materials, source of mulching materials, Application of mulch. फसल योजना और प्रबंधन, फसल चक्र, अंतरफसल, कवर फसलें, फसल-पशु संघ। मल्लिचंग: परिभाषा, उपयोग, मल्लिचंग सामग्री का चयन, मल्लिचंग सामग्री का स्रोत, मल्लिचंग का अनुप्रयोग।	8
III	Organically manage the field, live fencing, Water and nutrient management, weed management, Pest and disease management. Plant Propagation, Criteria for seed evaluation, characterization and multiplication, importance of traditional varieties, seed conservation.	10

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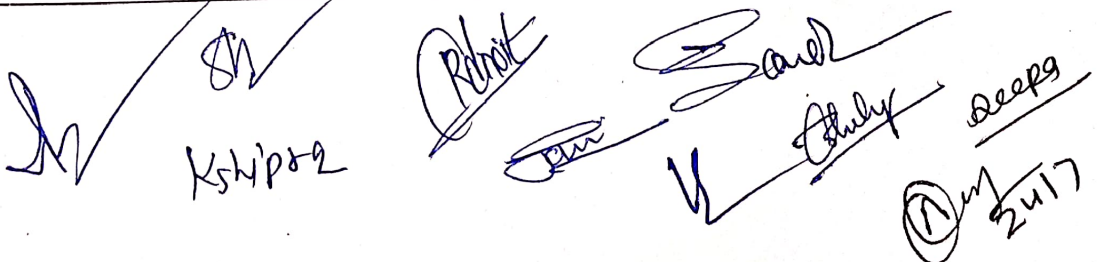
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**Part B-Content of the Course**

Total No. of Lecture- 60, Tutorials- 0 Practical- 0 (in hours per week): L-T-P: 2-0-0

Unit	Topics	No. of Lectures
I	<p>Ethnobotany Introduction, concept, scope and objectives, Ethnobotany as an interdisciplinary science. Various branches of Ethnobotany. The relevance of ethnobotany in the present context; Major and minor ethnic groups or Tribals of India, and their life styles.</p> <p>एथ्नोबोटनी परिचय, अवधारणा, कार्यक्षेत्र और उद्देश्य, एथ्नोबोटनी एक अंतःविषय विज्ञान के रूप में। एथ्नोबोटनी की विभिन्न शाखाएँ। वर्तमान संदर्भ में एथ्नोबोटनी की प्रासंगिकता; भारत के प्रमुख और छोटे जातीय समूह या आदिवासी, और उनकी जीवन शैली।</p>	12
II	<p>Plants used by thei tribals: a) Food plants b) intoxicants and beverages c) Resins and oils and miscellaneous uses. Plants in mythology, Taboos and totems in relation to plants, folklore and folktales, Wildlife protection in tribals. Plants in similes and metaphors.</p> <p>आदिवासियों द्वारा उपयोग किए जाने वाले पौधे: ए) खाद्य पौधे बी) नशीले पदार्थ और पेय पदार्थ सी) रेजिन और तेल और विविध उपयोग। पौराणिक कथाओं में पौधे, पौधों के संबंध में वर्जनाएँ निषेध और कुलदेवता, लोककथाएँ और लोककथाएँ, आदिवासियों में वन्यजीव संरक्षण। उपमाओं और रूपकों में पौधे।</p>	
III	<p>Medico-ethnobotanical sources in India significance of the following plants in ethno botanical practices (along with their habitat and morphology) a) Azadirachtha indica b) Ocimum sanctum c) Vitex negundo, d) Butea monosperma g) Cassia fistula h) Indigofera tinctoria. Role of ethnobotany in modern medicine with special example Rauvolfia serpentine, Terminalia arjuna, Artemisia, Withania. Role of ethnic group in conservation of plant genetic resources. Endangered taxa and forest management.</p> <p>भारत में मेडिको-एथ्नोबोटैनिकल स्रोत एथ्नो वानस्पतिक</p>	


  
 Kshipra  
 Rohit  
 Sand  
 Anshu  
 Deepa  
 2017



भाग ब- पाठ्यक्रम की विषयवस्तु		
व्याख्यान की कुल संख्या-ट्यूटोरियल- प्रायोगिक (प्रति सप्ताह घंटे में): L-T-P: 45 घंटे		
इकाई	विषय	घंटों की संख्या
इकाई 1	<p>1. बाल अधिकारों को समझना</p> <p>1.1 बाल अधिकार- बाल अधिकार की अवधारणा</p> <p>1.2 भारतीय बच्चों की जनसांख्यिकीय रूपरेखा</p> <p>1.3 बच्चों संदर्भ में- बालकों का अहित, वंचन अथवा पृथकीकरण और सामाजिक बहिष्कार।</p> <p>2. देखभाल एवं संरक्षण की आवश्यकता वाले बालक :</p> <p>2.1 कमजोर समूह : कारण और परिणाम</p> <p>2.2 सड़क पर रहने वाले बच्चे, कामकाजी और बेघर बच्चे</p> <p>2.3 बाल उत्पीड़न</p> <p>2.4 बाल तस्करी</p> <p>2.5 कानून के साथ संघर्षरत बच्चे</p> <p>2.6 अन्य देशों और UNCRC में बाल अधिकार।</p>	15
	सार बिंदु (कीवर्ड)/टैग: बाल उत्पीड़न बाल अधिकार, बाल अहित अथवा वंचन, कमजोर समूह, सामाजिक बहिष्कार, बाल उत्पीड़न	
इकाई 2	<p>1. भारत में बच्चों के लिए कानून, नीतियां और कार्यक्रम।</p> <p>1.1 राष्ट्रीय बाल संरक्षण आयोग -NCPCR</p> <p>1.2 चाइल्ड हेल्प लाइन , उम्मीद -बाल उत्पीड़न</p> <p>1.3 बचपन बचाओ आंदोलन- बाल मज़दूरी , बच्चों का अवैध व्यापार</p> <p>1.4 PRAYAS- बाल अपराधी , सड़क पर रहने वाले बच्चे</p> <p>1.5 किशोर न्याय अधिनियम JJA-2015</p> <p>1.6 पूर्व गर्भाधान और प्रसव पूर्व निदान तकनीक (PNDT Act-2003)</p> <p>1.7 घरेलू हिंसा अधिनियम -2005</p> <p>1.8 राष्ट्रीय बाल मज़दूरी (संरक्षण एवं विनियमन) अधिनियम -1986</p> <p>1.9 POCSO क़ानून -2012</p>	15
	सार बिंदु (कीवर्ड)/टैग: बाल क़ानून, नीतियां, कार्यक्रम।	

