DEPARTMENT OF SCIENCES

B.Sc. Honors
Food Science and Nutrition

CURRICULUM AND SYLLABI (2023)
(NEP 2020 Based Curriculum)

The preamble of the Undergraduate curriculum framework- 2023 underlines the historical perspective, philosophical basis and contemporary realities of higher education as enshrined in the NEP 2020 and endeavors to synchronize cornerstones while charting the road ahead for the state of higher education.
The undergraduate Curriculum framework-2023 (UGCF) for B.Sc (Hons) Food Science and Nutrition is meant to bring about systemic change in the higher education system in the University and align itself with the National Education Policy 2020. The following objectives of NEP are kept in perspective while framing UGCF

- To promote each student’s holistic development in both academic and on academic spheres
- To provide flexibility to students so that learners have the ability to choose their learning trajectories and programs, and thereby choose their paths in life according to their talents and interests
- To eliminate harmful hierarchies among disciplines/fields of study and silos between different areas of learning
- Multidisciplinary and holistic education to ensure the unity and integrity of all knowledge
- To promote creativity and critical thinking and to encourage logical decision-making and innovation
- To promote ethics and human and constitutional values
- To promote multilingualism and the power of language in learning and teaching
- To impart life skills such as communication, cooperation, teamwork, and resilience
- To promote outstanding research as a corequisite for outstanding education and development

GENERAL INFORMATION

ABBREVIATIONS USED IN THE CURRICULUM

L – Lecture
Course Outcome (CO) – Statements that describe what students are expected to know, and are able to do at the end of each course. These relate to the skills, knowledge and behavior that students acquire in their progress through the course.

Program Outcomes (POs) – Program Outcomes are statements that describe what students are expected to know and be able to do upon graduating from the Program. These relate to the skills, knowledge, attitude and behaviour that students acquire through the program. NBA has defined the Program Outcomes for each discipline.

Programme Education Objective (PEO):

Food Science graduates will be able to:

- **PEO1**: Perform well in applied nutrition fields including public health and clinical nutrition
- **PEO2**: Serve in the core food industry, which leverages diverse food science domains including food chemistry, product development, safety & quality control.
- **PEO3**: Contribute to the skilled manpower requirement in this field so as to address societal & national needs

Program Outcome (PO):
1. **Scientific Knowledge**: Apply the knowledge of biological sciences as a basis for understanding the role of food and nutrients in health and diseases.

2. **Design/development of solutions**: Design solutions for health and nutritional problems and design products that meet the specified needs with appropriate consideration for the public health and safety, and the cultural, societal and environmental considerations.

3. **Environment and sustainability**: Understand the impact of food processing and preservation solutions in societal and environmental contexts, and demonstrate the knowledge and need for sustainable development.

4. **Ethics**: Apply ethical principles and commit to professional ethics and responsibilities and norms of the nutrition and health care practice.

5. **Individual and team**: Function effectively as an individual, and as a member or leader in diverse teams, and in multidisciplinary settings.

6. **Communication**: Communicate effectively on nutritional and health burdens with the scientific community and with society at large, such as, being able to comprehend and write effective reports and design documentation, make effective presentations, and give and receive clear instructions.

7. **Life-long learning**: Recognize the need for, and have the preparation and ability to engage in independent and life-long learning in the broadest context of health care management.

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**PSO FOR B.SC. HONS. FOOD SCIENCE AND NUTRITION**

After the successful completion of the program, the students are expected to

- **PSO1**: Comprehend the association between nutrients with physiology, diseases and dietary solutions.

- **PSO2**: Apply knowledge and technical skills in assessing, evaluating and providing health care solutions for individuals and communities.

- **PSO3**: Associate the theoretical knowledge and skills acquired to the food industry.

- **PSO4**: Develop expertise to serve the society and nation
# SEMESTER I

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* Professional Elective courses (A, B and C) are to be taken by each student, one each at the 3rd, 4th, 5th, 6th, 7th and the 8th semester, from the list of electives offered by the Department.

** Free Electives - This will include courses offered by Faculty of Humanities and Social Sciences/Faculty Arts, Commerce and Media / Faculty of Management/Amrita Darshanam - (International Centre for Spiritual Studies).

*** Students undertaking and registering for a Live-in-Lab project, can be exempted from registering for an Elective course in the higher semester.

# Generic Elective courses (A & B) are to be taken by each student, one each at the 3rd, 5th, 6th, 7th and the 8th semester, from the list of generic electives offered by the Department.
## PROFESSIONAL ELECTIVES

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<td>23FSN241 Home-scale preservation of foods</td>
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## LANGUAGES

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SEMESTER I
FOOD SCIENCE AND EXPERIMENTAL FOODS

Semester I
Course Code: 23FSN101
L-T-P-C 3-1-0-4

Hours of Instruction/ week – 4
No. of Credits – 4
Total 60 hrs.

Pre requisite: Basic Food Groups, cooking methods, effects of cooking

Course Objectives:
1. To impart knowledge on food groups and its nutritional composition
2. To relate the impact of cooking on the stability of nutrients.
3. To analyze the changes during processing and storage on the nutritional composition of foods.
4. To study the factors influencing the cooking quality of different foods.

Course Outcomes:
CO1: Acquire knowledge on the food groups and factors influencing the changes in different cooking methods.
CO2: Gain knowledge on nutritive value of Cereals, Pulses, Nuts and Oil Seeds, Fats, Oils and changes affecting the nutritive value during cooking methods.
CO3: Gain information on the classification, composition of post-harvest changes of fruits and vegetables
CO4: Gain insight on composition, nutritive value and storage properties of meat, poultry, dairy and fish
CO5: Relate the stages of sugar, types of beverages and role of spices in cookery.

Skills:
- Develop skills on various cooking methods and medium of cooking.
- Acquire skills in processing and storage of foods.

CO-PO Mappings

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Syllabus:

Unit I - Introduction of Food Groups and Cooking Methods 12 hrs.
Foods, Classification, Functions, Food groups, Balanced Food, Food pyramid, My plate
Cooking- Objectives of Cooking, Preliminary preparation, cooking methods, Dry heat, Moist heat, Merits and Demerits.

Unit II - Cereals, Pulses, Nuts and Oil Seeds, Fats and Oils 12 hrs.
Structure, Composition and Nutritive Value, Changes in Nutritive Value during Cooking, Processing and storage, cooking quality
Cereals- Cereal cookery concepts, fermented products, non-fermented products, breakfast cereals
Pulses - Factors affecting cooking quality of pulses, storage and infestation, toxic constituents, pulse cookery.  
Nuts and oil seeds - Nuts and oil seeds cookery, toxins in nuts and oil seeds  
Fats & Oils - Processing and refining of fats, Specific fats, Role of fats/oil in cookery, Emulsion, smoking point, rancidity.

Unit III - Vegetables and Fruits  
Vegetables - Classification, Composition and Nutritive Value, Selection, Vegetable cookery- pigments, Changes in Nutritive Value, Ripening of Fruits, Storage of vegetables and Fruits, fungi and algae as foods  
Fruits - Classification, Composition and Nutritive Value, post-harvest change, enzymatic and non-enzymatic browning, vegetables and fruits as functional foods, Ripening of Fruits, Pectic substances and gel formation, Storage of Fruits.

Unit IV - Meat, Poultry, Dairy and Fish  
Milk – Composition and Properties of milk, Nutritive Value, effect of heat, acid, enzymes, phenolic compounds and salts. Microorganisms, Processing, Milk Products, Milk Substitutes, Role of milk and milk products in cookery  
Egg - Structure, Composition and Nutritive Value, Quality of eggs, Egg cookery, Buying and Handling, preservation, Role of eggs in cookery.  
Poultry - Classification, Processing, Composition and Nutritive value, Preservation and storage  
Fish - Classification, Composition, Selection, Fish cookery, Spoilage, Preservation and storage.

Unit V - Sugars, Beverages, Spices and Condiments  
Sugars - Nutritive value, Properties, Stages of sugar cookery, Sugar Related Products, Sugar Cookery and Artificial Sweetener.  
Beverages - Classification, Nutritive value – Coffee, Tea, Cocoa, Chocolate, Fruit Beverages, Soups Vegetable Juices, Milk Based Beverages, Malted Beverages, Aerated and Non-Alcoholic Beverages, Miscellaneous Beverages, Alcoholic Beverages.  
Spices and Condiments: Types, Functional properties, Role of spices in cookery.

Text Books:  
4. Food science, Chemistry and Experimental foods by M. Swaminathan.  
5. Swaminathan, M. : Hand Book of Food Science and Experimental Food

Reference Books:  
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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
PRINCIPLES OF NUTRITION

Semester I
Course Code: 23FSN102
L-T-P – C 3-1-0-4

Hours of Instruction/ week – 4
No. of Credits – 4
Total 60 hrs.

Pre requisite: Nutrients, Sources, Functions and metabolism.

Course Objectives:
1. To build better understanding on nutrition science for health promotion and disease prevention
2. To impart knowledge on functions, metabolism, requirements and effects of deficiency of nutrients.
3. To outline the vital link between nutrition and health of individuals.

Course Outcomes:
CO1: Understand the principles of Energy requirements, measurements, and energy metabolism in various conditions
CO2: Gain knowledge on the classification, composition, sources, functions, digestion, and absorption of carbohydrates, dietary fibres, and proteins
CO3: Understand the classification, composition, sources, functions, digestion, and absorption of Lipids and Water
CO4: Gain knowledge on the classification, distribution in the body, functions, Source, requirements, deficiency, and toxicity-of vitamin, minerals, and antioxidants

Skills: Learn skills in developing a balanced diet based on individual requirements.

CO-PO Mappings

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Syllabus:

Unit I: Energy  
Energy, Units of Energy, Measurement of Calorific Value, Physiological fuel values, Determination of energy requirements-Direct and Indirect calorimetry, Relation between Respiratory quotient and Energy output, Specific dynamic action of foods (Diet Induced Thermo genesis) definition, determination of basal metabolism -Benedicts Roth Apparatus, Factors Affecting BMR, determination of energy metabolism during work- Energy requirements for various age groups.

Unit II: Carbohydrates and proteins  
Carbohydrates - Classification, composition, sources, functions, digestion, absorption, glycemic index and metabolism, Requirements (RDA) and deficiency. Dietary fiber – definition, sources, functions and types - Soluble and Insoluble Fiber.
Proteins - Classification, composition, sources, functions, digestion, absorption and metabolism, Requirements (RDA) and deficiency. Amino acid classification and functions. Evaluation of protein quality- PER, NPU, NDPER, BV and Chemical score.

Unit III: Lipids and Water

**Lipids and fats** - Classification, composition, Sources, Essential fatty acids, functions, digestion, absorption, metabolism and Requirements

**Water and electrolyte Balance** - Distribution of water and electrolytes, Functions, Requirements, Sources, water balance.

Unit IV: Minerals

**Macro minerals** - Classification, Distribution in the body, Functions, Source’s, absorption, storage, metabolism, storage, requirements, deficiency and toxicity- Calcium, Phosphorus, Magnesium.

**Micro minerals** - Classification, Distribution in the body, Functions, Sources absorption, metabolism, storage, requirements, deficiency and toxicity- Sodium, Potassium, Copper, Iron, Zinc, Iodine and Fluorine, selenium

Unit V: Vitamins

**Fat soluble vitamins** - Chemistry, Functions, Sources, absorption, transport, metabolism, Requirements, Deficiency and toxicity.

**Water Soluble Vitamins** - Chemistry, Functions, Sources, absorption, transport and metabolism, Requirements, Deficiency and toxicity.

**Antioxidants** - Free radicals damage, Oxidant defense system, Antioxidants in diseases, Sources.

Text Books:


Reference Books:


Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar*
FOOD PROCESSING AND PRESERVATION TECHNOLOGY –I

Pre-requisite: Basics of food processing & preservation methods

Course Objectives:
To discuss and apply the principles and methods involved in the processing of different food groups and the preservation methods.

Course Outcomes:
CO1: Comprehend the nature and properties of food and its processing.
CO2: Understand the principles of the various processing methods for cereals, millets, legumes and oil seeds.
CO3: Gain knowledge on processing methods used in animal based foods.
CO4: Adapting conventional practices and modern technology for preservation of fruits and vegetables.

Compare various millet processing techniques. iii. Discuss pulse processing and preservation techniques. iv. Identify oil seed processing and preservation. v. Explain spice processing and preservation techniques.

Skills: Develop skills in various food processing techniques

CO-PO Mappings

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Syllabus:

Unit I - Introduction to food processing 12 hrs.
Nature and properties of food, fluid and visco elastic behavior of foods, Principles of different food processing such as membrane filtration (ultra, osmosis and reverse osmosis, dialysis), pulsed electric, irradiation, high pressure processing and hurdle technology. Effect of food processing on the nutritional properties of food.

Unit II - Processing of cereals and millets 12 hrs
Milling products and by products of wheat, rice, corn, barley, oats, sorghum and other millets, whole wheat atta, blended flour, fortified flour, flaked, puffed and popped cereals, malted cereals, processed foods - bakery products, pasta products and value-added products.

Unit III - Processing of legumes and oil seeds 12hrs.
Milling, processing for anti-nutritional factors, processing for production of edible oil, meal, flour, protein concentrates and isolates, extrusion cooking technology, snack foods, development of low-cost protein foods.
Unit IV - Processing of Dairy and Animal Foods 12hrs.

Dairy – Manufacture of different types of milk, drying of whole and skim milk, cream separation, churning of butter, processing of different types of cheese, Probiotic milk products - yoghurt, dahi and ice-cream, indigenous milk products - khoa, burfi, kalakhand, gulab jamun, rasagola, srikhand, channa, paneer, ghee, lassi.

Animal Foods: Canning, cooking, drying, pickling, curing and smoking, salami, kebabs, sausages, sliced, minced, corned, whole egg powder, egg yolk powder, fish protein concentrate and fish oil

Unit V Processing of Fruits and Vegetables 12 hrs.

Introduction to ripening of fruits and vegetables, processing and preservation of various fruits and vegetables, fruit juices concentrates and powders, purees, pastes, sugar and salt preserves, dehydrated fruits and vegetables.

Related practical experiences
1. Visit to TNAU
2. Visit to flour mill
3. Visit to milk processing unit
4. Visit to FSSAI, CODEX, NABL Accreditation labs

Text Books:

Reference Books:

Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
Pre requisite: Food groups, nutrients, cooking skills, cooking methods.

Course Objectives:

1. Understand different food groups, their nutritive value and role in day's diet.
2. Demonstrate recipes applying various cooking methods.
3. Calculate nutritive value for selected foods

Course Outcome:

1. Gain hands on skills through different recipes and various cooking methods
2. Understand the concept of food selection based on nutrient sources
3. Gain insight on the changes that occurs during experimental cookery
4. Developing skills to calculate the nutritive value for selected foods

Skills: Develop skills in various cooking methods in involved

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Practical’s: 30hrs.

1. Cereals and cereal cookery
   a. Preparation of cereal products using Rice, Wheat, Ragi, Thinai, Samai, Varagu etc.
   b. Experimental cookery on cereals.

