



# Department of Higher Education

## U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

**Co-curricular course: Semester-1**

**Course Title: Food, Nutrition and Hygiene**

Name	Designation	Affiliation
<b>Steering Committee</b>		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

**Syllabus Developed by:**

S. No.	Name	Designation	Department	College/ University
1	Dr. Nitu Singh Subject Expert	Associate Professor	Home Science	H.N.B.G.P.G.College, Naini, Prayagraj
2	Dr. Shivani Verma Subject Expert	Associate Professor	Home Science	K.M.G.G.P.G.College, Badalpur, G.B.Nagar

Programme /Class: Certificate	Year: First	Semester: First
Co-Curricular Course		
Course Code: Z010101T	Course Title: Food, Nutrition and Hygiene	
Course outcomes:		
<ul style="list-style-type: none"> <li>• To learn the basic concept of the Food and Nutrition</li> <li>• To study the nutritive requirement during special conditions like pregnancy and lactation</li> <li>• To learn meal planning</li> <li>• To learn 100 days Nutrition Concept</li> <li>• To study common health issues in the society</li> <li>• To learn the special requirement of food during common illness</li> </ul>		
Credits: 2		Compulsory
Max. Marks: 25+75		Min. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0		
Unit	Topics	No. of Lectures Total=30
<b>I</b>	Concept of Food and Nutrition (a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet (b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition (c) Meal planning- Concept and factors affecting Meal Planning (d) Food groups and functions of food	8
<b>II</b>	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of (a) Carbohydrate (b) Fats	7

	(c) Protein (d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc (e) Vitamins Water soluble vitamins: Vitamin B, C Fat soluble vitamins: Vitamin A, D, E, K (f) Water (g) Dietary Fibre	
<b>III</b>	1000 days Nutrition (a) Concept, Requirement, Factors affecting growth of child (b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy (c) Breast / Formula Feeding (Birth – 6 months of age) Complementary and Early Diet (6 months – 2 years of age)	8
<b>IV</b>	Community Health Concept (a) Causes of common diseases prevalent in the society and Nutrition requirement in the following: Diabetes Hypertension (High Blood Pressure) Obesity Constipation Diarrhea Typhoid (b) National and International Program and Policies for improving Dietary Nutrition (c) Immunity Boosting Food	7
<b>Suggested Readings:</b> 1. Singh, Anita, "Food and Nutrition", Star Publication, Agra, India, 2018. 2. 1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf 3. <a href="https://pediatrics.aappublications.org/content/141/2/e20173716">https://pediatrics.aappublications.org/content/141/2/e20173716</a> 4. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/</a> 5. वृंदा सिंह "आहार" 2015, तेहरवां 6. Sheel Sharma, Nutrition and Diet Therapy, Peepee Publishers Delhi, 2014, First Edition.		
<b>Suggested Continuous Evaluation Methods:</b> MCQs, Practical Diet/ Meal Planning, assignments Presentations, group Discussion, Case study, Survey		
<b>Suggested equivalent online courses:</b> <a href="https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition">https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition</a> Diploma in Human Nutrition-Revised Offered by Alison		



## Department of Higher Education

### U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

**Co-curricular course: Semester-3**

**Course Title: Human Values and Environment studies**

Name	Designation	Affiliation
<b>Steering Committee</b>		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

#### Syllabus Developed by:

S.No.	Name	Designation	Department	College University
1.	Dr. Ajai Prakash	Astt. Professor	Business Administration	University of Lucknow
2.	Dr. Manuka Khanna	Professor	Political Science	University of Lucknow
3.	Dr. Amita Kannaujia	Professor	Zoology	University of Lucknow
4.	Dr. Rashi Kesh	Sr. Astt. Professor	HRD, FMS	VBS Purvanchal University, Jaunpur
5.	Dr. Jyoti Prakash	Sr. Astt. Professor	Amity Inst. of Biotechnology	Amity University, Lucknow
6.	Prof. Nishant Kumar	Astt. Professor	Business Administration	Lucknow University, Lucknow