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इकाई 3	<p>1.लैंगिक अवधारणा</p> <p>1.1 पारिभाषिक मुद्दे- यौन, लिंग, पुरुषत्व, स्त्रीत्व।</p> <p>1.2 लैंगिक समाजीकरण -लैंगिक भूमिकाएँ और रूढ़िवादिता।</p> <p>1.3 पितृसत्ता और सामाजिक संस्थाएं।</p> <p>1.4 नारीवाद पर दृष्टिकोण।</p> <p>2.लैंगिक सशक्तिकरण</p> <p>2.1 भारत में बालिकाओं और महिलाओं की स्थिति।</p> <p>2.2 भारत में बालिकाओं और महिलाओं से संबंधित मुद्दे और चिंताएँ।</p> <p>2.3 संचार माध्यम तथा लैंगिकता ।</p> <p>2.4 भारत में बालिकाओं एवं महिलाओं लिए कानून, नीतियां तथा कार्यक्रम।</p>	15
सार बिंदु (कीवर्ड)/टैग: :लैंगिकता, लैंगिक भूमिका, नारीवाद, मीडिया, लैंगिक मुद्दे।		
भाग स- अनुशंसित अध्ययन संसाधन		
पाठ्य पुस्तकें, संदर्भ पुस्तकें, अन्य संसाधन		
<p>अनुशंसित सहायक पुस्तकें /ग्रन्थ/अन्य पाठ्य संसाधन/पाठ्य सामग्री:</p> <ol style="list-style-type: none"> <li>1. Bajpai.A. 2006, Child Rights in India: Law, Policy and Practice, Oxford University Press.</li> <li>2. Bhasin.K 2017, Understanding Gender, New Delhi: Raj Press</li> <li>3. Chopra,G 2015. Child Rights in India: Challenges and Social Action, New Delhi: Springer.</li> <li>4. Saukia, N 2008. Indian Women: A socio-legal perspective, New Delhi: Serials publications.</li> <li>5. Bhasin.K 2014, Feminism and its Relevance in South Asia. New Delhi: Raj Press</li> </ol> <p>अनुशंसित डिजिटल प्लेटफॉर्म वेब लिंक :</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.drishtias.com/hindi/daily-updates/daily-news-analysis/sc-questions-ncpcr-on-repatriation-of-children">https://www.drishtias.com/hindi/daily-updates/daily-news-analysis/sc-questions-ncpcr-on-repatriation-of-children</a></li> <li>2. <a href="https://www.savethechildren.in/child-protection/fundamentals-of-child-rights-in-india/">https://www.savethechildren.in/child-protection/fundamentals-of-child-rights-in-india/</a></li> <li>3. <a href="https://www.humanium.org/en/india/">https://www.humanium.org/en/india/</a></li> </ol>		

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### Format for Syllabus of Theory Paper

Part A Introduction			
Program: Certificate Course	Class: BHSc/BSc (Home Science)	Year: First	Session: 2023-24
<b>Subject: Home Science</b>			
1	Course Code	H1-HSCB1G <i>women</i>	
2	Course Title	Child Rights and <del>Gender</del> Empowerment <i>(Gender ?)</i>	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	Generic Elective	
4	Pre-requisite (if any)	Open for All	
5	Course Learning outcomes (CLO)	Studying Child Rights and Gender Empowerment would enable students to learn about the various dimensions of Vulnerability with regard to children. <b>The Students will be able to-</b> <ol style="list-style-type: none"> <li>1. Understand the issues related to child rights, gender roles and conservatism.</li> <li>2. Familiarize with policies and programs related to Child Protection and Genderempowerment.</li> <li>3. Contribute to social work in collaboration with non-governmental organizations.</li> </ol>	
6	Credit Value	3	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 35
Part B- Content of the Course			
<b>Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 45 Hours</b>			
Unit	Topics	No. of Hours	
Unit 1	<ol style="list-style-type: none"> <li>1. <b>Understanding Child Rights</b> <ol style="list-style-type: none"> <li>1.1 Child Rights: Child Rights Concept</li> <li>1.2 Demographic Profile of Indian Children</li> <li>1.3 Disadvantages, Deprivation and Social Exclusion with reference to children.</li> </ol> </li> <li>2. <b>Children in need of care and protection</b> <ol style="list-style-type: none"> <li>2.1 Vulnerable groups: causes and consequences</li> <li>2.2 Street children, working children and homeless children</li> <li>2.3 Child abuse</li> <li>2.4 Child trafficking</li> <li>2.5 Children in conflict with law</li> <li>2.6 Child rights in other countries and UNCRC</li> </ol> </li> </ol>	15	
Key Words: Child Abuse. Child Rights, Deprivation, Vulnerable			

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	Groups, Social Exclusion, Policies	
Unit 2	<b>1. Laws, Policies and Programs for children in India.</b> 1.1 National Commission for Protection of Child Rights - NCPCR 1.2 Child helpline, Umeed-Child Abuse 1.3 Bachpan bachao Aandolan-Child labour, child trafficking 1.4 PRAYAS- Delinquent, Street Children 1.5 Juvenile Justice Act (JJA)-2015 1.6 Pre Natal Diagnostic Techniques (PNDA Act-2003) 1.7 Domestic Violence Act-2005 1.8 National Child Labour (protection and regulation) Act-1986 1.9 POCSO-2012	15
	<b>Key Words:</b> Laws, Policies, Programs for Children.	
Unit 3	<b>1. Conceptualizing gender</b> 1.1 Defining terms - sex, gender, masculinity, femininity 1.2 Socialization for gender-gender roles and stereotypes 1.3 Patriarchy and social institutions 1.4 Perspective on feminism.  <b>2. Gender Empowerment</b> 2.1 Status of girl child and women in India 2.2 Issues and concerns related to girls and women in India 2.3 Media and gender 2.4 Laws, Policies and Programs for girls and women in India.	15
	<b>Key Words:</b> Gender, Gender roles, Feminism, Media, Gender Issues.	
<b>Part C-Learning Resources</b>		
<b>Text Books, Reference Books, Other resources</b>		
<b>Suggested Readings:</b>		
1. Bajpai.A. 2006, Child Rights in India: Law, Policy and Practice, Oxford University Press. 2. Bhasin.K 2017, Understanding Gender, New Delhi: Raj Press 3. Chopra,G 2015. Child Rights in India: Challenges and Social Action, New Delhi: Springer. 4. Saukia, N 2008. Indian Women: A socio-legal perspective, New Delhi: Serials publications. 5. Bhasin.K 2014, Feminism and its Relevance in South Asia. New Delhi: Raj Press		
<b>Suggestive digital platforms web links:</b>		
1. <a href="https://www.drishtiiias.com/hindi/daily-updates/daily-news-analysis/sc-questions-ncpcr-on-repatriation-of-children">https://www.drishtiiias.com/hindi/daily-updates/daily-news-analysis/sc-questions-ncpcr-on-repatriation-of-children</a>		

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### Format for Syllabus of Practical Paper

Part A Introduction			
Program: Certificate	Class: BHSc/BSc(Home Science)	Year: First	Session: 2023-24
Subject: Home Science			
1	Course Code	H1-HSCB1R	
2	Course Title	Studying Child Rights and <del>WOMEN</del> Empowerment	
3	Course Type (Core Course/Elective/Generic Elective/Vocational/.....)	Generic Elective	
4	Pre-requisite (if any)	Open for all	
5	Course Learning outcomes (CLO)	Studying Child Rights and Gender Empowerment would enable students to learn about the various dimensions of Vulnerability with regard to children. On completion of this course, learners will be able to: <ol style="list-style-type: none"> <li>1. Understand the issues related to child rights, gender roles and conservatism.</li> <li>2. Acquire knowledge about the Policies and Programs related to Child Protection and Genderempowerment.</li> <li>3. Contribute to social work in collaboration with Government and Non-Government organizations.</li> </ol>	
6	Credit Value	1	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks: 35
Part B- Content of the Course			
<b>Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 15x2=30 hours</b>			
Unit	Topics	No. of Hours	
1	Prepare a profile of the child in difficult circumstances.	4	
2	Prepare a poster on gender issues.	4	
3	Explore the concept of child rights and gender through audio-visual sources (film reviews).	4	
4	Visit in any one organisation working for children and write a report.	6	
5	Visit anyone organisation working for women.	4	
6	Prepare a case profile of a working woman.	4	
7	Visit to reformatory centres/ orphanage and write a report	4	
<b>Keywords/Tags:</b> Gender issues, Child Rights			

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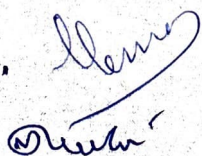
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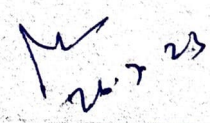
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## Foundation Course: Yoga and Meditation