2. Pulses
   a. Preparation of pulse based recipes.
   b. Experimental cookery.

3. Vegetables and Fruits
   a. Effect of cooking on vegetables pigments.
   b. Preparation of vegetable curries, and fruits salad.

4. Milk Cookery
   Preparation of ice creams and milk products
5. Egg
Preparation of
a. Scrambled egg.
b. Poached egg
c. Omelette and Experimental cookery.

6. Fats and Oils
Preparation of deep fat food products.

7. Beverage
Preparation of Coffees, Tea, Cocoa drinks and various milk based fruit juice beverages.

References:
2. Gopalan.C& Ramasastri: Nutritive value of Indian Foods
4. Peckham, C.G. 1969 : Foundation of Food Preparation
5. Love, P. 1967 : Experimental Cookery

Evaluation Pattern:

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*CA – Regular Lab work assessment
Communicative English

Course Objectives:
To help students obtain an ability to communicate fluently in English; to enable and enhance the students’
skills in reading, writing, listening and speaking; to impart an aesthetic sense and enhance activity.

Course Outcomes:
CO1: Demonstrate competency in all four linguistic skills viz. listening, speaking, reading and writing
CO2: Apply different styles of communication in professional context
CO3: Participate in different planned and extempore communicative activities
CO4: Interpret and discuss facts and information in a given context
CO5: Develop an appreciation for human values

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Syllabus:

Unit I
Kinds of sentences, usage of preposition, use of adjectives, adverbs for description, determiners, subject-verb/
pronoun, collocation, phrasal verbs, Modifiers, Linkers/ Discourse markers, Question Tags

Unit II
Paragraph writing
Essay Writing- Descriptive and Narrative

Unit II
Letter Writing- Personal (Congratulation, invitation, felicitation, gratitude, condolence etc.)
Official (Principal/HOD/College authorities, Bank Manager, Editors of Newspapers and Magazines)

Unit IV
Reading Comprehension- Skimming and scanning- inference and deduction-Reading different kinds of
materials-Speaking: Narration of incidents/ stories/anecdotes- Current news awareness
Unit V
John Holt’s Three Kinds of Discipline (Detailed)
Max Beerbohm’s The Golden Drugget (Detailed)
Ogden Nash- This is Going to Hurt Just a Little Bit (Detailed)
Robert Kroetsch- I am getting Old Now( Detailed) Langston Hughes( I Too)
Wole Soyinka Telephone Conversation (Non- detailed)
Kamala Das The Dance of the Eunuchs (Non-detailed)
Robert Kroetsch- I am getting Old Now(Detailed)
Langston Hughes( I Too)
Wole Soyinka Telephone Conversation (Non-detailed)
Kamala Das The Dance of the Eunuchs (Non-detailed)
Robert Kroetsch- I am getting Old Now(Detailed)
Langston Hughes( I Too)
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References

3. Murphy, Raymond,. Murphy’s English Grammar, OUP, 2004
4. Online Sources

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.
TAMIL I

Semester I
Course Code: 21TAM101
L-T-P-C – 2-0-0-2

Hours of Instruction/ week – 2
No. of Credits – 2
Total - 30 hrs.

Objectives:
➢ To introduce the students to different literature - Sangam literature, Epics, Bhakthi literature and modern literature.
➢ To improve their ability to communicate with creative concepts, and also to introduce them to the usefulness of basic grammatical components in Tamil.

Unit 1
Sangam literature: Kuṟuntokai; (2, 6,8,40 pāṭalkal) – puṟanāṉṟu (74,112,184,192 pāṭalkal) – tirukkuṟal (iṟaimāṭci, amaiccu)

Unit 2
Epic literature: cilappatikāram maturaik kāṅṭam (valakkuṟaikkātai 50-55)
Spiritual Literature: tiruppāvai(3,4) – tēvāram (mācīlvēraiyum)
Medieval Literature: bāratiyar kaṅṇaṅ pāṭṭu (eṅ vilaiyāṭṭu pīḷai) – bāratiṭaṅ kuṭumpaviḷakkku (tāyīn tāḷāṭṭu).

Unit 3
Novel: Jeyakāntaṅ “kuru pīṭṭam”
Essay: Aṉṇā “ē tāḷṇṭa tamilakamē”

Unit 4

Unit 5
Tamil Grammar: Col vakaikaḷ - vēṟrumai urupukaḷ - valliṇṭam mikumiṭṭam mikāyitam - canti(puṇarccci) - ilakkaṉakkutippu

Practical skills: Listening, speaking, writing and reading

Textbooks:
➢ Aṉṇā “ē tāṭṭa tamilakamē” nakkīṟaṅ ṣapliṅkē şaṅs.
➢ Caktīṭaṅ cupramaṇiyāṅ “nalla kuṟuntokai mūḷamum uraiyum” mullai putippakam, 2008.
➢ jeyakāntaṅ “kuru pīṭṭam” mēṇṭci puttaka nilaiyam, 1971.
➢ puliyūṅ kēcicaṅ “kuṟuntokai mūḷamum uraiyum” cārāta putippakam, 2010.
➢ Puliyūṅ kēcicaṅ “puṟanāṉṟu” sṛcēṇpakā putippakam, 2010

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MALAYALAM I

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Course Objectives:
To teach Malayalam for effective communication in different spheres of life:- Social context, Education, Research & Media.

Course Outcomes:
CO1 Inculcate philosophical thoughts and practice.
CO2 Understand the postmodern trends of literature.
CO3 Understand the literary cultural era of a particular region
CO4 Familiarize with the Malayalam literary maestro.
CO5 Expansion of ideas in writing

CO - PO MAPPING

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Syllabus:

**Unit I**

**Unit II**

**Unit III**

Short stories from period 1/2/3: *Poovanpazham*-Vaikaom Muhammed Basheer-Literary & Cultural figures of Kerala and about their literary contributions.

**Unit IV**

Literary Criticism: *Bharatha Paryadanam-VyasanteChiri*—Ithihasa studies-Kuttikrishna Mararu-Outline of literary Criticism in Malayalam Literature-Introduction to Kuttikrishna Mararu & his outlook towards literature &life.

**Unit V**

Error-freeMalayalam: 1. Language; 2. Clarity of expression; 3. Punctuation-Thettillatha
Malayalam – Writing-a. Expansion of ideas; b. Precis Writing; c. Essay Writing; d. Letter writing; e. Radio Speech; f. Script/Feature/Script Writing; g. News Editing; h. Advertising; i. Editing; j. Editorial Writing; k. Critical appreciation of literary works (Any one or two as an assignment).

**References:**

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HINDI I

Semester I
Course Code: 21HIN101
L-T-P – 2-0-0-2

Course Objectives:

To teach Hindi for effective communication in different spheres of life:

Course Outcomes:

CO1: Gain knowledge about the origin and development of Hindi language.
CO2: Understand the grammatical structures of classes of words.
CO3: Apply the mechanics of writing.
CO4: Appreciate different genres of literary texts.
CO5: Demonstrate linguistic competence in written communication.
CO6: Creating different forms of literary writing

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Syllabus:

Unit-I

a) Introduction to Hindi Language, other Indian Language’s, Official Language, link Language Technical terminology.
b) Hindi alphabet: Paribhasha Aur Bhed.
c) Shabda: Paribhasha Aur Bhed, Roopantharki Drishti se
d) Sangya -Paribhasha Aur Bhed, Sangyake Roopanthat lar, vachan, karak
e) Sarvanaaam- Paribhasha Aur Bhed.

Unit- II

a) Common errors and error corrections in Parts of Speech – with emphasis on use of pronouns, Adjective and verb in different tenses – gender & number
b) Conversations, Interviews, Short speeches.

Unit - III

a) Letter writing – Paribhasha Aur Bhed, Avedanpatra (request letter) & Practice
b) Translation-Paribhasha Aur Bhed, English to Hindi
**Unit- IV**

Poem:
- a) Maithilisharangupth: sakhivemujsekahakarjaate
- b) Suryakanthtripatinirala: Priyatam
- c) Mahadevivarma- adhikaar
- d) Shiyaramsharangupth: ekphoolkichah

**Unit- V**

Kahani
- a) Kafan- Premchand,
- b) Rajasthan kiEkGaavkeetheeryatra - Beeshmasahni
- c) Raychandrabhai: ByMahathma Gandhi - Sathyakeprayog
- d) Rajani -Mannu Bhandari

**Text Books:**
2. Vyavaharik Hindi Vyakaran, Anuvadthaha Rachana: Dr. H. Parameswaran, Radhakrishna publishing House, New Delhi

**Poetry:** Kavya Ganga-Ed: Chandrashekar –Suman Prakashan; Mysore, kavyaSargam-Ed; Dr. Santhosh Kumar Chathurvedi – Lokbharathi Prakashan

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*CA – Can be Assignment, Projects, and Reports
FOUNDATIONS OF INDIAN HERITAGE

Course Objectives:

The course is designed as an introductory guide to the variegated dimensions of Indian cultural and intellectual heritage, to enable students to obtain a synoptic view of the grandiose achievements of India in diverse fields. It will equip students with concrete knowledge of their country and the mind of its people and instil in them some of the great values of Indian culture.

Course Outcomes:

CO1: Be introduced to the cultural ethos of Amrita Vishwa Vidyapeetham, and Amma’s life and vision of holistic education.
CO2: Understand the foundational concepts of Indian civilization like puruṣārtha-s, law of karma and varnāśrama.
CO3: Gain a positive appreciation of Indian culture, traditions, customs and practices.
CO4: Imbibe spirit of living in harmony with nature, and principles and practices of Yoga.
CO5: Get guidelines for healthy and happy living from the great spiritual masters

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Syllabus:

Unit I

Introduction to Indian culture; Understanding the cultural ethos of Amrita Vishwa Vidyapeetham; Amma’s life and vision of holistic education.

Unit II

Goals of Life – Purusharthas; Introduction to Varnasrama Dharma; Law of Karma; Practices for Happiness.

Unit III

Symbols of Indian Culture; Festivals of India; Living in Harmony with Nature; Relevance of Epics in Modern Era; Lessons from Ramayana; Life and Work of Great Seers of India.
**Text Book:** Cultural Education Resource Material Semester-1

**Reference Books:**
1. The Eternal Truth (A compilation of Amma’s teachings on Indian Culture)
3. Awaken Children (Dialogues with Mata Amritanandamayi) Volumes 1 to 9

**Evaluation Pattern**

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.*
MASTERY OVER MIND (MAOM)

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Course Objectives:
1. Understand the basics of meditation process, need and health benefits of medication
2. Practice MA OM meditation in daily life and improve communication and relationships

Course Outcomes:
CO1: To be able to describe what meditation is and to understand its health benefits
CO2: To understand the causes of stress and how meditation improves well-being
CO3: To understand the science of meditation
CO4: To learn and practice MA OM meditation in daily life
CO5: To understand the application of meditation to improve communication and relationships
CO6: To be able to understand the power of meditation in compassion-driven action

SYLLABUS

Unit 1: Describe Meditation and Understand its Benefits
B: Understand how meditation works. Understand how meditation helps in improving physical and mental health. Understand how meditation helps in the development of personality. The Potential Health Benefits of Meditation

Unit 2: Causes of Stress and How Meditation Improves Well-being
A: Learn how to prepare for meditation. Understand the aids that can help in effectively practicing meditation. Understand the role of sleep, physical activity, and a balanced diet in supporting meditation.

Unit 3: The Science of Meditation
A: A preliminary understanding of the Science of meditation. What can modern science tell us about this tradition-based method?
B: How meditation helps humanity according to what we know from scientific research. Does Meditation Aid Brain and Mental Health. ‘Science and Spirituality.'
Unit 4: Practicing MA OM Meditation in Daily Life
Guided Meditation Sessions following scripts provided (Level One to Level Five). MA OM and White Flower Meditation: A Brief Note. 'Live in the Present Moment.'

Unit 5: Improving Communication and Relationships
How meditation and mindfulness influence interpersonal communication. The role of meditation in improving relationship quality in the family, at the university and in the workplace. Unexpected Ways Meditation Improves Relationships a Lot. Psychology Today.

Unit 6 Meditation and Compassion-driven Action
Understand how meditation can help to motivate compassion-driven action. The relation of mindfulness and prosocial behaviour. Sympathy and Compassion.

Reference Books:

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*CA – Regular Assessment- Group Activities, class participation and Meditation Sessions*
SEMESTER II
NUTRITION THROUGH LIFESPAN

Pre-requisite: Growth, Development, Demand for nutrition, Different stages of life

Course Objective:
This course will give you an on insight how nutrient needs vary during the lifespan - nutrition during preconception, pregnancy and lactation, infant nutrition, childhood and adolescent nutrition, as well as adult and older adult nutrition.

Course Outcomes:

CO 1: Apply the knowledge of basics of balanced diet, significance of RDA and its purpose.
CO 2: Understand the metabolic changes and nutritional requirements during pregnancy and lactation.
CO 3: Comprehend the knowledge on nutrition for infant, childhood, adolescents, adulthood and old age.
CO 4: Understand the physiological changes and diet modifications during old age.

Skills: To provide wide knowledge and develop skill in planning the nutritional needs of all age groups by understanding their growth and development, requirements and nutritional problems.

CO-PO Mappings

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Syllabus:

Unit I: Introduction to RDA and Balanced Diet 12 hrs.
Basics for Recommending the Dietary Allowances, Acceptable Dietary Intake, Purposes of RDA, Factors Affecting Recommended Dietary Allowances, Requirements and Recommended Dietary Allowances, Growth chart, Uses of ICMR RDA in planning balanced diet, Consumption Units. Reference Man and Woman, Food and Nutritional Requirements for Adults doing Different Activities.

Unit II: Maternal Nutrition 12 hrs.


**Unit III: Nutrition for Infant**


**Unit IV: Nutrition in Childhood and Adolescence**


**Adolescence:** Growth during adolescence, nutritional requirements, hormonal influences, age of menarche-factors affecting, physiological problems and nutritional issues in adolescence. Government policies, schemes and entitlements

**Unit V: Nutrition for Adulthood and Old age**


**Reference Textbooks:**


**Suggested Readings:**


**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar*
HUMAN PHYSIOLOGY

Pre-requisite: Basic biology, Human body, Organs and systems, functions.

Course Objectives:
To provide keen knowledge on physiological concepts of homeostasis and control mechanisms and to study the anatomy and physiology of body systems. The course also provides practical sessions and tutorials.

Course Outcomes:
CO2: Comprehend the structure and functions of Cardiovascular, Respiratory Systems, Endocrine Glands, Nervous system and sense organs.
CO3: Understand the Anatomy and Physiology of the Digestive and Excretory System.
CO4: Understand the Anatomy and Physiology of Male and Female Reproductive Systems.
CO6: Practical awareness of identification, measurement of blood, tissues and common physical fitness tests.

Skills: Develop skills to assess physical and clinical symptoms based on the physiological changes

CO-PO Mappings

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Syllabus:

Unit I - Blood, Heart and Circulation  
10 hrs.
Blood - Composition, functions, RBC – Structure, functions, erythropoiesis, Haemoglobin, WBC – Structure, functions, Classification.
Heart and Circulation - Heart – Anatomy and physiology, Blood vessels –Structure of artery, vein, capillaries, Cardiac output, Arterial Blood pressure, clinical measurement of blood pressure, properties of cardiac muscle, origin and conduction of heart beat, cardiac cycle, Regulation of the Heart’s action.