#### Syllabus: Human Values and Environment studies

Programme/Class: Certificate	Year: Second	Semester: Third
Co-Curricular Course		
Course Code: Z030301	Course Title: Human Values and Environment studies	
Course outcomes: The mission of the course on Human Values and Environmental Studies is to create morally articulate solutions to be truthful and just and to become responsible towards humanity. The course seeks to establish a continuous interest in the learners to improve their thought process with intent to develop a new generation of responsible citizens capable of addressing complex challenges faced by the society due to disruptions in human interactions effecting human values. This course works towards		
<ul style="list-style-type: none"><li>• Building fundamental knowledge of the interplay of markets, ethics, and law,</li><li>• Look at various challenges faced by individual to counter unethical issues</li><li>• Look at core concepts for business ethics</li><li>• Look at core concepts of anti-corruption</li><li>• Look at core concepts for a morally articulate solution evolver to management issues in general,</li><li>• Issues of sustainable development for a better environment.</li><li>• To know how environmental degradation has taken place.</li><li>• Be aware of negotiations and international efforts to save environment.</li><li>• How to develop sustainably?</li><li>• Efforts taken up by UN in Sustainable Development.</li><li>• Efforts taken by India in Sustainable Development.</li></ul>		

<ul style="list-style-type: none"> <li>The course intends to create a sense of how to be more responsible towards the environment. Upon finishing of the course students will be able to come up with using ethical reasoning for decision making and frame ethical issues as well as operationalise ethical choices. The course integrates various facets of human values and environment.</li> </ul>		
Credits: 2		
Max. Marks: 100	Min. Passing Marks:40	
Total No. of Lectures-Tutorials-Practical (in hours per week): L-T-P: 2-0-0 As the course requires two areas of Human Values and Environment Studies institutions can even opt for a parallel delivery		
Unit	Topics	No. of Lectures Total=30
I	<b>Human Values-</b> Introduction- Values, Characteristics, Types ,Developing Value system in Indian Organisation , Values in Business Management , value based Organisation , Trans –cultural Human values in Management. Swami Vivekananda's philosophy of Character Building, Gandhi's concept of Seven Sins, APJ Abdul Kalam view on role of parents and Teachers.	02
	<b>Human Values and Present Practices</b> – Issues : Corruption and Bribe , Privacy Policy in Web and Social Media, Cyber threats ,Online Shopping etc. Remedies	02
	<b>UK Bribery Act, Introduction to sustainable policies and practices in Indian Economy.</b>	03
	<b>Principles of Ethics</b> <b>Secular and Spiritual Values in Management- Introduction-</b> Secular and Spiritual values, features , Levels of value Implementation. Features of spiritual Values , <b>Corporate Social Responsibility-</b> Nature, Levels ,Phases and Models of CSR, Corporate Governance. CSR and Modern Business Tycoons Ratan Tata, Azim Premji and Bill Gates.	
II	<b>Holistic Approach in Decision making-</b> Decision making, the decision making process , The Bhagavad Gita: Techniques in Management , Dharma and Holistic Management.	03
	<b>Discussion through Dilemmas –</b> Dilemmas in Marketing and Pharma Organisations, moving from Public to Private – monopoly context , Dilemma of privatisation, Dilemma on liberalization, Dilemma on social media and cyber security , Dilemma on Organic food , Dilemma on standardization ,Dilemma on Quality standards.	03
	<b>Case Studies</b> Dilemma on Quality standards.	02
III	Ecosystem: Concept, structure & functions of ecosystem : producer, consumer, decomposer, foodweb, food chain, energy flow, Ecological pyramids Conservation of Biodiversity- In-situ & Ex- situ conservation of biodiversity Role of individual in Pollution control Human Population & Environment Sustainable Development India and UN Sustainable Development Goals Concept of circular economy and entrepreneurship	7
IV	Environmental Laws? International Advancements in Environmental Conservation Role of National Green Tribunal Air Quality Index Importance of Indian Traditional knowledge on environment	8