<b>Part-A: Introduction</b>			
<b>Program:</b> Certificate course	<b>Class:</b> B.A. 1 Year	<b>Year:</b> 2023	<b>Session:</b> 2023-2024
<b>Subject:</b> Yogic Science			
1.	<b>Course Code</b>	A1-YOSC1F	
2.	<b>Course Title</b>	Yoga and Meditation (Paper-2)	
3.	<b>Course Type</b>	Foundation Course	
4.	<b>Pre-requisite (If any)</b>	For BA I Year students, this course is compulsory for all.	
5.	<b>Course Learning Outcomes</b>	After studying this course, students will be able to: • Take care of their own Physical Mental emotional, social and spiritual health.	
6.	<b>Credit Value</b>	Theory-2	
7.	<b>Total Marks</b>	Max. Marks: 50	Min. Passing Marks: 17
<b>Part-B: Content of the Course</b>			
<b>Total numbers of Lectures (in hours per week): 2 hours per week</b>			
<b>Total Lectures: 30 hours; L – T – P: 2 – 0 – 0</b>			
Units	Topics	No. of Lectures	
I	<b>Introduction to Yoga and Yogic Practices</b> 1. Yoga: Etymology, definitions, aim, objectives and misconceptions 2. Yoga: Its Origin, history and development 3. Rules and regulations to be followed by Yoga Practitioners 4. Introduction to Yoga practices 5. Shatkarma: meaning, purpose and their significance in Yoga Sadhana 6. Introduction to Yogic Loosening practices and Surya Namaskar Key Words: History and Development of Yoga, Shatkarma, Common Yogic Practices.	10	
II	<b>Breathing Practices and Pranayama</b> 1. Sectional Breathing (Abdominal, Thoracic and Clavicular)	10	

**V.P. NARANG**



2. Yogic Deep Breathing

3. Concept of Puraka, Rechaka and Kumbhaka

4. Concept of Bandha and Mudra

5. Anuloma Viloma/Nadi Shodhana

6. Shitali 7. Bhramari

Key Words: Sectional breathing, Deep breathing, Bandha & Mudra,

Shitali, Bhramari.

10

III Practices leading to Meditation

1. Recitation of Pranava Mantra

2. Recitation of Hymns, in vocations and prayers

3. Antra Maun

4. Breath Meditation

5. Om Dhyana

Key Words: Pranav Mantra, Antra maun, Breath Meditation, Om

Dhyana.

Part-C: Learning Resources

Text Books, Reference Books, Other resources

Suggested Readings:

1. Singh S. P & Yogi Mukesh: Foundation of Yoga, Standard Publication, New Delhi, 2010.
2. Swami Dharendra Brahmchari: Yogasana Vijnana, Dharendra Yoga' Publication, New Delhi, 1966.
3. Saraswati, Swami Satyanand: Asana, Pranayama, Mudra, Bandha (APMB), Yoga Publication Trust, Munger, 2013.
4. H. R. Nagendra: Asana, Pranayama, Mudra, Bandha, Swami Vivekananda YogPrakashan, Bangalore, 2002.
5. Ishwar Bhardwaj: Saral Yogasana, Satyam Publishing House, New Delhi, 2018.
6. Shri Rai Singh Chouhan: Mudra Rahasya, Bhartiya Yog Sansthan, New Delhi, 2014.
7. Dr. Vishwanath Prasad Sanha: Dhyana Yoga, Bhartiya Yog Sansthan, New Delhi, 1987.
8. Shri Deshraj: Dhyana Sadhana, Bhartiya Yoga Sansthan, New Delhi, 2015.

Suggestive digital platforms web links:

1. [www.rishikeshnathyogshala.com](http://www.rishikeshnathyogshala.com)

Suggested equivalent online courses: 1. <https://sahayji.com/hathayoga-course>

2. <https://theyogainstitute.org/>

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## PART B: Content of the Course

Total No. of Lectures-15 Hrs. (01 hours per week):  
 Total No. of Lectures: 15

Unit	Topics	No. of Lectures
I	<p><b>Environment and Natural Resources:</b></p> <ul style="list-style-type: none"> <li>• <b>Multidisciplinary nature, Scope and Importance of Environment</b></li> <li>• Components of Environment: Atmosphere, Hydrosphere, Lithosphere, and Biosphere.</li> <li>• Brief account of Natural Resources and associated problems: Land Resource, Water Resource, Energy Resource</li> <li>• Concept of Sustainability and Sustainable Development</li> </ul> <p><b>Keywords: Environment, Forest, Mineral, Food, Land, Water, Energy, Sustainable Development</b></p>	5 Hrs.
II	<p><b>Biome, Ecosystem and Biodiversity:</b></p> <ul style="list-style-type: none"> <li>• <b>Major Biomes: Tropical, Temperate, Forest, Grassland, Desert, Tundra, Wetland, Estuarine and Marine</b></li> <li>• Ecosystem: Structure function and types their Preservation &amp; Restoration</li> <li>• Biodiversity and its conservation practices.</li> </ul> <p><b>Keywords: Biome, Ecosystem, Biodiversity</b></p>	4 Hrs.
III	<p><b>Environmental Pollution, Management and Social Issues:</b></p> <ul style="list-style-type: none"> <li>• <b>Pollution: Types, Control measures, Management and associated problems.</b></li> <li>• <b>Environmental Law and Legislation: Protection and conservation Acts.</b></li> <li>• <b>International Agreement &amp; Programme.</b></li> <li>• <b>Environmental Movements, communication and public awareness programme.</b></li> <li>• <b>National and International organizations related to environment conservation and monitoring.</b></li> <li>• <b>Role of information technology in environment and human health.</b></li> </ul> <p><b>Keywords: Pollution, Environmental Legislation, Environmental Movement, Environmental programme and organization.</b></p>	6 Hrs.

Suggested activities: (at least one)

1. Visit to an area to document environmental assets: rivers / forest / flora / fauna.
2. Visit to a local polluted site Urban / Rural/ Industrial / Agricultural
3. Study of simple ecosystem.

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26.7.22

U.P. NARAIN



आधार पाठ्यक्रम: प्रथम प्रश्न पत्र हिन्दी भाषा

(भाग-ए) परिचय

कार्यक्रम : यूजी लेवल प्रमाण-पत्र	कक्षा : बी.ए./बी.कॉम/बी.एससी /बी.एच.एससी /बी.सी.ए./बी.बी.ए (प्रथम वर्ष)	वर्ष : 2023	सत्र : 2023-2024
विषय -	आधार पाठ्यक्रम		
1 कोर्स कोड:	XI-FCEAIT		
2 कोर्स का शीर्षक:	भाषा और संस्कृति		
3 कोर्स का प्रकार:	आधार पाठ्यक्रम		
4 कोर्स अपेक्षित	कक्षा 12वीं उत्तीर्ण किसी भी विषय समूह से।		
5 कोर्स अधिगम उपलब्धि (लर्निंग आउटकम) (CLO)	<p>1. उत्कृष्ट साहित्यिक पाठों के अध्ययन से रुचि का विकास करना।</p> <p>2. भाषा-ज्ञान।</p> <p>3. भाषा-ज्ञान।</p> <p>4. सामान्य शब्दावली और विशेष शब्दावली के अध्ययन द्वारा भाषा एवं संस्कृति बोध का विकास करना</p> <p>5. विशिष्ट शब्दावली (बीज-शब्द/की वर्ड) से परिचित करवाते हुए बोध के स्तर को विकसित करना।</p> <p>6. प्रतियोगी परीक्षाओं हेतु तैयार करना।</p>		
6 क्रेडिट मान	02 क्रेडिट		
7 कुल अंक	50 अंक		
8 उत्तीर्ण अंक	17 अंक		

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 Syllabus: Academic Session 2023– 2024

Part B Practical Course Contents		
Total number of lectures (in hours per week) 2 hours per week		
Credits-4 (Total Lecture No. 60 Hours)		
Unit	Subject	Number of Explanations
Unit 1	Youth Development Program in India and Role of Youth Leaders National Youth Policy Youth Development Program at National Level, State Level, Volunteer Level Youth centric and youth led organizations Role and importance of youth leadership, Leadership capability and its development,	15 Hours
Unit 2	Meaning type of leader, Qualities, Traits, Role, Importance of a Good Leader Social, psychological factors affecting the youth Life Skills – Self-awareness, Empathy, Effective Communication, Decision Making Role of Music and Art in Youth Development	15 Hours
Unit 3	Basic Features of the Indian Constitution consumer protection act right to Information Child Protection Act, Problems of Aging: Problems and Protection of Interests	15 Hours
Unit 4	Side effects of modern lifestyle and their countermeasures Diet, exercise, sleep in Indian lifestyle Collection, Utilization and Camp Management of Raseo Camps Biography of Swami Vivekananda, Ideal character of Rasay	15 Hours