Unit II - Respiratory and Excretory System  
10 hrs.
Respiratory System - Structure of respiratory organs, Mechanics of respiration, subdivisions of lung air, Chemistry of respiration. Artificial respiration, control of respiration, oxygen saturation, pulsoximeter.
Unit III - Digestive System and Musculoskeletal System  10 hrs.


Musculoskeletal System: General Anatomy of Muscular system- Functions of muscles, Ligaments, Tissues, Skeletal system, Bones and Joints

Unit – IV - Endocrine and Reproductive system  10 hrs.

Endocrinology - Structure and functions of thyroid, pituitary, parathyroid, adrenals, islets of Langerhans of pancreas, sex glands.

Reproductive System - Anatomy of Male and Female Reproductive Organs, Physiology of Menstruation, Pregnancy and Associated Changes, Placenta, mammary Gland and Lactation- Structure, lactation and process of reproduction, fertilization, development of embryo, pregnancy and parturition.

Unit V - Nervous System and Sense Organs  10 hrs.

Nervous System:

Spinal cord - Structure and functions. Ascending and descending tracts, reflex action.

Brain - Structure and functions of cerebrum, optic thalamus, midbrain, pons medulla oblongata, Hypothalamus, cerebellum.

Autonomic nervous system, sympathetic and parasympathetic.

Special Senses.

Eye - Physiology of vision, Structure of eye, dark and light adaptation, accommodation of the eye, visual fields, common problems due to abnormalities – presbyopia, cataract, Astigmatism, Blindness.

Ear – Structure and Physiology.

Nose- Structure and Physiology

Tongue Structure and Physiology.

Unit VI: Practical Experience:
1. Bleeding time
2. Clotting time
3. Identification of tissues
4. Blood groups – identification
5. Measurement of Hemoglobin
6. Measuring Pulse Rate
7. Measuring Blood Pressure
8. Measurement of height, weight and calculation of BMI
9. Physical fitness test

Text Books:
5. Stuart Ira Fox, Human Physiology (2015)
Reference Books:


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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD PROCESSING AND PRESERVATION TECHNOLOGY –II

Semester II  
Course Code: 23FSN113  
L-T-P – 3-1-0-4  

Pre-Requisite: Techniques involved in food processing and preservation

Course Objectives:
1. To give better understanding on the importance of food preservation.
2. To relate between different types of food spoilage
3. To apply the use of different temperatures in food processing
4. To compare the preservation of various foods using sugar, chemicals and salt
5. To offer knowledge on the principles and concept of food fermentation

Course Outcomes:

CO1: Understand the basic principles and importance of food preservation
CO2: Gain knowledge on high and low temperature processing methods
CO3: Comprehend sugar preservation methods and the preparation of sugar-based recipes
CO4: Gain better understanding on the use of chemical preservatives based on the standards and fermentation methods used in preparation of fruit juices and pickles
CO5: Acquire knowledge on the fermented food products

Skills:
1. Develop skills in food preservation
2. Develop new products with minimal processing for better retention of essential nutrients

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Syllabus:

Unit I - Introduction to Food Preservation  
10hrs.  
Importance of Food Preservation, Types of Spoilage, Basic Principles of Food Preservation.

Unit II - Preservation by the Use of Low and High Temperature  
14hrs.

a) Preservation by the Use of Low temperature - Refrigeration, freezing
Refrigeration, Advantages, Factors to be Considered, Common Spoilages, Freezing, Difference between Refrigeration and Freezing, Methods of Freezing, freeze drying and freeze concentration, Steps Involved in Freezing Common Foods, Spoilages, storage.
b) Preservation by the Use of High Temperature - Drying, Dehydration
Sun Drying, Solar Drying and Dehydration, Mechanical Dehydration, Merits and demerits, Factors Affecting Drying, Preparation of Foods for Drying, Freeze Drying and Dehydro Freezing – Mechanism and Advantages, Spray drying, Canning, Steps Involved, Types of Cans, Spoilage Encountered, Pasteurization and Sterilization

Unit III - Preservation by Using Sugar 12hrs.
Sugar Concentrates – Principles of Gel Formation, Preparation of Jam, Jelly, Marmalades, sauce and squash, Preserves, Candied, Glazed and Crystallized Fruits

Unit IV - Preservation by Using Chemicals and Salts Fermentation 12hrs.

Unit V - Preservation by Fermentation 12hrs.
Common Fermented Foods, Wine and Cheese Making

Text Books:

Reference Books:

Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD CHEMISTRY

Pre requisite: Basics of chemistry - water, carbohydrates, proteins and fats.

Course objective:
To provide a deeper knowledge on the chemical constituents, their stability, changes - in different medium and their applications

Course outcomes:
CO1: Gain clear understanding of the interaction of water with food and the role of water in food
CO2: Understand the chemistry of sugars and starch and their contribution in the foods
CO3: Gain knowledge on the types of proteins, properties and the action of chemicals on it.
CO4: Recognize the characteristics of fats and oils
CO5: Familiarize with the pigments in food, spices and condiments, enzymes additives and toxic substances.

Skills: Develop skills in the chemistry behind foods during processing

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Syllabus:

Unit I: Sols, Gels and Solutions  

Unit II: Carbohydrates- Chemical properties for Food Applications  
Carbohydrates - Starch - granule structure and properties, native and modified Heteropolysaccharides - pectic substances and seed gums, Sweeteners, Effect of Sugar, Acid, Alkali, Fat and Surface Active Agents on Starch, Types of Candies, Chemistry of Milk Sugar, Non Enzymatic Browning, Swelling of Starch Granules, Gel Formation, Retrogradation, Syneresis.

Unit III: Proteins- Chemical properties for Food Applications  
Proteins - Amino acid chemistry, Protein structure, Components of Wheat Proteins, Structure, Gluten Formation Effect of Soaking, Fermentation and Germination on Pulse Proteins. Properties of Egg Protein,
Chemistry of Milk Protein, Changes in Milk, Egg and Meat Proteins during Heating, Action of Heat, Acid, Alkalis on vegetables Proteins and animal Proteins

**Unit IV: Fats and Oils - Chemical properties for Food Applications** 12 hrs

**Unit V: Chemistry of Pectic Substances, Plant Pigments, Spices and condiments** 12 hrs

**Textbooks**

**References**

**Evaluation pattern**

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NUTRITION THROUGH LIFESPAN PRACTICAL

Semester II
Course Code: 23FSN182
L-T-P – 0-0-2-1

Hours of Instruction/ week – 2
No. of Credits – 1
Total 30hrs.

Pre requisite: Stages of Human development, Food & Nutritional Requirements

Course Objectives:
1. To relate foods and nutrients to the biological requirements of humans at different stages of the life cycle.
2. To describe nutrition-related concerns specific to each stage of the human life cycle to consequences for health and disease.
3. Relate the role of a dietitian in diet planning and home maker in family meal planning

Course Outcomes:
1. Understand the basic concept of meal management, meal planning for all age groups.
2. Develop skills in planning balanced diet variety food preparation using five food groups a day.
3. Apply the knowledge in preparing nutrients dense value-added foods.

Skills: Develop skills in planning and evaluating menu plans throughout different stages of life span

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*CA – Regular Lab work assessment
Pre requisite: Food preservation, cooking methods.

Course objectives:
1. To give an understanding on the principles behind the methods of preservation
2. To relate with the stages of cookery and chemical characteristics in food preservation
3. To able to formulate preserved products with nutritional value addition
4. To acquire skills to preserve different food groups based on perishability

Course Outcomes:
CO1: Know the principles of sugar preservation methods and preparation of sugar preserves.
CO2: Develop value added novel food products with greater shelf life

CO - PO Mapping

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Skills: Develop food processing and preservation skills for product development

Practicals: 30hrs.
1. Stages in sugar cookery, Evaluation of pectin quality, sugar concentration (Brix), pH and acid content
2. Preparation of jam, jelly, marmalades, preserves, candied, Tutti fruity, Glazed, Crystallized fruits, Toffees
3. Preparation of squashes, fruit juice and RTS
4. Preparation of Tomato sauce, Tomato ketchup.
5. Preparation of pickles (oil, vinegar and salt based)
6. Preparation of salted, dehydrated, vegetables preserves (vathals)
7. Preparation of dehydrated cereal and pulse products (vadams), -Rice, Sago, Wheat, Maida, Rice flakes, black gram dhal, green gram dhal, horse gram dhal.
8. Visit to Fruits and Vegetable processing industry.

Text Books:

Reference Books:
1. Maria Parloa (2012), Canned fruit, preserves and jellies: Household methods of preparation,
Published by US department of Agriculture, Washington

**Evaluation Pattern:**

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*CA – Regular Lab work assessment*
FOOD CHEMISTRY PRACTICAL

Semester II
Course Code: 23FSN183
L-T-P – 0-0-2-1

Hours of Instruction/ week – 2
No. of Credits – 1
Total 30 hrs.

Pre requisite: Chemistry behind foods, Effects of cooking, changes during cooking

Course Objectives:
1. To enable the students to Study the physio-chemical changes that occur in foods during cooking.
2. To Gain knowledge about the chemistry underlying the properties and reactions of various food components.
3. To Understand the various properties exhibited by starch and sugars, proteins, fats and oils, pectic substances and spices and condiments

Course Outcomes:
CO1: Demonstrate proficiency in understanding physiochemical changes occurring in foods during cooking.
CO2: Describe the basic principles and properties of starch proteins, fats and oils, pectic substances and spices and condiments.
CO3: Gain sufficient knowledge about chemistry of starch proteins, fats and oils, pectic substances.

Skills: Develop products with minimum nutritional loss based on the knowledge of food chemistry.

CO-PO Mapping:

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Practicals:
1. Dispersion, Colloids, Emulsions, Sols, Gels, etc
2. Microscopic Examination of uncooked and gelatinized Starch
3. Enzymatic Browning & Non Enzymatic Browning
4. Retrogradation and Syneresis
5. Scum formation
6. Boiling over and scorching of milk
7. Effect of Soaking, germination and fermentation of Pulses
8. Over boiling of Eggs and formation of Hydrogen sulphide
9. Mayonnaise -Emulsion
10. Smoking Temperature of Different Fats, Factors Affecting Absorption of Fats
11. Water properties
12. PH, Acidity, of various foods
13. Colours and Food Additives

30hrs.

Text Books:

Reference Books:

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*CA – Regular Lab work assessment
PROFESSIONAL COMMUNICATION

Semester II
Course Code: 2IENG111
L-T-P – 1-0-2-2

Course Objectives:
1. To convey and document information in a formal environment
2. To acquire the skill of self-projection in professional circles
3. To inculcate critical and analytical thinking

Course Outcomes:
CO1: Demonstrate competency in oral and written communication
CO2: Apply different styles of communication in professional context
CO3: Participate in different planned & extempore communicative activities
CO4: Interpret and discuss facts and information in a given context
CO5: Develop critical and analytical thinking

Skills: Develop skills in critical and analytical thinking

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Syllabus:

Unit I
Vocabulary Building: Prefixes and Suffixes; One-word substitutes, Modal auxiliaries, Error Analysis: Position of Adverbs, Redundancy, misplaced modifiers, Dangling modifiers – Reported Speech

Unit II
Instruction, Suggestion & Recommendation - Sounds of English: Stress, Intonation
- Essay writing: Analytical and Argumentative

Unit III
Circulars, Memos – Business Letters - e-mails

Unit IV
Reports: Trip report, incident report, event report - Situational Dialogue - Group Discussion
Unit V
Listening and Reading Practice - Book Review
Unit VI
Practical sessions

Text books:

Reference books:
1. Felixa Eskey. Tech Talk, University of Michigan. 2005

Evaluation Pattern

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.
TAMIL II

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Objectives: To learn the history of Tamil literature. To analyze different styles, language training, to strengthen the creativity in communication, Tamil basic grammar, Computer and its use in Tamil language.

Unit 1

Unit 2
tiṇai ilakkiyamum nītiyilakkiyamum - patiṇeṇkīlkaṇṇakkku nūlka toṭarpāṇa piṟa ceṭṭikal - tirukkuṟal (añṭu, paṟṟu, kalvi, oḷukka, naṭṭu, vāymai, kēvi, ceyanaṟi, periyāraittunakkottal, vilippuṇarvu pēṇa) atikārattil ulḷa ceṭṭikal.

Arānulkal: Ulakanṭī (1-5) – āḷāti (1,3,6). - Cittalkal: Kaṭuveli cittar pāṭṭalkal (aṇṭantak kalippu –1, 4, 6, 7, 8), mārrum akappēy cittar pāṭṭalkal (1-5).

Unit 3
tamiḻ ilakkaṇaṉam: Vākkiyaa vakaṅkal – taṇvina piṟawina – nērkkūṟu ayarkūṟu

Unit 4

Unit 5

Textbooks:
- http://Www.tunathamizh.tom/2013/07/blog0post_24.html
- Mu.Varatarācaṇ “tamiḻ ilakkiya varalāṟu” cāhitya akaṭemī papliṅkeṣaṅs, 2012

CO-PO MAPPING

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.

MALAYALAM II

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Course Objectives: To understand the ancient cultural language specialities

Course Outcomes:
CO1 To understand the different cultural influence of linguistic translation.
CO2 To identify the romantic elements of modern literature.
CO3 To analyze the autobiographical aspects.
CO4 To create awareness of the historical, political and socio-cultural aspects of literature.
CO5 Expansion of ideas in writing

CO-PO MAPPING

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Syllabus:

Unit I


Unit II


Unit III

Memoirs from Modern Poets: *Theeppathi*, BalachandranChullikkadu-literary contributions of his time.
Unit IV


Unit V

Error-free Malayalam- 1. Language; 2. Clarity of expression; 3. Punctuation-Thettillatha Malayalam-Writing-
   a. Expansion of ideas; b. Précis Writing; c. Essay Writing; d. Letter writing; e. RadioSpeech;
   f. Script/Feature/ScriptWriting; g. NewsEditing; h. Advertising; i. Editing; j. Editorial Writing; k. Critical
   appreciation of literary works (Any one or two as an assignment)

References:
4. Autobiography of Gandhiji, Ente Sathyawesha Pareekshana Katha

Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.*
HINDI II

Semester II
Course Code: 21HIN111
L-T-P – 2-0-0-2

Hours of Instruction/ week – 2
No. of Credits – 2
Total 30 hrs.

Course Objectives:
Appreciation and assimilation of Hindi Literature both drisya & shravya using the best specimens provided.

Course Outcomes:
CO1: Understand the fundamentals of grammar
CO2: Apply the mechanics of writing.
CO3: Develop their critical and creative skills.
CO4: Appreciate different genres of literary texts.
CO5: Demonstrate linguistic competence in written communication.
CO6: Creating different forms of literary writing for Media.

CO-PO Mapping

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Syllabus:

Unit I
a) Visheshan- ParibhashaAurBhed.special usage of adverbs, changing voice and conjunctions in sentences.
b) kriya- ParibhashaAurBhed, rupantharkidrushti se-kaal
c)padhparichay.
d) VigyapanLekhan (Advertisement writing), Saar Lekhan (Precise writing).