	Bio assessment of Environmental Quality Environmental Management System Environmental Impact Assessment and Environmental Audit	
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. A foundation course in Human Values and Professional Ethics by RR. Gaur, R. Sangal et.al</li> <li>2. JUSTICE: What's the Right Thing to Do? Michael J. Sandel.</li> <li>3. Human Values by A. N. Tripathi New Age International</li> <li>4. Environmental Management by N.K. Uberoi</li> <li>5. <a href="https://www.un.org/sustainabledevelopment/sustainable-development-goals/">https://www.un.org/sustainabledevelopment/sustainable-development-goals/</a></li> <li>6. <a href="https://www.india.gov.in/my-government/schemes">https://www.india.gov.in/my-government/schemes</a></li> <li>7. <a href="https://www.legislation.gov.uk/ukpga/2010/23/contents">https://www.legislation.gov.uk/ukpga/2010/23/contents</a></li> <li>8. Daniel Kahneman, Thinking, Fast and Slow; Allen Lane Nov 2011 ISBN: 9780141918921</li> </ol>		
<p><b>Suggested Continuous Evaluation Methods:</b></p> <p>In addition to the theoretical inputs the course will be delivered through case studies and dilemmas. Assignments, Presentation, Group Discussions. This will instill in student a sense of decision making and practical learning. The course participants can be evaluated on the following structure.</p> <ul style="list-style-type: none"> <li>➤ Assignments ( 10)</li> <li>➤ Presentation (10)</li> <li>➤ Attendance ( 5)</li> <li>➤ Final exam ( 75)</li> </ul>		



# Department of Higher Education

## U.P. Government, Lucknow

National Education Policy-2020

Common Minimum Syllabus for all U.P. State Universities

**Co-curricular course: Semester-5**

**Course Title: Analytic Ability and Digital Awareness**

Name	Designation	Affiliation
<b>Steering Committee</b>		
Mrs. Monika S. Garg, (I.A.S.), Chairperson Steering Committee	Additional Chief Secretary	Dept. of Higher Education U.P., Lucknow
Prof. Poonam Tandan	Professor, Dept. of Physics	Lucknow University, U.P.
Prof. Hare Krishna	Professor, Dept. of Statistics	CCS University Meerut, U.P.
Dr. Dinesh C. Sharma	Associate Professor	K.M. Govt. Girls P.G. College Badalpur, G.B. Nagar, U.P.

### Syllabus Developed by:

S. N.	Name	Designation	Department	College/ University
1	Dr. Raj Kumar	Head	Mathematics, Faculty of Engg. & Technology	Veer Bahadur Singh Purvanchal Univ. Jaunpur- 222003 UP
2	Prof. Ashutosh Gupta	Director/ Professor	School of Science	U.P.Rajarshi Tandon Open University, Prayagraj
3	Prof. Manu Pratap Singh	Professor	Dept. of Computer Science	Dr. B. R. Ambedkar University, Agra
4	Dr. Brajesh Kumar	Associate Professor	Dept. of CS & IT	MJP Rohilkhand University, Bareilly

### Co-Curricular Course name: Analytic Ability and Digital Awareness

Programme/Class: <b>Bachelor of Science</b>	Year: <b>Third</b>	Semester: <b>Fifth</b>
Subject: <u>Co-Curricular Course</u>		
Course Code: Z050501	Course Title: <b>Analytic Ability and Digital Awareness</b>	
<b>Course outcomes (Analytic Ability):</b>		
<b>CO 1:</b> Familiarize with analogy, number system, set theory and its applications, number system and puzzles.		
<b>CO 2:</b> To understand the basics of Syllogism, figure problems, critical and analytical reasoning.		
<b>CO 3:</b> Familiarize with word processing application and worksheet .		
<b>CO 4:</b> To understand the basics of web surfing and cyber security.		
Credits: <b>2</b>		<b>Co-Curricular</b>
Max. Marks: <b>25+75</b>		Min. Passing Marks:
Total No. of Lectures-Tutorials-Practical (in hours per week): <b>2-0-0</b>		
Unit	Topic	No. of Lectures
<b>I</b>	Alphabet test, Analogy, Arithmetic Reasoning, Blood relations, Coding and Decoding, Inequalities, Logical Venn diagram, Seating Arrangements, Puzzles and Missing numbers	6L+2T+0P
<b>II</b>	Syllogism, Pattern completion and figure series, Embedded Figure and counting of figures, Cube & Dice, Paper cutting and folding, Data sufficiency, Course of Action, Critical Reasoning, Analytical and decision making	5L+2T+0P
<b>III</b>	<b>Computer Basics:</b> Block diagram of Digital Computer, Classification of Computers, Memory System, Primary storage, Auxiliary memory, Cache memory, Computer Software (System/Application Software), <b>MS Word Basics:</b> The word screen, Getting to word documents, typing and Revising text, Finding and Replacing, Editing and Proofing tools, Formatting text characters, Formatting Paragraph, Document templates., Page set up, tables, Mail Merge, Macros, protecting documents, printing a document.	2T+3P+3P