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Parvati



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 Syllabus: Academic Session 2023– 2024

NSS - III Yr. 23-24

<b>Part B : Content of the Course</b>		
Total numbers of Lectures (in hours per week) : 2 hours per week		
Total Lectures : 60 hours		
Unit	Topics	Number of Lectures
Unit -1	<b>family and society</b> <ul style="list-style-type: none"> <li>• Concept of family, community and society</li> <li>• Development of family dynamics and its effects</li> <li>• Human Values and Gender Justice</li> <li>• human right</li> </ul>	12 Hours
Unit - 2	<b>Health, Hygiene and Personal Hygiene</b> <ul style="list-style-type: none"> <li>• Health, Education-Definition of need and area</li> <li>• Healthy Lifestyle - Diet and Nutrition</li> <li>• Clean drinking water, diseases caused by clean water, cleanliness</li> <li>• HIV / AIDS Drugs and other dangerous substances</li> <li>• Home Medicine, First Aid, National Health Program Yoga is a tool for a healthy lifestyle</li> </ul>	12 Hours
Unit - 3	<b>Youth and Crime</b> <ul style="list-style-type: none"> <li>• Sociological and Psychological Factors influencing Youth Crime</li> <li>• Peer Mentoring in preventing crimes</li> <li>• Awareness about Anti-Ragging</li> <li>• Cyber Crime and Prevention</li> <li>• Juvenile Justice</li> </ul>	12 Hours
Unit - 4	<b>Use of Electronic resources</b> <ul style="list-style-type: none"> <li>• Digitalization, Online information</li> <li>• Digital locker, Banking System – profit and loss</li> <li>• Use of mobile and other apps – profit and loss</li> <li>• Financial literacy, cash less transaction</li> <li>• CM helpline.</li> </ul>	12 Hours
Unit - 5	<b>Schemes</b> <ul style="list-style-type: none"> <li>• Various public welfare schemes of the government, self-employment oriented schemes, various grant schemes</li> <li>• Role of financial and allied service providers</li> <li>• Entrepreneur- Definition, Meaning and Characteristics and Problems</li> <li>• Soil testing, grain storage and weed control</li> </ul>	12 Hours

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Part A Introduction		
Program: Under Graduate Course		III <sup>rd</sup> yr. :
		Session: 2023-24
Course Code	V2- PSY- DEVT	
Course Title	Personality Development	
Course Type	Vocational	
Pre-requisite (if any)	Certificate course	
Course Learning outcomes (CLO)	After completion of course, students will be able to 1. Students will gain knowledge about the basics of Personality Dynamics 2- Students will learn to implement techniques of Personality Development 3. Students will develop Skills of self resilience and assertiveness in their personality. 4. Students will learn Interview skills. 5. Students will be able to understand about the importance of life skills needed for personality development.	
Expected Job Role / career opportunities		
Credit Value	2 (Theory) + 2 (Practical) = 04	
Part B- Content of the Course		
Total No. of Lectures + Practical (in hours per week): L-1 Hr / P-1 Lab Hr (=2 Hrs)		
Total No. of Lectures/ Practical: L-30 /P-30 (60 Hrs)		
Module	Topics	No. of lectures (Total 30)
I	<b>Dynamics of Personality:-</b> Nature and Determinants Classification of Personality – Jung, Sheldon, Kretschmer and five factor theory	10
II	<b>Techniques of Personality Development :-</b> Self control, self resilience, self esteem, factors affecting assertiveness, pro – social behavior, interpersonal relationships issues. Interview skills	10
III	<b>Emerging Areas of Personality Development:-</b> Life skills – Social Intelligence and Personality Development (SQ) Emotional Intelligence and Personality Development (EQ) Spiritual Intelligence and Personality Development (SPQ)	10

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 4. Dr. Archana Pandey  
 7. Dr. Anjali Mishra  
 10. Dr. Archana Gupta  
 13. Mrs. Shruti Singh

2. Dr. Meena Kumar  
 5. Dr. Bhawna Sharma  
 8. Dr. Abha Tiwari  
 11. Dr. Madhulika Shrivastava  
 14. Mrs. Madhuri Ramteke

3. Dr. Deepali Sharma  
 6. Mrs. Payal Chourasiya  
 9. Dr. Geeta Shukla  
 12. Dr. Manisha Arya



	<b>Keywords/Tags:</b> Family Resource Management, Family Life cycle, Motivational Factors, Family management system.	
Unit 2	<b>Resources:</b> <b>1. Introduction of Resources:</b> 1.1. Concept 1.2. Classifications 1.3. Characteristics of Family Resources. 1.4. Factors affecting the utilization of Resources. 1.5. Maximizing use of Resources. 1.6. Demand of Time , energy and money in different stages and sub stages of Family life Cycle 1.7. Natural Resources:- Renewable ,Non Renewable	10
	<b>Keywords/Tags:</b> Family Resources, Classification Of Resources, Natural Resources.	
Unit 3	<b>Management Process:</b> <b>1. Management Process: Definition and Steps of Management Process</b> 1.1. Planning: Nature, importance, Characteristics, Type of Planning, and Steps of Planning. 1.2. Organizing: Importance and Process of organizing ,Stages of Organization 1.3. Controlling: Meaning , importance ,steps of Controlling ,Factors affecting Controlling, Direction and Guidance 1.4. Evaluation: Meaning, Types and Importance of Evaluation, Techniques of self Evaluation. <b>2. Decision Making:</b> 2.1 Concept, Definition 2.2 Types of Decision making 2.3 factors affecting Decision Making 2.4 Steps of Decision Making process <b>3. Event Management:</b> 3.1 Concept, 3.2 Classification, 3.3 Stages of Event Management	15
	<b>Keywords/Tags:</b> Management Process, Planning, Organizing, Controlling, Evaluation, Decision making, Event Management.	
Unit 4	<b>Special Resource Management</b> <b>1. Time Management :</b>	

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	<p>1.1 Concept, 1.2 Tools 1.3 Steps of Time Management</p> <p><b>2. Money Management :</b> 2.1 Types 2.2 Sources of Income 2.3 Steps of Money Management:- Budget Making, Controlling and Evaluation</p> <p><b>3. Energy Management:</b> 3.1 Concept, Importance, 3.2 Type of Efforts 3.3 Concept of Body Mechanics, 3.4 Classification of activities according to the Energy cost, 3.5 Fatigue- Types, methods of eliminating Fatigue.</p> <p><b>4. Work Simplification:</b> 4.1 Definition, Importance 4.2 Principles, 4.3 Mundel's Classes of Change. 4.4 Techniques</p>	20
<p><b>Keywords/Tags:</b> Time Management, Energy Management, Money Management, Budget, Fatigue, Work Simplification.</p>		

**Part C-Learning Resources**  
**Text Books, Reference Books, Other resources**

**Suggested Readings:**

1. Bhargava B. 2005, Family Resource Management and Interior Decoration, Jaipur Apple Printer and V.R. Printers.
2. Deacon R F Firebaugh F M (1975) Home Management Context and Concepts Boston Houghton Mifflin Company
3. Gandotra V and Jaiswal N (2008) Management in Home, New Delhi: Dominant Publisher and Distributer (ISBN Number 81-788-526-3)
4. Gross I H Crandall and Knoll MM, EW (1980) (Management for modern Families) New Jersey:Prelice Hall Inc.
5. Koontz H and O'Donnell C(2005) (Management A System and Contingency Analysis of Managerial Functions, New York:MC Graw-Hill Book Company
6. Kreitner R(2009/2010)Management Theory and Application : India:Cengage learning India Pvt Ltd (ISBN 13:9788131511244)
7. Nickell P and Dorsey JM(2002) Management in Family living : New Delhi CBS Publishers ISBN 13:9788123908519
8. Rao VSP And Narayana PS(2008) Principles and Practices of management New Delhi:Konark Publishers PVT Ltd(ISBN 13:9788122000283)
9. Seetharaman P, Batra S and Mehra P (2005): An Introduction to Family Resource Management : NEW Delhi :CBS Publisher And Distributers (ISBN 13:9788123911861)
10. Shukul M. and Gandotra V (2006) Home Management and family Finance: New Delhi : Dominant Publishers And Distributers (ISBN No-81-7888-403-8)