Unit II
Communicative Hindi –Moukhik Abhivyakthi –understanding proper pronunciation, Haptics …etc in Interviews, short speeches.

Unit III
Film review, Audio –Visual-Media in Hindi – Movies appreciation and evaluation. News reading and presentations in Radio and TV channels in Hindi, samvaadhlekhan,
Unit IV
a) Harishankarparasiy - SadacharakaThavis
b) Jayashankarprasadh – Mamata
c) Mannubandari- Akeli
d) Habibtanvir- Karthus

Unit V
Kavya Tarang
a) Himadrithungshrung se (poet- Jayasankarprasad)
b) Dhabba (poet- kedarnath sing),
c) Proxy (poet- Venugopal),
d) Machis (poet –Suneeta Jain),
e) Vakth. (poet – Arunkamal)
f) Fasal (poet- SarveshwarsarveshwarDayalSaxena)

Text Books:
1. Kavya Tarang: Dr. Niranjan, JawaharPustakalay, Mathura. kavyaSargam-Ed; Dr. Santhosh Kumar Chathurvedi – Lokbharathi Prakashan.
2. KahaniKunj: Editor:Shashidar , GovindPustakalay , Mathura
3. Vyavaharik Hindi Vyakaran, AnuvadthahaRachana: Dr. H. Parameswaran, Radhakrishna publishing House, New Delhi

Evaluation Pattern:

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*CA – Can be Assignment, Projects, and Reports.
GLIMPSES OF GLORIOUS INDIA

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Course Objectives:

The course is designed to enable students to deepen their understanding and further their knowledge about the different aspects of Indian culture and heritage. It will equip students with concrete knowledge of their country and the mind of its people and instill in them some of the great values of Indian culture.

Course Outcomes:

- CO1: Get an overview of Indian contribution to the world in the field of science and literature
- CO2: Understand the foundational concepts of ancient Indian education system
- CO3: Learn the important concepts of Vedas and Yogasutra-s and their relevance to daily life
- CO4: Familiarize themselves with the inspirational characters and anecdotes from the Mahābhārata and Bhagavad-Gītā and Indian history
- CO5: Gain an understanding of Amma’s role in the empowerment of women

CO-PO Mapping:

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Syllabus:

**Unit I**

To the World from India; Education System in India; Insights from Mahabharata; Human Personality. India’s Scientific System for Personality Refinement.

**Unit II**

The Vedas: An Overview; One God, Many Forms; Bhagavad Gita –The Handbook for Human Life; Examples of Karma Yoga in Modern India.

**Unit III**

Chanakya’s Guidelines for Successful Life; Role of Women; Conservations with Amma.

Text Book:

1. Heritage of India. R.C. Majumdar. Ramakrishna Mission Institute of Culture.
3. Indian Culture and India’s Future. Michel Danino. DK Publications.
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*CA – Can be Assignment, Projects, and Reports.*
SEMESTER III
NUTRITIONAL BIOCHEMISTRY

Pre-requisite: School level chemistry of biomolecules

Course Objective:
1. Understand basic concepts of biomolecules, enzymes and hormones
2. Gain knowledge on the biochemistry and metabolism of macronutrients and micronutrients

Course Outcomes:
CO1: Understand the fundamental concepts of the chemistry, structure, and function of biological molecules
CO2: Gain knowledge on the chemical/biochemical properties and metabolic pathways of carbohydrates, proteins, lipids and nucleotides
CO3: Acquire a clear understanding on the significance of nucleic acids in protein synthesis.
CO4: Build an ability to employ critical thinking and scientific inquiry regarding disruptions in intermediary metabolic pathways during disease conditions

Skills: To provide wide knowledge in connection to nutrition and biochemistry involved in the food components.

CO-PO Mappings

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Syllabus:

UNIT I - Biomolecules  

UNIT II - Enzymes and Hormones  
Unit III - Carbohydrates and Proteins and their Metabolism 12 hrs

Carbohydrates - Classification, structure and physico-chemical properties. Metabolisms of carbohydrates- Glycolysis, Citric acid cycle, Glycogenesis, Glycogenolysis, Gluconeogenesis. Abnormalities in carbohydrate metabolism.


Unit IV - Metabolism of Lipids and Integration of Metabolic Pathways 12 hrs


Integration and regulation of metabolic pathways - Central role of the liver metabolism. Metabolic crossroads. Tissue-Specific Metabolism during the Fed-Fast Cycle System.

Unit V - Nucleic acids, Nucleotides and their Metabolisms 13 hrs

Nucleic acids and nucleotides - Classification, structure and functions. Nucleosides vs nucleotides. Metabolism of nucleic acid components - Biosynthesis of nucleotides. Structure of DNA and RNA. Types of RNA. DNA replication, transcription and translation- Role of nucleic acids in protein synthesis.

Textbooks:

Reference books:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.
**Pre-requisite:** Diet management & Role of Dieticians

**Course Objective:**

1. Extensive study of role of nutrition in community health.
2. Deals with role of dietician in hospital and community settings in nutrition care, case based study of patient’s condition followed by dietary principles and management.

**Course Outcomes:**

CO1: Understand the basic concepts of Dietary management.
CO2: Acquire knowledge of the roles and responsibilities, skills, ethics and opportunities of a dietician
CO3: Apply principles of diet therapy, and modification of normal diet for therapeutic purposes.
CO4: Comprehend the causes, symptoms, and dietary management addressing risk factors.

**Skills:**
- Enhance knowledge and skills of nutrition and to develop critical evaluation skills through an integration of nutrition, dietetics and research.
- Applying technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities

**CO-PO Mappings**

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**Syllabus:**

**Unit I: Introduction to Clinical Nutrition and Dietetics**

Definition and history of dietetics- Concepts of a desirable diet for optimum health-Interrelationship between food, nutrition and health- Factors affecting food choices, Physiologic factors regulating food intake- role of neurotransmitters and nutrients in hunger and satiety.
Introduction to diet therapy- Glycemic Index, dietary supplements, adjunct to diet therapy, food nutrition and drug interaction

**Unit II: Role and Responsibilities of Dieticians**

Dietician, classification, responsibilities, code of ethics, assessment and diet planning, diet counselling and nutrition education, dietician in India, Indian Dietetic Association (IDA)
Unit III - Principles and Objectives of Medical Nutrition Therapy  
12 hrs.

Characteristics of a Regular diet, rationale for modifications in terms of energy and other nutrients, texture, consistency. Translation of diet orders into menu: defining nutrient needs, desirable dietary pattern, menu plan, use of exchange list, types of menu. Monitoring food intake. Enteral and Parenteral feeding- Indications, types (oral supplements, tube feeding, parenteral feeding, TPN, pre and post-operative diets, immuno nutrition), methods of administration, monitoring and associated complications.

Unit IV- Dietary Principles and Management of Special Conditions  
12hrs.

Protein and energy malnutrition (hospital and domiciliary treatment) - Febrile diseases-classification of fevers, metabolism, general dietary considerations- diet in acute and chronic fevers (typhoid and tuberculosis) - Surgical conditions, Burns and organ transplants, Infectious diseases (typhoid, malaria, tuberculosis, HIV), arthritis, gout, hypothyroidism

Unit V - Nutrition in adverse reactions to food  
12 hrs.

Pathogenesis, food allergens, symptoms, tests for diagnosis, food allergies - pollen food allergy syndrome, latex –fruit syndrome, food dependent, exercise- induced anaphylaxis, food induced anaphylaxis, food –protein induced enterocolitis syndrome, cow’s milk protein allergy (CMPA). Management - restricted diets, elimination diets and hypo- sensitization.

Reference Textbooks:


Suggested Readings:

1. Bemadette. M. Marriott and Sydne J Carlson, Nutritional needs in cold and high altitude environments

Evaluation Pattern

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.
NUTRITIONAL BIOCHEMISTRY PRACTICAL

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**Pre requisite:** Basics on biochemical assessments

**Course Objective:** To impart knowledge quantitative estimation of blood and urine parameters.

**Course Outcomes:** At the end of the course, the students will be able to

CO1: Understand the fundamental concepts biomolecules.
CO2: Gain hands on experience in quantitative and qualitative analysis of urine and blood parameters.
CO3: Develop skill and proficiency in preparation of laboratory reagents and handling glassware and equipment’s.

**Skills:** Develop skills on blood and urinary analysis.

**CO-PO Mapping**

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**Practicals**

1. Separation of serum, plasma, RBC and WBC from the whole blood
2. Quantitative Analysis of Blood Glucose by using Nelson Somogi Method
3. Quantitative Analysis of Serum Proteins by using Biuret Method
4. Estimation of serum total Cholesterol by using Zak’s Method
5. Determination of Blood creatinine by using Jaffé’s Method
6. Quantitative Analysis of Urea in blood and urine sample by using Diacetyl monoxime (DAM) Method
7. Determination of Bilirubin by using Malloy and Evelyn Method
8. Qualitative analysis of abnormal constituents in urine sample
9. Quantitative Analysis of DNA in the given sample by using Diphenyl amine (DPA) method

**Text Books:**

Reference Books:

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*CA – Regular Lab work assessment

CLINICAL NUTRITION AND DIETETICS – I PRACTICAL

Pre requisite: Diet Planning, Therapeutic Diet

Course Objectives: To enable the students to
1. To deliver better understanding on the basic principles in diet planning.
2. To promote skills and techniques in planning and preparation of therapeutic diets for various disease conditions.

Course Outcomes:
CO1: Understand the basic principles involved in planning diets for different disease conditions.
CO2: Plan and prepare diets to meet out the quality and quantity requirements for specific disease conditions
CO3: Acquire practical knowledge of therapeutic diet to meet the requirement

Skills: Develop skills to plan and prepare therapeutic diet

CO-PO Mapping

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Practical’s: 30hrs.

Planning and Preparation of diet in
1. Soft, clear and full fluid diet.
3. Overweight and underweight conditions.
4. Fevers of shot and long duration.
5. Diarrhea, dysentery, constipation.
6. Peptic Ulcer.

Text Books:
1. Srilakshmi, V. Dietetics New Age International P. Ltd., New Delhi, 2011.

Reference books:

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*CA – Regular Lab work assessment
BASICS OF COMPUTER APPLICATIONS

Pre requisite: Basics of computer usage, Windows, Microsoft office

Course Objectives:
1. To learn the computer peripherals in the operation of computers
2. To understand the computer network in sharing of information through computers
3. To acquire the skills in the applications of windows in documentation, data analysis and presentation

Course Outcomes:
CO1: Understanding the basic Components of Computers and Network elements.
CO2: Developing professional-looking newsletters, pamphlets, charts, simple calculations etc using the authorizing tools
CO3: Able to create and manage databases & develop a presentation skills using the authorizing tools
CO4: Elicit multimedia presentation focusing on utilization of authorizing tools.
CO5: Able to apply computer applications in meal management practices and explore the nutritional software’s and ejournals in professional and academic endeavours.

Skills: Acquire the skills in exploring windows applications in development of documents, data analysis in spread sheet and power point presentation.

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Syllabus:

Unit I - Introduction to Computers & Networks
Introduction to Computers - Operating System, CPU, Input and Output Devices, Main and Auxiliary Storage Devices, Software and Hardware, Introduction to Computer Networks, Basics of HTML, WWW, URL, Email, Network Security

Unit II – Word Processing and Spreadsheets
Unit III – Database Management system and Presentation 6hrs.
Database Management system – Creating a database table, queries, Developing forms and reports, Presentation-
Creating a presentation using slide master and template, Formatting the slides, Animations, Transitions, Slide show

Unit IV - Multimedia 6hrs.
Introduction of multimedia, Basic Elements, Hardware, Applications of Multimedia, Authorizing Tools, Introduction to Video, and Audio editing software’s.

Unit V - Application of Computers in Food Science and Nutrition 6hrs.
Applications - Nutrition Education and Counselling, Nutrient and Diet calculations, Use of statistical software,
Accessing Digital Library, e-Journals in Food Science and Nutrition, Relevant Nutrition software’s, Applications and Webpages.

Text books:
1. Microsoft Office 2019 Complete, BPB Publications
2. Dinesh Maidasani – Learning Computer Fundementals, MS Office and Internet and Web Technology, Laxmi Publications

Reference Books:
1. BPB's Computer Course Windows 10 with MS Office 2016.
5. Learn Microsoft Office 2019: A comprehensive guide to getting started with Word, PowerPoint, Excel, Access, and Outlook by Linda Foulkes

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SOFT SKILL I

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Pre-requisite: Team Spirit, self-confidence and required knowledge, basic English language skills, knowledge of high school level mathematics.

Course Objective: To help students understand the nuances of leadership, know the importance of working in teams, face challenging situations, crack interviews, improve communication skills and problem-solving skills.
Course Outcome:

**CO1: Soft Skills** - At the end of the course, the students would have understood the importance and tactics of working in teams. They would have developed the ability to communicate convincingly and negotiate diplomatically while working in a team to arrive at a win-win situation. They would further develop their interpersonal and leadership skills. They would also have acquired the necessary skills, abilities and knowledge to present themselves confidently.

**CO2: Soft Skills** - At the end of the course, the students would have the ability to prepare a suitable resume. They would have the ability to analyse every question asked by the interviewer, compose correct responses and respond in the right manner to justify and convince the interviewer of one’s right candidature through displaying etiquette, positive attitude and courteous communication. They would be sure-footed in introducing themselves and facing interviews.

**CO3: Aptitude** - At the end of the course, students will be able to identify, recall and arrive at appropriate strategies to solve questions on geometry. They will be able to investigate, interpret and select suitable methods to solve questions on arithmetic, probability, statistics and combinatorics.

**CO4: Verbal** - At the end of the course, the students will have the ability to understand and use words, idioms and phrases, interpret the meaning of standard expressions and compose sentences using the same.

**CO5: Verbal** - At the end of the course, the students will have the ability to decide, conclude, identify and choose the right grammatical construction.

**CO6: Verbal** - At the end of the course, the students will have the ability to examine, interpret and investigate arguments, use inductive and deductive reasoning to support, defend, prove or disprove them. They will also have the ability to create, generate and relate facts / ideas / opinions and share / express the same convincingly to the audience / recipient using their communication skills in English.

**Skills:** Communication, teamwork, leadership, facing interviews and problem-solving.

**CO-PO Mappings**

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**Syllabus:**

**Unit I - Soft Skills**

**Team Work:** Value of teamwork in organizations, Definition of a team. Why team? Effective team-building. Parameters for a good team, roles, empowerment and need for transparent communication, Factors affecting team effectiveness, Personal characteristics of members and its influence on team.