	<p><b>MS-Excel</b> Introduction, Worksheet basics, Creating worksheet, Heading information, Data &amp; Text, Date &amp; Time, Alphanumeric values, Saving &amp; quitting worksheet, Opening and moving around in an existing worksheet, Toolbars and Menus, Excel shortcut and function keys, Working with single and multiple workbook, Working with formulae &amp; cell referencing, Auto sum, coping formulae, Absolute &amp; relative addressing, Worksheet with ranges, Formatting of worksheet, Previewing &amp; Printing worksheet, Graphs and charts, Database, Creating and using macros, Multiple worksheets- concepts</p> <p><b>Introduction of Open Source Applications:</b> LibreOffice, OpenOffice and Google Docs etc.</p>	
<p><b>IV</b></p>	<p><b>Web Surfing:</b> An Overview: working of Internet, Browsing the Internet, E-Mail, Components of E-Mail, Address Book, Troubleshooting in E-Mail, Browsers: Netscape Navigator, Microsoft Internet Explorer, Google Chrome, Mozilla Firefox, Tor, Search Engines lik Google, DuckDuckGo etc, Visiting web sites: Downloading.</p> <p><b>Cyber Security:</b> Introduction to Information System, Type of information system, CIA model of Information Characteristics, Introduction to Information Security, Need of Information Security, Cyber Security, phishing, spamming, fake news, general issues related to cyber security, Business need, Ethical and Professional issues of security.</p>	<p>3P+ 4T</p>
<p><b>Suggested Readings:</b></p> <ol style="list-style-type: none"> <li>1. Sharma, A., "How to prepare for Data Interpretation and Logical Reasoning for the CAT" McGraw Hill Education Pvt. Ltd., New Delhi, India, 2011, Ed. 5, ISBN 978 2007 070 481</li> <li>2. Aggarwal, R.S., "A Modern Approach to Verbal and Non-verbal Reasoning" S. ChandPublishers New Delhi, India, 2010, ISBN 10: 8121905516</li> <li>3. Madan , Sushila, Introduction to Essential tools, Jain Book Agency, New Delhi/India, 2009, 5<sup>th</sup> ed..</li> <li>4. Goel, Anita, Computer Fundamentals, Pearson Education, India, 2012</li> <li>5. Michael E. Whitman and Herbert J. Mattord, "Principles of Information Security," Sixth Edition, Cengage Learning, 2017</li> </ol> <p><b>Note: Course Books published in Hindi may be prescribed by the Universities.</b></p>		
<p>This course can be opted as an elective by the students of following subjects: <b>"Co-Curricular"</b></p>		
<p>Suggested Continuous Evaluation Methods: <b>Max. Marks: 25</b></p> <ol style="list-style-type: none"> <li>1. <b>Assessment Type: Class Tests (Max. Marks 14)</b> <b>Suggested Usage:</b> Include all types of questions-essay, short answer, objective; Design to test all levels of domain; Exam Blue Print be prepared to ensure inclusion of all types &amp; levels of questions and proper sampling of content; Marking Criteria made known to students; Teacher should provide written feedback selectively and discuss answers in the class; Only Role/Code numbers , not names be written to avoid bias in marking; Display of model answer copies.  After Completion of Unit I and Unit II, a first class test of max. marks of 7 shall be conducted. After Completion of Unit III and IV, a second class test of max. marks of 7 shall be conducted. If any student does not appear in any one or both class test, a makeup test shall be conducted of max. marks of 5 instead of total 14 marks.</li> <li>2. <b>Assessment Type: Quizzes/ Objective Tests / Recognition Type (such as MCQs; True or False; Matching; Classifying) /Recall Type -Filling Blanks; One word / PhraseAnswers (Max Marks: 5)</b> <b>Suggested Usage:</b>Teachers be trained in construction, advantages, disadvantages and precautions while preparing different types of objective items; Go beyond factual information to High Order Thinking (HOT) Skills. It shall be "End of the class quiz".</li> <li>3. <b>Assessment Type: Assignments (Max Marks: 4)</b> <b>Suggested Usage:</b> Some class assignments shall be given to students at the end of each Unit. Note making techniques be taught to students; Not just direct questions from notes, but application analysis and synthesis of that knowledge.</li> <li>4. <b>Assessment Type: Group Discussion (Max. marks: 2)</b></li> </ol>		
<p><b>Course prerequisites:None</b></p>		
<p>Suggested equivalent online courses:</p>		
<p>Further Suggestions: None</p>		