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| 7. Ms. Shailja Sullere | 8. Dr. Smita Pathak   | 9. Dr. Abha Tiwari        |
|                        |                       | 10. Dr. Bhavna Sharma     |



## Theory Paper

Part A Introduction			
Program: Certificate	Class: BHS/BSc(Home Science)	Year: First year	Session: 2023-24
Subject: Home Science			
1	Course Code	HI-HSCC1G	
2	Course Title	Housekeeping and Hospitality Management	
3	Course Type (Core Course/Elective/Gene ric Elective/Vocational/ ....)	Elective	
4	Pre-requisite (if any)	Open for all	
5	Course Learning outcomes(CLO)	<p>This Course will be able to give an idea about the need of maintenance and cleaning facilities required in any hospitality related organization .This course will empower the student in the field of housekeeping and hospitality management. The student will be able to-</p> <ol style="list-style-type: none"> <li>1. Understand the techniques and operational procedure related to the maintenance and cleaning of any organization.</li> <li>2. Developing professional competencies and practices to prepare for working successfully in hospitality industry.</li> <li>3. Appreciate the need for maintenance of facilities and services in housekeeping and hospitality management.</li> </ol>	
6	Credit Value	3	
7	Total Marks	Max. Marks: 30+70	Min. Passing Marks 35

### Part B- Content of the Course

Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 45 hours

Unit	Topics	No. of Lectures
Unit 1	<p><b>1. Background of housekeeping And hospitality</b></p> <p><b>2.Responsibilities of housekeeping department:</b></p> <p style="margin-left: 20px;">2.1 Meaning and objectives of hospitality</p> <p style="margin-left: 20px;">2.2 types of organizations</p> <p style="margin-left: 20px;">2.3 Role of housekeeping in hospitality sector</p> <p style="margin-left: 20px;">2.4 organizational chart of housekeeping department</p> <p style="margin-left: 20px;">2.5 Planning, organization and Communication of housekeeping activities.</p> <p style="margin-left: 20px;">2.6 coordination with other housekeeping departments</p> <p style="margin-left: 20px;">2.7 Role and responsibilities of personnel in housekeeping department</p> <p><b>3.Cleaning equipments and agents</b></p> <p style="margin-left: 20px;">3.1 Meaning of cleaning agent, selection and use of different</p>	15

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	<p>3.3 cleaning techniques- daily ,weekly ,yearly</p> <p>3.4 Procedures for cleaning -: public areas ,rooms, kitchen and Store.</p>	
Unit 2	<p><b>Linen and Laundry:</b></p> <p><b>1.Linen:</b></p> <p>1.1. Types of linen and uniform used in hospitality sector</p> <p>1.2. Selection and care.</p> <p>1.3. Layout plan and physical features of linen and uniform room.</p> <p>1.4. Storage procedures for uniform and linen stock</p> <p>1.5. Estimation control and distribution, inventory taking Record Keeping.</p> <p><b>2.Laundry:</b></p> <p>2.1 Type of laundry system-: in house, contracted and linen on hire,</p> <p>2.2 layout plan and physical feature of a laundry room.</p> <p>2.3 laundry procedures- :collection ,sorting,repair stain removal, washing</p> <p>2.4 preparation ,extraction and drying</p> <p>2.5 Ironing, holding, inspection, packaging, storage and delivery</p> <p>2.6 Laundry material-: water ,soap, detergents, blue, bleaches ,stiffing agents, dry cleaning</p>	15

**Keywords/Tags:** linen,inventory,laundry system, laundry procedures

Unit 3	<p><b>Safety measures in hospitality sector</b></p> <p><b>1. Accident:</b></p> <p>1.1. Type of accidents commonly occur in hospitality Sectors</p> <p>1.2. Methods to avoid major and minor accidents</p> <p><b>2. Fire Safety:</b></p> <p>2.1 fire safety measures required to the hospitality sectors and objectives</p> <p><b>3. First Aid :</b></p> <p>3.1 first aid for commonly occurring accidents and health problems</p> <p><b>4. Pest control-:</b></p> <p>4.1 need for pest control</p> <p>4.2 common pests and their control</p> <p>4.3 pest control providing agencies</p> <p>4.4 planning controlling evaluation of pest control plan</p>	15
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**Keywords/Tags:** House accidents, Fire safety, First Aid and Pest Control

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Part B-Content of the Course		
Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 60 Hours		
Unit	Topics	No.of Hours
Unit 1	<b>Family Finance:</b> <b>I. Family Finance</b> 1.1 Importance and objective 1.2 Family income- types and sources 1.3 Factors affecting the use of family income 1.4 Family Expenditure-Items of expenditure 1.5 Factors influencing expenditure pattern 1.6 Family budget- Process of Budgeting and Engle's Law of consumption 1.7 Account Maintain - Method of account keeping like balance sheet, account book , Ledgers	15
Key words: Family finance, Budgeting , family income, family Expenditure		
Unit 2	<b>Family Finance, Saving and Credit Practices</b> <b>1. Family saving and investment</b> 1.1 Saving-meaning, importance, need 1.2 Factors affecting saving 1.3 Components of saving 1.4 Objectives of investment 1.5 Channels of investment 1.6 Saving and investment institutions -merits and demerits <b>2. Consumer credit-</b> 2.1 Consumer credit -Meaning ,need and sources 2.2 Credit card, credit services availed by the family members 2.3 Types of Loans availed by the families 2.4 Mortgages - Definition , Conceptual meaning, significance	15
Key words : Family saving and investment, Consumer credit, Credit card , Mortgages		

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| 4. Dr. Archana Pandey <i>AP</i>  | 5. Ms. Gurvinder Kaur <i>GK</i> | 6. Ms. Saumya Mishra            |
| 7. Ms. Shailja Sullere <i>SS</i> | 8. Dr. Smita Pathak <i>SP</i>   | 9. Dr. Abha Tiwari <i>AT</i>    |
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Unit 3	<b>Consumer and Consumer Behavior:</b>	15
	<ol style="list-style-type: none"> <li>1. <b>Consumer</b> <ol style="list-style-type: none"> <li>1.1 Historical background</li> <li>1.2 Definition ,Meaning</li> <li>1.3 Role of consumer in the Economy</li> <li>1.4 Consumer and the market-               <ol style="list-style-type: none"> <li>1.4.1 Definition of the market</li> <li>1.4.2 Classification of the market</li> </ol> </li> </ol> </li> <li>2. <b>Consumer Behavior-</b> <ol style="list-style-type: none"> <li>2.1 Meaning, definition</li> <li>2.2 Characteristics of consumer behavior</li> <li>2.3 Consumer decision making , Factors affecting consumer behavior.</li> <li>2.4 Motivating factors to consumer behavior</li> <li>2.5 Consumer buying process</li> <li>2.6 Changes in consumer purchase practices -               <ol style="list-style-type: none"> <li>2.6.1 Online buying-Advantage and disadvantage</li> </ol> </li> <li>2.7 Guidelines for wise buying</li> </ol> </li> </ol>	