**Leadership,** Internal problem solving, Growth and productivity, Evaluation and co-ordination.

**Facing an interview:** Importance of verbal & aptitude competencies, strong foundation in core competencies, industry orientation / knowledge about the organization, resume writing, being professional. Importance of good communication skills, etiquette to be maintained during an interview, appropriate grooming and mannerism.
Unit II - Aptitude

Geometry: 2D, 3D, Coordinate Geometry, and Heights & Distance.
Statistics: Mean, Median, Mode, Range, and Standard Deviation.
Logical Reasoning: Blood Relations, Direction Test, Syllogisms, Series, Odd man out, Coding & Decoding, Cryptarithmetic Problems and Input-Output Reasoning.
Campus recruitment papers: Discussion of previous year question papers of all major recruiters of Amrita Vishwa Vidyapeetham.
Competitive examination papers: Discussion of previous year question papers of CAT, GRE, GMAT, and other management entrance examinations.
Miscellaneous: Interview Puzzles, Calculation Techniques and Time Management strategies.

Unit III - Verbal Skills

Vocabulary: Create an awareness of using refined language through idioms and phrasal verbs.
Grammar (Advanced Level): Enable students to improve sentences through a clear understanding of the rules of grammar.
Reasoning Skills: Facilitate the student to tap his reasoning skills through Syllogisms, and critical reasoning arguments.
Reading Comprehension (Advanced): Enlighten students on the different strategies involved in tackling reading comprehension questions.
Public Speaking Skills: Empower students to overcome glossophobia and speak effectively and confidently before an audience.
Writing Skills: Introduce formal written communication and keep the students informed about the etiquettes of email writing.

References:

4. Verbal Skills Activity Book, CIR, May 2018
5. Nova’s GRE Prep Course, Jeff Kolby, Scott Thornburg & Kathleen Pierce
6. The BBC and British Council online resources
7. Owl Purdue University online teaching resources
8. www.thergrammarbook.com online teaching resources
9. www.englishpage.com online teaching resources and other useful websites
11. Quantitative Aptitude for All Competitive Examinations, Abhijit Guha.
13. How to Prepare for Data Interpretation for the CAT, Arun Sharma.
15. Quantitative Aptitude for Competitive Examinations, R S Aggarwal.
Evaluation Pattern:

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*CA - Can be Presentations, Speaking activities and tests.

SEMESTER IV
FOOD MICROBIOLOGY

Semester IV
Course Code: 23FSN211
L-T-P – 3-0-0-3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs.

Pre-requisite: Basic knowledge -microorganisms, food-based microbes.

Course Objective:

1. To obtain knowledge on morphology of microorganisms and types of microscopy
2. To understand the factors influencing the growth of microorganisms
3. To apply the preservation principles and methods to preserve the foods from microbial contamination
4. To explore the beneficial effects of microorganisms in the development of food products.

Course Outcomes:

CO1: Gain a better understanding of microorganisms and microscope, its vital role in the field of microbiology.
CO2: Understand the factors affecting the growth in controlling the growth curve of microorganisms.
CO3: Able to understand the chances of spoilage in plant and animal-based foods.
CO4: Explore the pivotal role of microorganisms in fermentation technology.
CO5: Able to differentiate food infection and intoxication.

Skills: Develop skills in identification, testing and control of microorganisms in relation to food safety.

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Syllabus:
Unit I: Introduction to Microbiology, Morphology and Growth factors of Microorganisms 12 hrs.

Unit II: Microbiology of Plant based Foods 12 hrs.
Outline of Contamination, Spoilage and Preservation of Vegetables and Fruits, Cereals and Cereal Products, Pulses, Nuts and oilseeds, Sugar and Sugar Products.

Unit III: Microbiology of Animal based Foods 12 hrs.

Unit IV: Beneficial Effects of Microorganisms 12 hrs.
Fermented Foods – Curd, Cheese, Sauerkraut, Meat, Soy Based Foods, Alcoholic Beverages and Vinegar.

Unit V: Food Intoxication and Food Infection 12 hrs.
Food Borne Diseases – Classification- Intoxication – Botulism and Staphylococcal intoxication- Infection – Salmonellosis, Clostridium Perfringens illness, Bacillus cereus, Ecoli, Shigellosis, Yearsinia and Streptococcus faecalis – Foods involved, Disease’s outbreak, Preventive and control measures.

Reference Textbooks:

Suggested Readings:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
CLINICAL NUTRITION AND DIETETICS – II

Semester IV
Course Code: 23FSN212
L-T-P – 2-2-0-4

Pre-requisite: Nutrition & Diseases

Course Objective:
1. To give better understanding on the role of nutrition for good health.
2. To create better knowledge on different therapeutic diets and their preparation.
3. To acquire relevant skills to develop as a dietitian.

Course Outcomes:

CO1: Understand the principles involved in menu planning, nutritional assessment, therapeutic diets and dietary calculation.
CO2: Gain core knowledge on the dietary management of metabolic syndrome and associated disorders
CO3: Gain experience on the dietary management of gastrointestinal tract disorders
CO4: Gain knowledge on the dietary planning for liver and kidney diseases
CO5: Understand the dietary management involved in neoplastic diseases

Skills:
- Develop skills and techniques in the planning and preparation of diets for various disease conditions
- Applying principles of diet therapy in planning, preparation and nutrient calculation of hospital diets, therapeutic diets for various diseases

CO-PO Mappings

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Syllabus:

Unit I - Dietetics in Clinical Nutrition
Therapeutic diets- an overview. Principle involved in planning menu of therapeutic diets. Techniques of writing menus, Food service management in hospitals- Types (centralized and decentralized systems of service), management of delivery and service of food in different systems.

Unit II - Dietary management of metabolic syndrome and associated disorders
Metabolic syndrome: Concept; Pathophysiology of insulin resistance.
Obesity - introduction, etiology, clinical assessment, treatment approaches, consequences of obesity and its prevention.
Diabetes mellitus – types, etiology, symptoms and diagnosis, aims of dietary treatments, special dietary consideration for type I and II diabetics, complications of diabetes
Diseases of the heart and blood vessels- etiology, symptoms and diagnosis; atherosclerosis, lipids and other dietary factors and coronary heart diseases (CHD). Diet in CHD, hypertension, congestive heart failure and hyperlipidemia.

Unit III - Dietary management of gastrointestinal tract disorders
Structure and function of gastrointestinal tract, dietary treatment for constipation, diarrhea, peptic ulcer, celiac disease, tropical enteropathy, tropical sprue, inflammatory bowel disease, irritable bowel syndrome and diverticular disease.

Unit IV - Nutritional management in liver and kidney diseases
Dietary management in gallbladder diseases.

Unit V - Nutritional therapy in neoplastic diseases

Reference Textbooks:

Suggested Readings:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD MICROBIOLOGY PRACTICAL

Course Objectives:
1. Understand the different methods of sterilization and disinfection
2. Impart knowledge on different aseptic and pure culture techniques for enumeration of microbes

Course Outcomes:
CO1: Acquire knowledge on different microbial techniques associated with food samples.
CO2: Gain practical experience on microscopic examination of bacteria, yeast and molds in foods samples
CO3: Gain hands on experience in biochemical tests for identification of bacteria

CO-PO Mappings

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Practicals:
1. Instruments used in microbiological laboratory, their principles and working
2. Methods of sterilization and disinfection
3. Media preparation
4. Preparation of samples for microbial analysis using different dilents
5. Aseptic Culture Techniques
6. Isolating bacteria: Pure culture techniques
7. Enumeration of bacteria from different food sample
8. Microbial staining techniques
9. Microbial examination of processed foods
11. Assessment of microbiological quality of milk sample using Methylene Blue Dye Reduction Test
12. Microscopic examination of yeast and molds in foods samples
Text Books:


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*CA – Regular Lab work assessment
Pre requisite: Diet Planning, Therapeutic Diet

Course Objectives:
1. To give insights on the basic principles in diet planning
2. To corelate between different disease conditions and the dietary recommendations
3. To aid in developing skills and techniques in planning and preparation of therapeutic diets for various disease conditions

Course Outcomes:
CO1: Understand the basic principles involved in planning diets for liver diseases.
CO2: Plan and prepare diets to meet out the quality and quantity requirements of renal diseases
CO3: Understand the calculations of nutritive value of the planned and prepared diet for a cardiovascular patient
CO4: Expertise in planning and preparation of therapeutic diets for diabetic mellitus
CO5: Modify the dietary pattern for the cancer and HIV patient based on the treatment and other conditions

Skills: Develop skills to plan and prepare diets for specific disease conditions

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Practical’s 30hrs.
1. Modifications of Diets in Liver Diseases – Jaundice, Hepatitis and Cirrhosis
2. Diets for Nephritis, renal Failure and renal Calculi, Protein Restricted Diets
3. Diets for Cardiovascular diseases – Sodium Restricted, Hypertension, atherosclerosis, Fat Controlled
4. Modification of Diets in Diabetes Mellitus
5. Modification of Diet for Cancer Patients and HIV Infected Person

Text Books:
1. Srilakshmi, V. Dietetics New Age International P. Ltd., New Delhi, 2011.
Reference books:

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*CA – Regular Lab work assessment
Course Objectives:
1. Understand the basic facts related to the environment including components of the environment, nutrient recycling, biodiversity and ecosystem services.
2. Identify various interactions between society and the environment, including overpopulation, urbanization, resource exploitation, habitat destruction, consumerism, environmental protection, activism, regulation.
3. Characterize some important environmental issues from environmental and social perspectives.
4. Assess integrated approaches for solving socio-environmental problems and sustainable living, including indigenous and traditional approaches.
5. Identify attitudinal factors and specifically, the ethical issue that lies at the root of social and environmental problems and the necessity for individual attitudinal change and sustainable action to attain global sustainability.

Course Outcomes:

CO1: Integrate facts and concepts from ecological, physical and social sciences to characterize some common socio-environmental problems.
CO2: Develop simple integrated systems and frameworks for solving common interconnected socio-environmental problems.
CO3: Reflect critically about their roles and identities as citizens, consumers and environmental actors in a complex, interconnected world.
CO4: Identify the ethical underpinnings of socio-environmental issues in general.

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Syllabus:

Unit 1

State of Environment and Unsustainability, Need for Sustainable Development, Traditional conservation systems in India, People in Environment, Need for an attitudinal change and ethics, Need for Environmental Education, Overview of International Treaties and Conventions, Overview of Legal and Regulatory Frameworks.

Environment: Abiotic and biotic factors, Segments of the Environment, Biogeochemical Cycles, Ecosystems (associations, community adaptations, ecological succession, Food webs, Food chain, ecological
pyramids), Types of Ecosystems – Terrestrial ecosystems, Ecosystem Services, Economic value of ecosystem services, Threats to ecosystems and conservation strategies.

**Biodiversity:** Species, Genetic & Ecosystem Diversity, Origin of life and significance of biodiversity, Value of Biodiversity, Biodiversity at Global, National and Local Levels, India as a Mega-Diversity Nation (Hotspots) & Protected Area Network, Community Biodiversity Registers. Threats to Biodiversity, Red Data book, Rare, Endangered and Endemic Species of India. Conservation of Biodiversity. People’s action. Impacts, causes, effects, control measures, international, legal and regulatory frameworks of: Climate Change, Ozone depletion, Air pollution, Water pollution, Noise pollution, Soil/land degradation/pollution

**Unit 2**
Linear vs. cyclical resource management systems, need for systems thinking and design of cyclical systems, circular economy, industrial ecology, green technology. Specifically apply these concepts to: Water Resources, Energy Resources, Food Resources, Land & Forests, Waste management.
Discuss the interrelation of environmental issues with social issues such as: Population, Illiteracy, Poverty, Gender equality, Class discrimination, Social impacts of development on the poor and tribal communities, Conservation movements: people’s movements and activism, Indigenous knowledge systems and traditions of conservation.

**Unit 3**
Global and national state of housing and shelter, Urbanization, Effects of unplanned development case studies, Impacts of the building and road construction industry on the environment, Eco-homes /Green buildings, Sustainable communities, Sustainable Cities.
Ethical issues related to resource consumption, Intergenerational ethics, Need for investigation and resolution of the root cause of unsustainability, Traditional value systems of India, Significance of holistic value-based education for true sustainability.

**Textbooks and References**
1. [https://www.sites.google.com/site/amritaevs/home](https://www.sites.google.com/site/amritaevs/home)

**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar.
SOFT SKILLS II

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**Pre requisite:** Willingness to learn, communication skills, basic English language skills, knowledge of high school level mathematics.

**Course Objective:**

To help students understand the corporate culture and assist them in improving their group discussion skills, communication skills, listening skills and problem-solving skills.

**Course Outcomes:**

**CO1: Soft Skills** - At the end of the course, the students will have a clear understanding of the corporate culture, professional etiquette, professional grooming and would have understood the nuances of smooth transition from academic to the corporate. They would further develop their inter-personal and leadership skills.

**CO2: Soft Skills** - At the end of the course, the students shall learn to examine the context of a Group Discussion topic and develop new perspectives and ideas through brainstorming and arrive at a consensus.

**CO3: Aptitude** - At the end of the course, the student will be able to interpret, critically analyze and solve questions under arithmetic, algebra and logical reasoning and solve them employing the most suitable methods.

**CO4: Verbal** - At the end of the course, the students will have the ability to relate, choose, conclude and determine the usage of right vocabulary according to the context.

**CO5: Verbal** - At the end of the course, the students will have the ability to utilise prior knowledge of grammar to recognise structural instabilities and modify them.

**CO6: Verbal** - At the end of the course, the students will have the ability to comprehend, interpret, deduce and logically categorise words, phrases and sentences. They will also have the ability to theorise, discuss, elaborate, criticise and defend their ideas.

**Skills:** Communication, etiquette and grooming, inter-personal skills, listening skills, convincing skills, problem-solving skill.

**CO-PO Mappings**

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**Syllabus:**

**Unit I – Soft Skills**

**Professional Grooming and Practices:** Basics of corporate culture, key pillars of business etiquette: socially acceptable ways of behavior, body language, personal hygiene, professional attire and cultural adaptability. Handling pressure, multi-tasking. Being enterprising. Adapting to corporate life:
Emotional Management (EQ), Adversity Management, Health Consciousness. People skills, Critical Thinking and Problem solving.

**Group Discussions**: Advantages of group discussions, Types of group discussion and Roles played in a group discussion. Personality traits evaluated in a group discussion. Initiation techniques and maintaining the flow of the discussion, how to perform well in a group discussion. Summarization/conclusion.

**Unit I – Aptitude**

**Equations**: Basics, Linear, Quadratic, Equations of Higher Degree, and Problems on Ages.

**Logarithms, Inequalities and Modulus**: Basics

**Sequence and Series**: Basics, AP, GP, HP, and Special Series.

**Time and Work**: Basics, Pipes & Cistern, and Work Equivalence.

**Time, Speed and Distance**: Basics, Average Speed, Relative Speed, Boats & Streams, Races, and Circular Tracks.

**Logical Reasoning**: Arrangements, Sequencing, Scheduling, Venn Diagram, Network Diagrams, Binary Logic, and Logical Connectives, Clocks, Calendars, Cubes, Non-verbal reasoning and Symbol based reasoning.

**Unit I – Verbal Skills**

**Vocabulary**: Help students understand the usage of words in different contexts.

**Grammar (Medium Level)**: Train Students to comprehend the nuances of Grammar and empower them to spot errors in sentences and correct them.

**Reading Comprehension (Basics)**: Introduce students to smart reading techniques and help them understand different tones in comprehension passages.

**Reasoning**: Enable students to connect words, phrases and sentences logically.

**Oral Communication Skills**: Aid students in using the gift of the gab to interpret images, do a video synthesis, try a song interpretation or elaborate on a literary quote.

**References**:

3. The Hard Truth about Soft Skills, by Amazon Publication.
4. Verbal Skills Activity Book, CIR, May 2018
5. Nova’s GRE Prep Course, Jeff Kolby, Scott Thornburg & Kathleen Pierce
6. The BBC and British Council online resources
7. Owl Purdue University online teaching resources
8. www.thegrammarbook.com online teaching resources
9. www.englishpage.com online teaching resources and other useful websites
11. Quantitative Aptitude for All Competitive Examinations, Abhijit Guha.
13. How to Prepare for Data Interpretation for the CAT, Arun Sharma.
15. Quantitative Aptitude for Competitive Examinations, R S Aggarwal.

**Evaluation Pattern**

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*CA - Can be Presentations, Speaking activities and tests*
Course Objectives

- Identify and analyse the various challenge indicators present in the village by applying concepts of Human Centered Design and Participatory Rural Appraisal.
- User Need Assessment through Quantitative and Qualitative Measurements
- Designing a solution by integrating Human Centered Design concepts
- Devising proposed intervention strategies for Sustainable Social Change Management

Course Outcome

CO1: Learn ethnographic research and utilise the methodologies to enhance participatory engagement.
CO2: Prioritize challenges and derive constraints using Participatory Rural Appraisal.
CO3: Identify and formulate the research challenges in rural communities.
CO4: Design solutions using human centered approach.

CO-PO Mapping

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Syllabus

This initiative is to provide opportunities for students to get involved in coming up with technology solutions for societal problems. The students shall visit villages or rural sites during the vacations (after 4th semester) and if they identify a worthwhile project, they shall register for a 3-credit Live-in-Lab project, in the fifth semester.

Thematic Areas
- Agriculture & Risk Management
- Education & Gender Equality
- Energy & Environment
- Livelihood & Skill Development
- Water & Sanitation
- Health & Hygiene
- Waste Management & Infrastructure
The objectives and the projected outcome of the project will be reviewed and approved by the department chairperson and a faculty assigned as the project guide.

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<td>Ideation: Defining the Needs, Proposed Designs &amp; Review</td>
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SEMESTER V

FOOD PRODUCT DEVELOPMENT AND MARKETING

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Pre requisite: Product development, consumer view on food products, product testing, sensory evaluation

Course Objectives:
1. To make a better understanding on new food products to support nutrion enterprise.
2. To create entrepreneurship skills for setting up small scale food industries.
3. Understand sustainable packaging and labelling for different food products.

Course Outcomes:
1. Learn the trends and dimensions in food consumption patterns.
2. Understand and apply the principles in food processing and food product development.
3. Develop the principles involved in the preparation of convenience foods.
4. Gain knowledge on different steps involved in food testing, evaluation and packaging.
5. Develop entrepreneurship skills and to plan financial and marketing strategies.

Skills:
- Develop skills and process in new food product development.
- Develop skills in Marketing of Food Products.

CO-PO Mappings

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Syllabus:

Unit I - Food consumption pattern  
10hrs.

Unit II - Introduction to Food Processing and Product Development  
13hrs.
Food Components, Types of Food Processing, Status of Food Processing Industry in India and Scope of Growth in Future, Principles and Purpose of New Product Development, Product Design and Specifications.
Unit III – Development of Convenience Foods  

Unit IV - Testing, Evaluation and Packaging of Products  

Unit V Financial Management and Marketing of Food Products  

Text Books:
1. Sudhir Gupta (2017) Handbook of Packaging Technology, Engineers India Research Institute, New Delhi

Reference Books:

Evaluation Pattern

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD SERVICE MANAGEMENT

Pre requisite: Food service, food production, menu planning, purchase and storage, institutional food service.

Course Objectives:
1. To create a better understanding on the approaches, tools, management and resources of institutional food service.
2. To make better learning on planning and organizing space, personal and hygiene management.
3. To give knowledge in financial management and marketing skills.

Course Outcome:
CO1: Gain experience in principles and functioning of food service system
CO2: Understand about food service management and unit operations.
CO3: Apply knowledge on personnel management, sanitation and hygiene in food service institutions.
CO4: Understand about financial management and marketing skills
CO5: Acquire technical skills to develop quantitative and qualitative styles of food service.

Skills: Develop skills in bulk food production and institutional food service.

CO-PO Mappings

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Syllabus:

UNIT I - Introduction to Food Service system

Food Service
Types of food service systems, Approaches to management, Principles of management, Tools of management, Management of resources.
Kitchen space, storage space, service areas.
Equipment: Types, selection, purchase, design, installation, operation and maintenance.

UNIT II - Food Management

Food management- Characteristics of foods, nutritional knowledge, food purchase, inventory management, menu planning, food production, food service, waste management.
Need based specific units- Dietary, catering, institutional food service.

UNIT III - Personal Management and Hygiene 12hrs.
Personnel Management: concepts, staff employment, employee benefits, staff training and development, legal aspects of personal management.

Sanitation and safety- Hygiene, Sanitation and Safety in Food Service Institutions: Definition, importance, environmental hygiene and sanitation; hygiene in food handling; personnel hygiene of personnel; importance of pest and rodent control in food services.

Safety: Accidents in food service establishments, safety procedure, training, Educating, legal responsibilities of food service manager.

UNIT IV - Financial management and marketing 12hrs.
Definition, application of management Accounts of catering operators, cost concepts, book keeping and accounting – systems of book keeping, book of account maintenance of account books, balance sheets, inventor budgetary control. Marketing the products, challenges ahead

UNIT V - Food Services and its Trends 12hrs.
Styles of food service – Color, Table service, furnishing, packing services, service stations – hospitals, restaurants, hotels, Motels, food courts and catering services. Services - banquet and party setting and services, therapeutic diets, home remedies, traditional cookery, international cushiness, current trends- air catering, food service at old age homes, community kitchens, railway catering, robotic food service, virtual food service.

Reference Books:
5. Kotas R and Davis B “food cost control” Billing & Sons Ltd, Great Britian ,1976

Evaluation Pattern

<table>
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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
PACKAGING AND LABELLING OF FOOD PRODUCTS

Pre requisite: Packaging methods, packaging materials, Food product labelling

Course Objectives:
1. To relate between packaging design and the chemistry of the food packaged.
2. To give a better understanding on the influence of oxygen in storage materials.
3. To create knowledge on the different types of materials used in food packaging.
4. To give an understanding on the principles of labeling

Course Outcomes:
CO1: Demonstrate knowledge of the material involved in packaging with the chemistry of the food packaged.
CO2: Describe the influence of oxygen in different types of packaging materials.
CO3: Demonstrate the advantages and disadvantages involved with different packaging material.
CO4: Acquire knowledge on the factors and regulations considered while packaging and labelling.

Skills: Develop skills in food packaging based on the chemistry of food and packaging material’s used.

CO PO Mapping:

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Syllabus:

Unit I - Packaging design and chemistry of food products  
Food Packaging- Definition, Principles of packaging, Importance, relationship between Packaging and food, functional requirements for food packaging- preservation and protection, transport and storage, operational, communication, appellative function, persuasive function, informative function, environmental requirements. Integrated food packaging systems- Types, Food packaging and environmental ethics, sustainability in food packaging, packaging design.

Unit II - Oxygen scavenging Packaging  
Active Packaging, oxygen scavengers, moisture control, gas permeability control, ethylene scavengers, odour removers, antimicrobial packaging, carbon dioxide absorbers.
Unit III - Food Packaging Materials  
9 Hrs

Chemical features of food packaging materials, characteristics, Ceramic packaging materials, metal packaging materials, cellulosic packaging materials, plastic packaging materials, multilayer packaging, testing and analysis.

Unit IV Labeling of Food Products  
9 Hrs

Components - Nutritional information, factors to be considered, design and graphics, nutrition facts
Labelling - Purpose, type, regulations, market survey on food labelling

Unit V Regulations  
9 Hrs

Laws and regulatory compliances, Understanding Bar codes - Where to Get Barcodes, Creating your own Barcodes.

References:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
Pre requisite: Product Development Standardization, Organoleptic Evaluation.

Course Objectives

1. To develop skills in product development
2. To create awareness on the steps involved in costing
3. To create learning on the sales techniques

Course Outcomes:

CO1: Identify and categorize suitable foods for developing products, preparation of a new food product and Standardization of food products for large scale cooking
CO2: Gain knowledge on marketing techniques and launching the developed products

Skills: Develop Skills for new food product development and standardization

CO-PO Mapping:

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Practical’s

1. Product Development and Standardization
2. Sensory evaluation of developed products using hedonic scales.
3. Development of Cereal and Pulse Based Foods
4. Fruit Juices, Squash, Jams and Preserves
5. Pickles, Ketchup, Sauce
6. Development of Weaning Foods
7. Health Foods and Nutritional Supplements
8. Convenience foods, RTS and RTE foods
9. Marketing of a Food Product
10. Selection of a Product, Preparation, Standardization and Quantity Cooking
11. Selection of Packaging Material, Labelling, Cost Calculation and Marketing
12. Presentation of Report
13. Visit to food production and packaging unit of food industry

Text Books:

Reference Books:

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*CA – Regular Lab work assessment*
FOOD SERVICE MANAGEMENT PRACTICAL

Semester V
Course Code: 23FSN382
L-T-P – 0-0-2-1

Hours of Instruction/week – 2
No. of Credits – 1
Total 30hrs

Prerequisite: Food service, food production, menu planning, purchase, storage, Institutional food service.

Course Objectives:
1. To make an understanding the approaches, tools, management and resources of institutional food service.
2. To learn planning and organizing space.
3. To learn the principles of food, personal and hygiene management.

Course Outcome:
CO1: Gain experience in principles, designing and functioning of food service and hospital service system.
CO2: Apply knowledge on Family meal & functions menu & service planning
CO3: Acquire technical skills in food service management and hospitality management.

Skills: Develop skills in bulk food production and institutional food service.

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Practical’s 30 hrs.

1. Lay out planning for different food service system.
2. Learn to setup different styles of food service
3. Family meal & functions menu & service planning
4. Lay out plan for hospital dietary service
5. Quality standards and control
6. Process of standardization of recipes
7. Portion control: Management of left-over foods.
8. Creating good ambiance in food service (Interior decoration)
9. Informal and formal service styles (Table Service)
10. Traditional food service systems
11. Roles and Responsibilities of front office and house keeping
12. A visit to food service points and exposure to online food service system
Reference Books:
5. Kotas R and Davis B “food cost control” Billing & Sons Ltd, Great Britain, 1976

Evaluation Pattern

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*CA – Regular Lab work assessment
Pre requisite: Team Spirit, self-confidence and required knowledge, basic English language skills, knowledge of high school level mathematics.

Course Objective:
To help students understand the nuances of leadership, know the importance of working in teams, face challenging situations, crack interviews, improve communication skills and problem-solving skills.

Course Outcomes:

**CO1: Soft Skills** - At the end of the course, the students would have understood the importance and tactics of working in teams. They would have developed the ability to communicate convincingly and negotiate diplomatically while working in a team to arrive at a win-win situation. They would further develop their interpersonal and leadership skills. They would also have acquired the necessary skills, abilities and knowledge to present themselves confidently.

**CO2: Soft Skills** - At the end of the course, the students would have the ability to prepare a suitable resume. They would have the ability to analyse every question asked by the interviewer, compose correct responses and respond in the right manner to justify and convince the interviewer of one’s right candidature through displaying etiquette, positive attitude and courteous communication. They would be sure-footed in introducing themselves and facing interviews.

**CO3: Aptitude** - At the end of the course, students will be able to identify, recall and arrive at appropriate strategies to solve questions on geometry. They will be able to investigate, interpret and select suitable methods to solve questions on arithmetic, probability, statistics and combinatorics.

**CO4: Verbal** - At the end of the course, the students will have the ability to understand and use words, idioms and phrases, interpret the meaning of standard expressions and compose sentences using the same.

**CO5: Verbal** - At the end of the course, the students will have the ability to decide, conclude, identify and choose the right grammatical construction.

**CO6: Verbal** - At the end of the course, the students will have the ability to examine, interpret and investigate arguments, use inductive and deductive reasoning to support, defend, prove or disprove them. They will also have the ability to create, generate and relate facts / ideas / opinions and share / express the same convincingly to the audience / recipient using their communication skills in English.

Skills: Communication, teamwork, leadership, facing interviews and problem-solving.

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**CO-PO Mappings**

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Syllabus:

**Unit I – Soft Skills**

**Team Work:** Value of teamwork in organizations, Definition of a team. Why team? Effective team-building. Parameters for a good team, roles, empowerment and need for transparent communication, Factors affecting team effectiveness, Personal characteristics of members and its influence on team.

**Leadership.** Internal problem solving, Growth and productivity, Evaluation and co-ordination.

**Facing an interview:** Importance of verbal & aptitude competencies, strong foundation in core competencies, industry orientation / knowledge about the organization, resume writing, being professional. Importance of good communication skills, etiquette to be maintained during an interview, appropriate grooming and mannerism.

**Unit II – Aptitude**

**Geometry:** 2D, 3D, Coordinate Geometry, and Heights & Distance.

**Permutations & Combinations:** Basics, Fundamental Counting Principle, Circular Arrangements, and Derangements.

**Probability:** Basics, Addition & Multiplication Theorems, Conditional Probability, and Bayes’ Theorem.

**Statistics:** Mean, Median, Mode, Range, and Standard Deviation.

**Logical Reasoning:** Blood Relations, Direction Test, Syllogisms, Series, Odd man out, Coding & Decoding, Cryptarithmetic Problems and Input-Output Reasoning.

**Campus recruitment papers:** Discussion of previous year question papers of all major recruiters of Amrita Vishwa Vidyapeetham.

**Competitive examination papers:** Discussion of previous year question papers of CAT, GRE, GMAT, and other management entrance examinations.

**Miscellaneous:** Interview Puzzles, Calculation Techniques and Time Management strategies.

**Unit II – Verbal Skills**

**Vocabulary:** Create an awareness of using refined language through idioms and phrasal verbs.

**Grammar (Advanced Level):** Enable students to improve sentences through a clear understanding of the rules of grammar.

**Reasoning Skills:** Facilitate the student to tap his reasoning skills through Syllogisms, and critical reasoning arguments.

**Reading Comprehension (Advanced):** Enlighten students on the different strategies involved in tackling reading comprehension questions.

**Public Speaking Skills:** Empower students to overcome glossophobia and speak effectively and confidently before an audience.

**Writing Skills:** Introduce formal written communication and keep the students informed about the etiquettes of email writing.

**References:**

4. Verbal Skills Activity Book, CIR, May 2018
5. Nova’s GRE Prep Course, Jeff Kolby, Scott Thornburg & Kathleen Pierce
6. The BBC and British Council online resources
7. Owl Purdue University online teaching resources
8. www.thegrammarbook.com online teaching resources
9. www.englishpage.com online teaching resources and other useful websites
11. Quantitative Aptitude for All Competitive Examinations, Abhijit Guha.
13. How to Prepare for Data Interpretation for the CAT, Arun Sharma.
15. Quantitative Aptitude for Competitive Examinations, R S Aggarwal.