**Key words:** consumer decision making, consumer buying process, online buying

Unit 4	<b>Consumer Education and Protection</b>	15
	<ol style="list-style-type: none"> <li>1. <b>Consumer Education --</b> <ol style="list-style-type: none"> <li>1.1 Meaning, Objectives, Historical background</li> <li>1.2 methods</li> </ol> </li> <li>2. <b>Consumer Aids-</b> <ol style="list-style-type: none"> <li>2.1 Labels</li> <li>2.2 Trademarks</li> <li>2.3 Brand names</li> <li>2.4 Patents</li> <li>2.5 Warranty, Guarantee</li> <li>2.6 Quality Control and after sales service</li> <li>2.7 Government and voluntary agencies</li> </ol> </li> <li>3. <b>Consumer Problems</b></li> <li>4. <b>Consumer Rights and Responsibilities</b></li> <li>5. <b>Consumer Protection</b></li> <li>6. <b>Consumer Protection Organization-</b> <ol style="list-style-type: none"> <li>6.1 Meaning ,Objective, Historical background.</li> </ol> </li> <li>7. <b>Consumer Protection act 1986 and it reforms in 2019</b></li> <li>8. <b>Consumer Redressal - Procedure</b></li> <li>9. <b>Standardization and quality control measures- role of ISI , FPO, AGEMARK, ISO, Eco mark etc.</b></li> </ol>	

**Keywords:** Consumer education, consumer aids, consumer problems, consumer protection, consumer redressal

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|                        |                       | 10. Dr. Bhavna Sharma     |



**Part B-Content of the Course**

Total No. of Lectures-Tutorials-Practical (in hours per week):L-T-P: 60 Hours

Unit	Topics	No. of Hours
Unit 1	<p><b>Introduction to Visual Arts</b></p> <p>1. <b>Introduction to Arts</b></p> <p>1.1 Historical Background, Applied arts in advertising, packaging, print media animation etc.</p> <p>1.2 Meaning and Philosophy</p> <p>1.3 Categories</p> <p>1.4 Visual, Plastic, Decorative and applied arts</p> <p>1.5 Types of arts and design</p> <p>1.5.1 Visual arts and Graphic Arts</p> <p>1.6 Drawing using different methods and techniques</p> <p>2. <b>Indian, Regional, Traditional and Contemporary arts</b></p> <p>2.1 Introduction</p> <p>2.2 floor decoration, home decoration and accessories</p>	15

**Key Words:** floor decoration, , home decoration

Unit 2	<p><b>Introduction to Art Forms</b></p> <p>1. <b>Design</b></p> <p>1.1 Concept</p> <p>1.2 ABC of basics of design-Aesthetics, Basic design and Creativity</p> <p>2. <b>Varieties of Art</b></p> <p>2.1 Art, abstract and surreal</p> <p>3. <b>Art Forms</b></p> <p>3.1 Two Dimensional Art forms</p> <p>3.2 Three Dimensional Art forms</p> <p>3.2.1 Sculpture-Meaning, types-Relief, Free standing, Process in Sculpture</p>	15
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**Key Words:** Design, Two Dimensional Art forms, Three Dimensional Art forms

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9. Dr. Abha Tiwari

10. Dr. Bhavna Sharma *Bhavna*



	Subject	Number of Lectures
	<p>1. History of Women Empowerment in India Ancient Period, Medieval and Modern Period.</p> <p>2. Concept of Women Empowerment : Meaning, forms, Need and Importance.</p> <p>3. Dimensions of Women Empowerment : Social, Religious, Economic, Educational and Political.</p> <p><b>Key Words :</b> Women Empowerment, Social, Religious, Economic, Educational and Political Dimensions.</p>	10
II	<p>1. Women Empowerment : Constitutional Provisions and Laws</p> <p>2. Women Empowerment Policy and Schemes</p> <p>A. Central Level</p> <p>B. State Level ( With Special Reference to Madhyapradesh),</p> <p><b>Key Words :</b> Constitutional Provisions, Policy, Central Schemes, State Schemes.</p>	10
II	<p>1. Women Empowerment : Issues and Challenges.</p> <p>2. Supporting Agencies : NGOs, Self Help Groups and Panchayati Raj Institutions.</p> <p>3. Powerful Women Leadership of India : Ahilya Bai Holkar, Rani Durgam, Savitri Bai Phule, Mary Kom, Sindhu Galrani, Jessy Thomas, Indira Nooyi, Smt. J. Jayalalitha.</p> <p><b>Key Words :</b> NGOs, Self Help Groups, Panchayati Raj, Women Leadership.</p>	10

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Part B: Content of the course

Total Lectures: 30 Hours

Topics

1. Introduction:

**Entrepreneurship Development** – Concept, types and Importance of entrepreneurs and significance of entrepreneurship in economic development, Startup process

- Need, Problems, Challenges and solutions- women entrepreneurship and rural entrepreneurship
- Report preparation: Profiling of entrepreneurs after visiting Small Scale Entrepreneurs

2. Sources of Business Ideas And Tests of Feasibility:

- Generation of startup ideas, Innovation vs Creativity
- Significance of writing the business plan/ project proposal; Contents of business plan/ project proposal/DPR (Detail Project Report)
- Project submission/ presentation and appraisal thereof by external agencies, such as financial /non-financial institutions.

3. Regulatory Institutions and Schemes:

- Role of Regulatory Institutions;
- Micro, Small & Medium Enterprises,
- District Industries Centers
- Khadi and Village Industries Commission
- National Small Industries Corporation
- Small Industries Development Bank of India
- Commercial banks and various Self Employment Oriented grant and schemes;
- The concept, role and functions of self-help groups, business incubators, angel investors, venture capital and private equity fund in startup ideas.

Key Words: Entrepreneurship, Entrepreneurship Development, Startup, Women Entrepreneurship, Business Plan, Detail Project Report.

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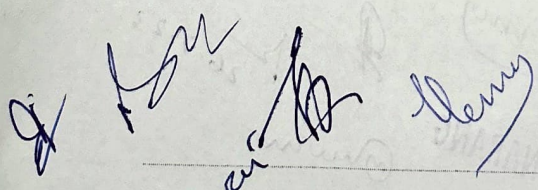
V.P. NARANG



**Part B – Content of the Course**

Total No. of Lectures 30 ( 01 hour per week)

Unit	Topics	
I	<p><b>Overview of Computer and Web-technology</b>, Architecture of cyberspace, World wide web, Advent of internet, Internet infrastructure for data transfer and governance, Internet society.</p> <p><b>Use of Internet:</b> Web browsers, search engines and Chatbots. Difference between Website &amp; Portal, E-mail: Account opening, sending &amp; receiving e-mails, managing Contacts &amp; Folders.</p> <p><b>Computer Security:</b> Issues &amp; protection, firewall &amp; antivirus, making secure online transactions. Internet safety and digital security. Ethical use of digital resources, Measures of Online Self Protection.</p> <p><b>Keywords:</b> <i>Browser, Search Engine, Website, Virus, Security, Firewall, Cyber Ethics.</i></p>	05
II	<p><b>Digital Payments and e-Commerce:</b></p> <p><b>Internet Banking:</b> National Electronic Fund Transfer (NEFT), Real Time Gross Settlement (RTGS), Immediate Payment Service (IMPS)</p> <p><b>Digital Financial Tools:</b> Understanding OTP [One Time Password], QR [Quick Response] Code, UPI [Unified Payment Interface], AEPS [Aadhaar Enabled Payment System]; USSD [Unstructured Supplementary Service Data], Card [Credit / Debit], eWallet, PoS [Point of Sale]</p> <p><b>Definition of E-Commerce-</b> Main components of E-Commerce, Elements of E-Commerce security, E-Commerce threats, E-Commerce security best practices, Online Bill Payment. Digital payments related common frauds and preventive measures. RBI guidelines and provisions of Payment Settlement Act, 2007.</p> <p><b>Keywords:</b> <i>Internet Banking, Digital Financial Tools, eWallet, e-Commerce Security.</i></p>	07
III	<p><b>e-Governance Service-</b></p> <p><b>Overview of e-Governance</b> Services like Railway Reservation, passport, eHospital; Accessing various e-Governance Services on Mobile Using "UMANG APP". Exploring services and resources of Government of India Portal (<a href="https://www.mygov.in/">https://www.mygov.in/</a>).</p> <p><b>Digi-Locker:</b> About digilocker, features and benefits of digilocker, Registering, accessing and getting various certificates and mark sheets on digilocker.</p> <p><b>Academic Bank of Credit (ABC):</b> About ABC, features and benefits of ABC, Registering, accessing, getting and sharing academic credits.</p> <p><b>Exploring Online Learning resources:</b> Online learning through SWAYAM Central, (<a href="https://swayam.gov.in/">https://swayam.gov.in/</a>) and e-pathshala (<a href="https://epathshala.nic.in/">https://epathshala.nic.in/</a>).</p> <p><b>Keywords:</b> <i>Internet Banking, NEFT, RTGS, IMPS, OTP, UPI, QR Code, AEPS, E-Governance, Umang.</i></p>	06