**Evaluation Pattern:**

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*CA - Can be Presentations, Speaking activities and tests*
Course Objective:

- Proposal writing in order to bring in a detailed project planning, enlist the materials required and propose budget requirement.
- Use the concept of CoDesign to ensure User Participation in the Design Process in order to rightly capture user needs/requirements.
- Building and testing a prototype to ensure that the final design implementation is satisfies the user needs, feasible, affordable, sustainable and efficient.
- Real time project implementation in the village followed by awareness generation and skill training of the users (villagers)

Course Outcome

CO1: Learn co-design methodologies and engage participatorily to finalise a solution
CO2: Understand sustainable social change models and identify change agents in a community.
CO3: Learn Project Management to effectively manage the resources
CO4: Lab scale implementation and validation
CO5: Prototype implementation of the solution

CO-PO Mapping

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Syllabus

The students shall visit villages or rural sites during the vacations (after 6th semester) and if they identify a worthwhile project, they shall register for a 3-credit Live-in-Lab project, in the fifth semester.

Thematic Areas
- Agriculture & Risk Management
- Education & Gender Equality
- Energy & Environment
- Livelihood & Skill Development
- Water & Sanitation
- Health & Hygiene
- Waste Management & Infrastructure
# Evaluation Pattern

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SEMESTER VI
COMMUNITY NUTRITION

Course Objectives:
1. Understand various nutritional problems prevailing globally and in India communities
2. Gain insight on various nutritional organizations combating malnutrition
3. Apply the principles of supplementary feeding interventions in community

Course Outcomes:
1. Understand the basic concepts of community nutrition in globalized world
2. Gain knowledge on nutritional problems of the community with its nutritional recommendations
3. Lean skills for assessing nutritional status in the community
4. Acquire skills on strategies to combat nutritional problems

CO-PO Mappings

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Syllabus:

Unit I – Community Nutrition- An Overview  14 Hrs.

Unit II – Nutritional Problems of the Community  14 Hrs.
Unit III- Assessment of Nutritional Status  14hrs.
Different methods for assessing nutritional status. Direct methods- Anthropometric assessments, biochemical assessments, clinical observations, dietary assessments. Indirect methods- economic factors, cultural and social factors, ecological variables, vital health statistics and other records.

Unit IV- Strategies to Combat Nutritional Problems  14hrs.

Text Books:

Reference Books:

Evaluation Pattern

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
ANALYTICAL INSTRUMENTATION

Pre requisite: Basic knowledge on instruments used in food analysis

Course Objectives:
1. To create awareness on different analytical techniques used in food analysis
2. To give an understanding on the principles and applications of various analytical instruments used in food analysis.

Course Outcomes:
CO1: Familiarized to various instrumental techniques in food analysis
CO2: Understand the principles and applications of chromatographic methods
CO3: Familiarize with hyphenated techniques in chromatography
CO4: Gain knowledge in spectroscopic methods used in food analysis
CO5: Understand the principles and applications behind thermal analysis

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Syllabus:

Unit I - Introduction to Food Analysis
Need for food analysis, need for Instrumentation in Food Analysis, Criteria for Selecting a Technique, Instrumental Techniques in Food Analysis, Transition of food analysis.

Unit II Chromatographic Techniques
Gas chromatography, Liquid chromatography, Thin Layer Chromatography, High Performance Thin Layer Chromatography – Principles and applications

Unit III Hyphenated Techniques
Gas Chromatography-Mass Spectrometry (GC-MS), Liquid Chromatography-Mass Spectrometry (LC-MS) - Principles and applications- Principles and applications.
Unit IV - Spectroscopic Techniques 6hrs.

Unit V Thermal Methods of Analysis 6hrs.
Thermogravimetry, Differential Thermal Analysis (DTA), Differential Scanning Calorimetry (DSC) – principles and applications

Text books:
1. Manual in Instrumentation in Food Analysis, IGNOU University

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
**Course Code:** 23FSN313  
**L-T-P:** 1-1-0-2  
**Pre requisite:** Basic knowledge on food product evaluation

### Course Objectives:
1. To give a better knowledge about different techniques for food product development and evaluation
2. To create insights on various methods of evaluating the quality and safety of foods.

### Course Outcomes:
- **CO1:** Gain knowledge on the importance of evaluation of food quality
- **CO2:** Interpret the evaluation techniques and tests used in analyzing food quality
- **CO3:** Identify the sensory characteristics of different foods
- **CO4:** Understand the physical, chemical and microscopic methods used in the evaluation of food quality
- **CO5:** Ascertain the role of microorganisms in food quality

**Skills:** Develop skills in food product development and evaluation

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### Syllabus:

**Unit I - Introduction to Food Evaluation Quality**  
5hrs.

Definition, Objectives and Need for Evaluation of Food Quality
Factors Affecting the Evaluation of Food Quality – Psychological and Physiological

**Unit II Methods of Evaluation of Food Quality – Subjective Methods**  
8hrs.
Tasting procedures- Chewing, nibbling, slurping, mouth rinsing
Organoleptic Evaluation- Flavour, Colour, Clarity, Viscosity, texture, smelling procedures

**Unit III  Sensory Tests used for Food Evaluation**  
6hrs.
Types of Tests, Difference Tests, Rating Tests, Sensitivity Tests, Descriptive Tests, Interpretation of scores, Application of softwares in interpreting scores
Threshold tests- Absolute, Recognition, Differential, Terminal
Discrimination tests- paired comparison, duo trio difference, triangular difference, single sample test, two alternative forced choice test
Descriptive tests- Simple descriptive, Descriptive with rating, Flavour profile, Dilution profile technique

**Unit IV - Methods of Evaluation of Food Quality – Objective Methods**  
6hrs.

**Unit V Evaluation of Microbial Quality of Foods**  
5hrs.
Methods, Assays used to assess the Microbial Loads of different foods, Permitted levels of Microbial Load in different foods, Microbes responsible for Food Quality, Microbiological evaluation standards.

**Text books:**

**Reference books:**

**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
RESEARCH METHODOLOGY AND BIO STATISTICS

Course Objectives:
1. Understand different types of research, merits and demerits of each research types
2. Analyse the competence for selecting methods and tools appropriate for carrying out experimental research
3. Develop a research proposal and evaluate statistical methods to assess the outcome of the research

Course Outcomes:
CO1: Understand the purpose, types, designs and hypothesis of research
CO2: Analyse systematic methods for data collection, data processing and data analysis
CO3: Design a research proposal in the appropriate scientific style
CO4: Develop skills for scientific research writing based on critical interpretation.
CO5: Interpret the results of statistical analysis of data and summarize data using tabulation and graphs.

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Syllabus:

Unit I - Research Types, Designs and Hypothesis  
12 Hrs

Unit II- Methods of Data Collection and Sampling designs  
12 Hrs
Methods of data collection- Primary and secondary data, Selection of appropriate method for data collection. Sampling designs - Probability sampling and Non-probability sampling. Sampling and Non-sampling Errors.
Measurement and Scaling techniques- Quantitative and Qualitative Data, Goodness of Measurement Scales.

**Unit III - Bio Statistics and Descriptive Methods**

12 Hrs


**Unit IV - Processing and Analysis of Data**

12 Hrs

Processing Operations. Problems in Processing data. Analysis of data- Elements of data analysis, statistical measures in Research- Student’s t-test, Analysis of variance- One way ANOVA and two way ANOVA. Duncan's test. Multivariate analysis of variance (MANOVA), Chi-square test and Regression Analysis. Biostatistics with statistical software- MS-Excel, SPSS, Graph pad prism software and other statistical calculators available in web.

**Unit V - Interpretation and Scientific Research Writing**

12 Hrs


**Text Books:**


**Reference Books:**


**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports.*
FOOD ANALYSIS PRACTICAL

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Course Objectives:
1. To create learning on the qualitative and quantitative analytical tests in foods.
2. To give a better understanding on the principles of reaction in the identification of nutritional constituents of foods.

Course Outcomes:
CO1: Acquire knowledge on different analytical techniques associated with food samples
CO2: Gain hands on experience in qualitative and quantitative estimations of proximate constituents.

Skills: Acquire skills to quantify proximate nutrients in foods

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Practical’s: 30hrs.

1. Determination of Moisture content of different food samples
2. Qualitative analysis of Carbohydrates, Proteins, Fats and Oils in given food samples
3. Estimation of Total Sugars using Anthrone Method
4. Estimation of Proteins using Biuret method
5. Determination of Crude Fat using soxhlet extraction method
6. Estimation of Minerals- Calcium, Phosphorus and Iron in the food samples using Spectrophotometric Methods
7. Estimation of Vitamins- Vitamin A and Vitamin C and in the food samples using Spectrophotometric and Dichloroindophenol Titrimetric Methods

Text Books:
Reference Books:


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*CA – Regular Lab work assessment
SEMESTER VII
PUBLIC HEALTH NUTRITION

Course Objectives:
1. Gain insight into the public health problems and their implications
2. Acquire skills in organizing and evaluating nutrition projects in the community
3. Appreciate the national and international contribution towards national development

Course Outcomes:
CO1: Understand the basic concepts of public health nutrition
CO2: Gain knowledge in assessing and evaluating nutritional epidemiological studies
CO3: Design strategies and approaches for managing public health problems
CO4: Gain insight into national and international organizations to combat malnutrition

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Syllabus:

**Unit I- Public Health Nutrition- An Overview**  
14Hrs

**Unit II- Nutritional Epidemiology**  
14Hrs
Unit III- Public Health Nutrition - Strategies and Approaches 16Hrs

Unit-IV: National and International Organizations to Combat Malnutrition 16Hrs

Text Books:

Reference Books:

Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports.
NUTRACEUTICALS AND FUNCTIONAL FOODS

Semester VII
Course Code: 23FSN402
L-T-P – 3-1-0-4

Pre-requisite: Nutraceuticals, bioactive components, dietary supplements, genetically modified foods

Course Objectives:

1. To develop comprehensive understanding of different nutraceuticals and Functional foods, and understand the phytochemical components its potentials and management on health and diseases.
2. Understanding the molecular level interaction between nutrients and other dietary bioactive with human genome and be acquainted with the applications of nutrigenomics in wellness and disease management.

Course Outcomes:

CO1: Understand the basic concepts of nutraceuticals and functional foods.
CO2: Acquire knowledge on the bioactive carbohydrates, peptides and lipids
CO3: Gain knowledge on the prebiotics, probiotics, synbiotics and postbiotics
CO4: Comprehend the significance of nutraceuticals on human health.
CO5: Apply good manufacturing practices and safety issues in functional food industries

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Syllabus:

Unit I - Nutraceuticals and Functional Foods

Unit II - Bioactive carbohydrates, peptides, lipids  12hrs

Unit III - Prebiotics, Probiotics, Synbiotics and Postbiotics  12hrs
Prebiotics, probiotics, synbiotics and postbiotics- concept, functions, mechanism of action. Clinical applications of prebiotics, probiotics and synbiotics: gastrointestinal system, respiratory system, cardiovascular system, urinary system, reproductive system, immune system.

Unit IV - Role of Nutraceuticals in Health and Disease  12hrs

Unit V - Good Manufacturing Practices and Safety Issues in Functional Food Industries  12hrs

Text Books:


Reference Books:

5. Tamine, A., 2015, Probiotic Dairy Products, Blackwell Publishing Ltd., UK

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar*
Course Objectives:
1. Acquire knowledge on trends in food and nutritional research
2. Understand research in novel food product development and its significance in health promotion and disease prevention
3. Gain scientific knowledge on growth, metabolic and nitrogen balance studies in animals and human trials

Course Outcomes:
CO1: Understand the basic concepts of food and nutritional research and ethical issues
CO2: Analyse different innovative Food products and its significance in human health
CO3: Acquire knowledge on significance of animals models in nutritional research and growth studies in animal models
CO4: Design growth, metabolic and nitrogen balance research using human models.
CO5: Apply tools and techniques in manuscript writing and publication ethics

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Syllabus:

Unit I - Food and Nutritional Research and Ethical Issues  
12Hrs
Trends in food and nutrition research- Global and Indian perspective, Thrust areas in food and nutritional research. Food and Nutritional research- In vitro and in vivo studies. Nutrition intervention studies- principles, merits and demerits. Ethical issues in nutritional research- Rights of the research participant, Physical and psychological risks, Ethical issues regarding copyright. Human and animal ethical committees.

Unit II- Research in Novel Food Product Development  
12Hrs
Food products- the basis of innovation- 3D food printing, cultured meats, food nano materials, nano tooled bug boosters. Measures of food products success and failure. Product development process- the basis for success.

**Unit III- Growth Studies in Animal Models**  
12Hrs  
Animal models in nutrition research, Need for extrapolation research in animal models. Maintenance of animal laboratory, maintenance of records. Growth and development of rats- role of different protein levels in diet formulation, feeding techniques, Biological assays with animal models- metabolic and nitrogen balance studies.

**Unit IV- Biological Assays in Human Trials**  
12Hrs  

**Unit V Manuscript Writing and Publication Ethics**  
12Hrs  

**Text Books:**

**Reference Books:**

**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports.
TECHNIQUES OF EXPERIMENTAL NUTRITION

Course Objectives:
1. Understand the chemical composition of different foods using colorimetric and spectrophotometric and chromatography techniques
2. Impart knowledge on qualitative and quantitative estimation of nutrients, antioxidants and phytochemicals in different food samples

Course Outcomes:
CO1: Acquire knowledge on different analytical techniques associated with food samples
CO2: Gain hands on experience in qualitative and quantitative estimations of proximate constituents, antioxidants and phytochemicals in different food samples.

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Practicals:
1. Instrumentation techniques – Brookfield Viscometer, Abbe’s Refractometer, pH meter, Colorimeter, Spectrophotometer and chromatography-principle and working.
2. Determination of Moisture content using hot air oven drying technique
3. Qualitative analysis of Carbohydrates, Proteins, Fats and Oils in given food samples
4. Estimation of Total Sugars using Anthrone Method
5. Determination of reducing sugars using Dinitrosalicylic acid (DNSA) Method
6. Estimation of Dietary Fiber using AOAC Method
7. Estimation of Proteins using Biuret / Lowry method
8. Determination of Amino acids by Sorensen’s Formal Titration
9. Determination of Crude Fat using soxhlet extraction method

Semester VII
Course Code: 23FSN481
L-T-P – 0-0-3-2
Hours of Instruction/ week – 3
No. of Credits – 2
Total 30 hrs.
10. Determination of Total ash content using dry ashing and wet ashing methods
11. Estimation of Minerals - Calcium, Phosphorus and Iron in the food samples using Spectrophotometric Methods
12. Estimation of Vitamins - Vitamin A and Vitamin C and in the food samples using Spectrophotometric and Dichloroindophenol Titrmetric Methods
13. Determination of Phytochemicals - Phytates, Oxalates and Tannins using AOAC Methods
14. Estimation of total antioxidants using FRAP (ferric reducing-antioxidant power) assay - Spectrophotometric Technique.