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<p>IV <b>Introduction to Cyber security- regulation of cyberspace, Concept of cyber security, Issues and challenges of cyber security.</b>          Definition of cyber crimes and offences, Cyber crime targeting computers and mobiles, Cyber crime against women and children, Cyber bullying. Financial frauds, Social engineering attacks, Malware and Ransomware attacks, zero day and zero click attacks. Cyber criminals modus-operandi, Reporting of cyber crimes, Remedial and mitigation measures, Legal perspective of cyber crime, IT Act 2000 and its amendments, Organisations dealing with Cyber crime and Cyber security in India, Case studies.  <b>Keywords: Cyber Space, Cyber Security, Cyber Offences, Zero Click Attack, Zero Day Attack, Ransomware, Reporting Cyber Crimes, Cyber Crimes Case Studies.</b></p>	05
<p>V <b>Social Media Overview and Security-</b>          Introduction to Social Networks, Types of Social media, Social media platforms, Social media monitoring, Hashtag, Viral content, Social media marketing, Social media privacy, Challenges, opportunities and pitfalls in online social network, Security issues related to social media, Flagging and reporting of inappropriate content, Laws regarding posting of inappropriate content, Best practices for the use of Social media, Case studies.  <b>Keywords: Social Media Platforms, Hashtagging, Social Media Marketing, flagging of contents in social media.</b></p>	06

**Part C-Learning Resources**

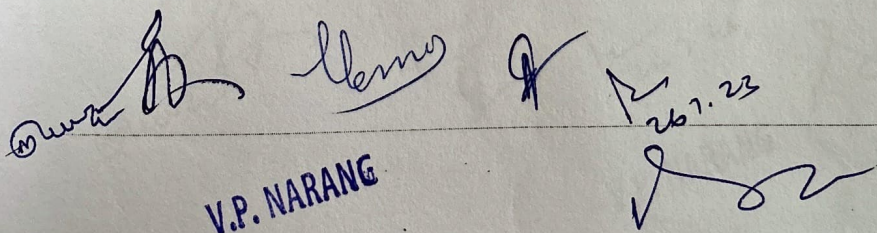
**Text Books, Reference Books, Other resources**

**Suggested Readings:**

- Praveen Kumar Shukla, Surya Prakash Tripathi, Ritendra Goel "Introduction to Information Security and Cyber Laws" Dreamtech Press.
- Vivek Sood, "Cyber law simplified", Tata McGrawHill, Education (India).
- T. Bradley "Essential Computer Security: Everyone's Guide to Email, Internet, and Wireless Security".
- Cyber Crime Impact in the New Millennium, by R. C Mishra , Auther Press. Edition 2010.
- Cyber Security Understanding Cyber Crimes, Computer Forensics and Legal Perspectives by Sumit Belapure and Nina Godbole, Wiley India Pvt. Ltd. (First Edition, 2011)
- Security in the Digital Age: Social Media Security Threats and Vulnerabilities by Henry A. Oliver, Create Space Independent Publishing Platform. (Pearson , 13th November, 2001)
- Electronic Commerce by Elias M. Awad, Prentice Hall of India Pvt Ltd.
- Cyber Laws: Intellectual Property & E-Commerce Security by Kumar K, Dominant Publishers.
- Network Security Bible, Eric Cole, Ronald Krutz, James W. Conley, 2nd Edition, Wiley India Pvt. Ltd.
- Fundamentals of Network Security by E. Maiwald, McGraw Hill

**Reference Books:**

- M. Stamp, "Information Security: Principles and Practice", Wiley.
- David J. Loundy, "Computer Crime, Information Warfare, And Economic Espionage", Carolina Academic Press.


  
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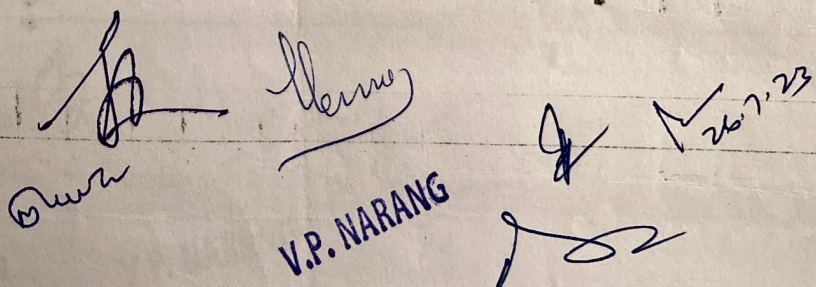


## Part A- Introduction

Program: Degree	Class: B.A./B.Sc./B.Com.	Year - III	Session: 2023-24
<b>Subject- Foundation Course</b>			
1 Course Code	<b>X3-FCAC1T</b>		
2 Course Title	<b>Personality Development and Character Building</b>		
3 Course Type	<b>Ability Enhancement Compulsory Course</b>		
4 Pre-requisite (if any)	<b>Compulsory for all Students</b>		
5 Course Learning outcomes (CLO)	<ol style="list-style-type: none"> <li>1. Students will acquire the conceptual knowledge of Personality Development.</li> <li>2. Students will develop insight into character building.</li> <li>3. Students will be able to become global visionary citizens.</li> <li>4. Students will be able to understand Indian knowledge tradition.</li> <li>5. Students will be able to understand the difference between nature, culture and distortion.</li> </ol>		
6 Credit Value	2		

## Part B- Content of the Course

Total No. of Lectures + Practical (in hours per week): <b>L-1 Hr / P-1 Lab Hr (=2 Hrs)</b>		
Total No. of Lectures/ Practical: <b>L-30 /P-0 (30 Hrs)</b>		
Unit	Topics	No. of lectures (Total 30)
1	<ul style="list-style-type: none"> <li>• <b>Personality development (Physical, mental, intellectual and spiritual development) meaning, concept, factors of personality development.</b></li> <li>• <b>Character building (personal and national character): Meaning, concept, factors of character and means of character building.</b></li> <li>• <b>Panchkosha, Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vigyanmaya Kosha and Anandamaya Kosha general introduction meaning, purpose and importance.</b></li> <li>• <b>Benefits of Panchkosh development and means of developing Panchkosh.</b></li> </ul>	<p>06 Theoretical</p> <p>04 Experiential</p>
2	<ul style="list-style-type: none"> <li>• <b>Physical and mental development</b></li> <li>• <b>Meaning, concept of physical and mental development</b></li> <li>• <b>Ideal daily routine, balanced diet, routine, subtle exercise</b></li> <li>• <b>Ashtanga Yoga-Yama Niyam, Ishwar Pranidhan, self-study, contentment, patience, virtue, practice of discipline.</b></li> <li>• <b>Past glory, social and citizenship awareness, universal respect and scientific outlook</b></li> <li>• <b>Nation, Nationality, Democracy, Independence, Suraj, Vasudhaiva Kutumbakam, Coexistence.</b></li> </ul>	<p>06 Theoretical</p> <p>04 Experiential</p>


  
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3	<ul style="list-style-type: none"> <li>• Moral and spiritual development</li> <li>• Interrelationship of Panchkosha and Shatachak.</li> <li>• Ashtanga Yoga, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.</li> <li>• Continuity of Karmayoga, Bhaktiyoga, Jnanayoga in life according to one's own will</li> <li>• Indian time calculation, practice of Vedic mantras.</li> <li>• Self-respect and contemplation of mother tongue and Indian knowledge tradition.</li> <li>• Biographies of Vedic Rishis, Avatars and Legends.</li> <li>• Practice of service, tolerance, charity, dedication and self-examination.</li> </ul>	<p>06 Theoretical</p> <p>04 Experiential</p>
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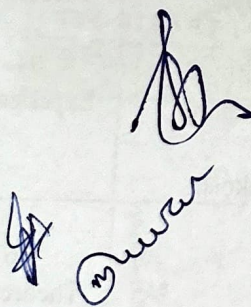
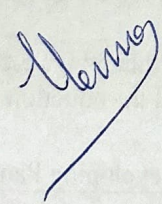
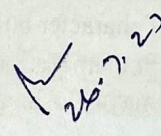
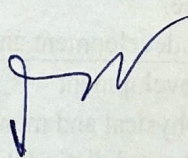
### Part C- Learning Recourses

#### Text Books, Reference Book, Other resources

#### Suggested Readings:-

- 1- उच्च शिक्षा भारतीय दृष्टि- श्री अतुल कोठारी
- 2- अदम्य साहस - डॉ.ए.पी.जे. अब्दुल कलाम
- 3- व्यक्ति का विकास - स्वामी विवेकानंद रामकृष्ण मिशन
- 4- आत्मतत्व का विस्तार - श्रुतम प्रकाशन जोधपुर
- 5- भारतीय मनोविज्ञान - श्री लज्जाराम तोमर
- 6- उपनिषद विशेषांक - गीता प्रेस गोरखपुर
- 7- भारतीय ज्ञान परम्परा बोध - हिंदी ग्रंथ अकादमी म.प्र.


#### Suggested digital platforms web links:-




  

  
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III.	Communication for tour guiding-Language -Posture and Presentation. Roadblocks in Communication- Speaking faults-Body language for speaking	4
IV.	Tour commentary-Composition and Contains-Microphone Technique- Sense of Humor-How to deals with awkward questions Timing and Indications-Apology and Pausing. Linking commentary with what to be seen.	4
V.	Visitor interpretation: Concept- Principles and Types. How to develop good interpretation skill-Popular understanding of a place.	3
VI.	Principles of good interpretive practice. Re constructive and Receptive Interpretation- Personal Stereo type.	3
VII.	Nature interpretation- Concept-Perspective-Approach Principles of Nature interpretation.	2
VIII.	Intrinsic quality of a Resource Hierarchy of interpretation. Heritage interpretation.	2
IX.	Dealing with Emergencies- Accidents, Law and Order, Theft, Loss of documents	2
X.	First Aid: Importance-General Procedures-Evaluation of Situation. First aid Procedure Artificial ventilation-Bleeding Control-Treating Wounds. Principles of bandaging- Treating Burns-Treating Snake Bite-Dealing with Fractures. Complaint Handling.	3
		30

Practical		
S.No.	Topics	No. of Lecture / Hours
1	Two cases on the above syllabus should be analyzed by the teacher in the classroom and the same needs to be recorded by the student in the Skill Development Book	
2	Role play as a tour guide.	

  
 Dr. S. K. Dwivedi - Professor  
 School of Studies in  
 Ancient Indian History Culture And Archaeology  
 Jhansi University, Gwalior (M.P.)





## Part B – Content of the Course

Total No. of Lectures + Practical (in hours per week): L-1Hr. / P-2Hrs.

Total No. of Lectures/ Practical: L-30 (1 Hour) /P-30 (2Hours).

Unit	Topics	No. of Lect
I	Concept and definition of Tourism Products & Resources, types of Tourism Products, and classification of tourism resources in India.	2
II	Potential of tourism resources of India, threats, and challenges for the tourism resources.	2
III	India: General introduction, states & capitals, physiographic units, seasons and climatic regions, and their impact on tourism.	3
IV	Natural vegetation & wildlife of India, wildlife tourism, India: A destination for all reasons & Seasons.	3
V	Architecture: main types & trends- Buddhist, Jain, Hindu, Indo-Islamic, Secular buildings and monuments, Indian sculpture, Museums and Art galleries.	3
VI	Indian Cultural heritage- Religious Shrines & Pilgrimage Centers- Hindu, Buddhist, Jain, Sikh, Muslim, Christian, and others.	3
VII	Major fairs and festivals of India and their significance for tourism- Khajuraho dance festival, Desert festival -Jaisalmer, Suraj Kund. craft fair, International Trade fair- New Delhi.	3
VIII	Cuisines and Handicrafts.	2
IX	Performing art & resources: Classical dances forms in India- Bharatanatyam, Kathak, Kuchipudi, Odissi, Manipuri; folk dances of India.	3
X	Natural Tourism Resources- National parks, Biosphere Reserves, Wildlife Sanctuaries, Beaches, Hill Station, Deserts.	3
XI	Tourism Resources- Land-based, water-based and air-based.	3
Total		30


  

  
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भाग अ - पाठ्यक्रम की विषयवस्तु

ब्याख्यानों की कुल संख्या + व्यावहारिक (प्रति सप्ताह घंटों में): एल-1 घंटा / पी-2 घंटे

ब्याख्यान/प्रेक्टिकल की कुल संख्या: एल-30 (1 घंटा)/ पी-30 (2 घंटे)

Module भाग/अंक	Topics शीर्षक	ब्याख्यान संख्या
I	पर्यटन उत्पादों और संसाधनों की अवधारणा और परिभाषा, पर्यटन उत्पादों के प्रकार और भारत में पर्यटन संसाधनों का वर्गीकरण	2
II	भारत के पर्यटन संसाधनों की संभावना, पर्यटन संसाधनों के लिए खतरा और चुनौतियाँ	2
III	भारत: सामान्य परिचय, राज्य और राजधानियाँ, भौतिक इकाइयाँ, मौसम और जलवायु क्षेत्र और पर्यटन पर उनके प्रभाव	3
IV	भारत की प्राकृतिक वनस्पति और वन्यजीव और वन्यजीव पर्यटन, भारत: सभी मौकों (कारणों) और मौसमों के लिए एक गंतव्य	3
V	वास्तुकला: मुख्य प्रकार और प्रवृत्तियाँ - बौद्ध, जैन, हिंदू, भारतीय-मुगल, धर्मनिरपेक्ष इमारतें और स्मारक, भारतीय मूर्तिकला, संग्रहालय और कला दीर्घाएँ	3
VI	भारतीय सांस्कृतिक विरासत- धार्मिक तीर्थ और तीर्थ केंद्र - हिंदू, बौद्ध, जैन, सिख, मुस्लिम, ईसाई और अन्य	3
VII	भारत के प्रमुख मेले और त्योहार और पर्यटन के लिए उनका महत्व- खजुराहो नृत्य उत्सव, रेगिस्तान उत्सव - जैसलमेर, सूरजकुंड शिल्प मेला, अंतर्राष्ट्रीय व्यापार मेला - नई दिल्ली	3
VIII	व्यंजन और हस्तशिल्प	2
IX	प्रदर्शन कला और संसाधन - भारत में शास्त्रीय नृत्य रूप - भरतनाट्यम, कथक, कुचिपुडी, ओडिसी, मणिपुरी; भारत के लोक नृत्य	3
X	प्राकृतिक पर्यटन संसाधन - राष्ट्रीय उद्यान, जीव संरक्षण क्षेत्र (बायोस्फीयर रिजर्व) और वन्यजीव अभ्यारण्य - समुद्र तट - पर्वतीय स्थान - रेगिस्तान	3
XI	पर्यटन संसाधन-भूमि आधारित, जल आधारित, और वायु आधारित	3
	कुल	30

*[Handwritten Signature]* 26.7.23

V.P. NARANG