Text Books:

Reference Books:

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*CA – Regular Lab work assessment
SEMESTER VIII

NUTRITION IN HEALTH AND FITNESS

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Course Objectives:
1. Understand the basic concepts of health, physical activity and physical fitness
2. Comprehend energy metabolism in physical activity and weight management
3. Gain knowledge on significance of nutrition in health and fitness

Course Outcomes:
CO1: Understand the components, evaluation and health benefits of physical fitness
CO2: Gain scientific knowledge on energy metabolism during physical activity
CO3: Acquire knowledge on Nutritional recommendations during exercises and ergogenic aids
CO4: Analyse biological effect of physical fitness on health status and managing diseases.

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Syllabus:

**Unit I- Health, Physical Activity and Physical Fitness**

11Hrs


**Unit II- Energy Metabolism in Physical Activity and Weight Management**

11Hrs


**Unit III- Nutritional Recommendation and Physical Fitness**

Nutritional requirements during exercises- Carbohydrate, protein, fat, vitamins and minerals recommendations. Fluids and electrolytes to support physical activity. Diets for physically active people. Ergogenic aids- nutritive and non-nutritive aids, merits and demerits of ergogenic aids.

**Unit-IV: Physical Activity and Disease Prevention**

Physiological and biological effect of physical fitness on health status and vital systems. Role of physical activity and exercise on prevention and management of cardiovascular diseases, obesity, cancer, diabetes, healthy aging, musculoskeletal health, cognitive health and degenerative diseases.

**Text Books:**


**Reference Books:**


**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports.
PROFESSIONAL ELECTIVES

ELECTIVES A

Food Hygiene and Sanitation

Course Code: 23FSN231
L-T-P – 3-0-0-3

Hours of Instruction/week – 3
No. of Credits – 3
Total 45 hrs.

Pre requisite: Food safety, Hygiene, WASH, FNHW

Course Objectives:
To expertise the food hygienic, sanitary and cleaning practices and to familiarize the physical and chemical pest and insect control measures.

Course Outcome:
CO1: Comprehends the knowledge of food hygiene and sanitation.
CO2: Expertise the insect and pest control methods
CO3: Understand the sanitary aspects of water.
CO4: Knowledge on cleaning and sanitary practices in food industry.

Skills: Develop skills in maintaining sanitary practices in food industry

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Syllabus:

Unit I - Food hygiene
General principle of food hygiene. Hygiene in rural and urban areas in relation to food preparation, personal hygiene and food handling habits. Place of sanitation in food plants. Sanitary aspects of building and equipment: Plant layout and design, Comparative studies on sanitary fabrication of different types of processing equipment’s.

Unit II - Safe and effective insect and pest control
Extraneous materials in foods, Principles of Insects and pest’s control. Physical and chemical methods of control. Effective control of micro-organisms: microorganisms important in food sanitation, micro-organisms as indicator of sanitary quality.

**Unit III - Sanitary aspects of water supply**
9hrs.
Source of water, quality of water, water supply and its uses in food industries. Purification and disinfection of water, preventing contamination of potable water supply.

**Unit IV - Cleaning practices**
9hrs.
Effective detergency and cleaning practices: Importance of cleaning technology, physical and chemical factors in cleaning, classification and formulation of detergents and sanitizers, cleaning practices.

**Unit V - Sanitation practices**
9hrs.
Sanitary aspects of waste disposal. Establishing and maintaining sanitary practices in food industry, sanitation principle and the requirements for a food sanitation program, role of sanitation, general sanitary consideration and sanitary evaluation of food plants.

**References:**
1. Guide to Improve Food Hygiene - Gaston and Tiffney
2. Practical Food Microbiology & Technology - Harry H. Weiser, Mountney, J. and Gord, W.W.
3. Food Poisoning and Food Hygiene - Betty C. Hobbs
4. Principles of Food Sanitation - Marriott and Norman, G.
5. Hygiene and Sanitation in Food Industry - S. Roday

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ADOLESCENCE HEALTH AND LIFESTYLE

Course Code: 23FSN232
L-T-P – 3-0-0-3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs

Pre-requisite: Health, Lifestyle changes, adolescence needs.

Course Objectives:
This course will provide better understanding of significance in adolescent’s health and nutrition and relationship between lifestyle practices and health outcomes.

Course Outcome:
CO1: Expertise stages of adolescence, significance of maintenance of health and nutrition.
CO2: Gained information on the impact of long-term good lifestyle practices on health.
CO3: Knowledge on promotion of good eating habits, physical activity, resting pattern, personal habits and hygiene.
CO4: Gain knowledge on role of lifestyle practices on mental health.

Skills: Develop skills to overcome lifestyle changes during adolescence

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Syllabus:

Unit 1 – Introduction to Adolescent Health and Lifestyle

9hrs.
Significance of Adolescent Health- stages of adolescence, physical, social, emotional, spiritual and intellectual well-being, sedentary lifestyle, reproductive health and factors influencing, integration of knowledge and skills to develop a healthy lifestyle plans, parent’s adolescence communication

Unit II – Promotion of Good Eating Habits

9hrs.
Food choices- Skipping Breakfast- Factors, impact on health, Measures to overcome
Junk Food Consumption - Factors, impact on health, Measures to overcome
Eating White Products- Factors, impact on health, Measures to overcome
Water and Fluid intake- Significance on health
Unit III – Resting pattern and physical activity  
9hrs.
Postures – Ergonomics, Good and Bad postures, Advantage and Disadvantages
Degenerative Disc Disease – Causes, types, Consequences to human health
Sleeping Pattern – Types, advantages and disadvantages, circardium rhythm, nocturnal habits, consequences to human health,
Physical activity, obesity and weight management- Types and significance, weight management,

Unit IV – Supporting Mental Health  
9hrs.
Stress- Causes, types, signs and symptoms, coping with emotions and stress, impact of Stress on adolescent health
Depression and Suicidal tendency- Causes and impact of Depression on adolescent health
Peer pressure- Causes, types and impact of peer pressure and ways to overcome on adolescent health
Procrastination- Causes, types and impact of peer pressure and ways to overcome on adolescent health
Violence – Types, causes and effects, rehabilitation measures

Unit V – Personal habits and hygiene  
9hrs.
Personal Habits:
Alcohol addiction, Smoking, Substance Abuse, Electronic addiction - Factors, symptoms, types health impact, measures to overcome
Personal hygiene:
General hygiene, menstrual hygiene, dental hygiene

Text Books:
1. An Introduction to Lifestyle Management: Facilitator’s Handbook, Dr. Anja Morris-Paxton. 2019

Evaluation Pattern:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
NUTRITION FOR ATHLETES

Course Code: 23FSN233
L-T-P – 3-0-0-3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs.

Pre-requisite: Health and fitness knowledge, practice.

Course Objectives:
1. Understand the dietary recommendations for athletes
2. Acquire knowledge on dietary supplements & ergogenic aids for athletes
3. Gain scientific knowledge on medical nutrition therapy for nutritional disorders among athletes

Course Outcomes:
CO1: Understand the Nutritional Requirement for Athletes
CO2: Gain knowledge on the Nutrition for Special groups and Sports injuries
CO3: Acquire knowledge on significance dietary supplements & ergogenic aids for athletes
CO4: Gain scientific knowledge athletes with nutrition related disorders

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Syllabus:

Unit I- Athletes and their Nutritional Requirement
11 Hrs
Children and adolescent athletes- Growth and development, Nutritional issues commonly faced; Eating habits and addiction; Nutritional requirements for growth and training.
Female athletes- Vulnerability to nutrition assault and insufficiency; Differences in fuel or nutrient utilisation among female athletes; Female athletic triad (FAT) including eating disorder, menstrual irregularity and poor bone mineral density; Dietary guidelines and suggestions for FAT.
Male Athletes - Dietary recommendations for male athletes.
Vegetarian athletes- Classification; Nutritional status and dietary considerations; Nutritional gaps currently identified and suitable dietary modification for fueling during training, competitions and traveling.

Unit II- Nutrition for Special groups and Sports injuries
11Hrs
The Paralympic Athlete- Athletes with physical or intellectual impairments. Eating difficulties and behaviours observed in some athletes with impairments. Paralympic athletes and nutritional demands- Dietary intakes and potential issues. Sport
injury and rehabilitation- Type of injury and rehabilitation required, Physiological and metabolic changes during injury and rehabilitation. Eating habits commonly followed during an injury. Overweight among injured athletes. Role of nutrition and dietary guidelines in recovery from an injury.

**Unit III- Dietary supplements & Ergogenic Aids for Athletes 11Hrs**


**Ergogenic aids for Athletes-** Definition and Classifications. Metabolite and Botanical Ergogenic Supplements- Wheat germ oil, beetroot, green tea extract, phytostersols, bio flavonoids, herbal testosterone-booster, beta-alanine.

**Unit IV- Athletes with Nutrition related disorders 12Hrs**


**Text Books:**


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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
ELECTIVES B
HOME SCALE PRESERVATION OF FOODS

Course Code: 23FSN241
L-T-P – 3-0-0-3

Pre-requisite: Food processing, preservation, additives, preservatives

Course Objectives:
1. To give an understanding on the methods of home scale food preservation
2. To relate to preservation on sugar, salt, drying and chemicals preservative
3. Learn the importance of moisture removal and fermentation in home scale preservation

Course Outcomes:
CO1: Gain expertise on the preservation methods of surplus fruits and vegetables at home scale level
CO2: Enhance the knowledge related to sugar preservation methods
CO3: Understand the preservation method using different drying methods
CO4: Gain knowledge on the chemical and salt preservation methods
CO5: Empower on the different fermentation methods and fermented products

Skills: Develop skills in food processing and preservation at home scale level

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Syllabus:

Unit I - Introduction to Food Preservation 9hrs.
Basic Principles of Food Preservation, Types of Spoilage, Importance of Food Preservation Different Methods of Food Preservation. Management of surplus foods.

Unit II - Preservation by using Sugar 9hrs.
Sugar concentrates, Preparation of Jam, Jelly, Marmalades, Preserves, Candied, Glazed, Crystallized Fruits, FPO Specification, Problems Encountered, Spoilages
Unit III - Preservation by Removal of Moisture
Sun drying Drying, Dehydration, Method of Drying, Preparation of Vegetable Vathals - Ladies Finger, Brinjal, Beans, Cluster Beans, Preparation of Vadams – Rice vadam, Sago Vadam, Rice Flakes Vadam, Tomoto Vadam

Unit IV - Preservation by using Chemicals and Salts
Chemical Preservatives – Definition, Types of Preservatives, Preparation and Preservation of Fruit Juices, picking – Principles Involved, Process, Types
Preparation of Various Types of Pickles – Lime, Mango, Ginger, Capsicum, Mixed Vegetables, Brinjal, Onion, Garlic

Unit V - Fermentation
Definition, Types of Fermentation, Common Fermented Foods – Cheese Making, Dokhla, Wine

Text Books:
3. Srilakshmi, B.(2013) Food Science, New Age International (P) Ltd., New Delhi,

Reference Books:

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
BASICS OF FOOD ENGINEERING

Course Code: 23FSN242
L-T-P – 3-0-0-3

Course Objectives:
1. Understand the basic principles of food engineering
2. Comprehend the types and properties of Refrigeration systems
3. Gain knowledge on processing equipment and maintenance of processing equipment

Course Outcomes:

CO1: Understand the significance of food engineering and its principles
CO2: Acquire knowledge on steam generation, utilization and evaporation
CO3: Gain knowledge on refrigeration and freezing in food industry
CO4: Design plant location and equipment layout for establishing a food industry

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Unit I- Food Engineering- An Overview

11 Hrs

Food Engineering - Historical background. Food Engineering as a distinct discipline. Basic food engineering principles - physical, thermal, aerodynamic, mechanical, optical and electromagnetic properties.

Unit II- Steam Generation, Utilization and Evaporation

11 Hrs


Unit III- Refrigeration and Freezing in Food Industry

11 Hrs

**Unit IV- Plant Designs, Location and Equipment Layout**  
12 Hrs

Plant designs- design and construction of building, functionality of the building, design and fabrication equipment. Plant location. Cost benefit analysis. Food process economics. Plant layout. Factors to be considered for location and layout of food plants. Regulatory requirements of food industries.

**Text Books:**


**Reference Books:**


**Evaluation Pattern:**

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports.*
CAREER OPPORTUNITIES IN FOOD SCIENCE AND NUTRITION

Course Code: 23FSN243
L-T-P – 3-0-0-3

Pre requisite: Biological sciences, food science, dietetics, community nutrition, food industry

Course Objectives:
1. To extend higher learning opportunities for UG Food Science and Nutrition graduates.
2. To make better understanding on various career opportunities pertaining to graduates in UG Food Science and Nutrition.
3. To build capacity and Learning skill for competitive examination opening into government and non-government sectors

Course Outcome:
CO1: Awareness built on the preparation for higher learning opportunities
CO2: Building appropriate skills and capacity to open careers in various hospital sector.
CO3: Gain knowledge on the suitable skills for career opportunities in government sector and community
CO4: Develop skills for career opportunities in food and entrepreneur sector
CO5: Building knowledge and skills for the competitive exam preparations.

Skills: Strengthen technical and develop exam preparedness skills

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Unit I - Preparation for higher learning & research  9hrs.
Understanding the domains of higher learning, Opportunities for higher learning, thrust areas of exchange studies, possible interdisciplinary courses and learning opportunities.

Unit II - Career opportunities in hospitals  9hrs.
Registered Dietitian Examination, preparation, how to apply, syllabus, technical knowledge and skills required.
Unit III - Career opportunities in government sector & community 9hrs.
Various Ministry, National and state government departments open for recruiting officers and staff with food science and nutrition background.

Unit IV - Career opportunities in food industry & as entrepreneur 9 hrs.
Required Education & Training for a career in the Food Industry, Opportunities as a Food technologist Product/process development scientist, Quality manager, Regulatory affairs officer, Know about the Recruiters and roles and responsibilities. Small- and large-scale food-based business, how to initiate startups, applying for FSSAI, setting quality standards roles and responsibilities.

Unit V – Preparation for competitive exams 9hrs.
Various resources web links and websites for various relevant job applications. State employment Exchange registration.
Registered Dietitian Exam- Eligibility, registration, application, Syllabus.
NET /SLET Exams– Interior design, resource management, textiles and clothing, human development, extension education

Text books/ References:
2. Online resources

Evaluation Pattern

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ELECTIVE C

BAKERY AND CONFECTIONERY

Course Code: 23FSN431
L-T-P – 2-0-1-3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs.

Pre-requisite: Baking principles & bakery products

Course Objectives:

1. To create knowledge on the role of science and technology in baking
2. To integrate the role of different ingredients in bakery
3. To familiarize with skills in planning and establishing a bakery unit.

Course Outcomes:

CO1: Improved knowledge on principles of baking and appropriate sanitation, hygiene and safety practices during baking
CO2: Understanding the role of ingredients in baking quality.
CO3: Gain knowledge to set up a bakery unit.
CO4: Increased knowledge on the complete process of baking and presentation of baked products
CO5: Gain knowledge on the processing and preparation of confectionary products

Skills: Learned various baking skills to bake different products

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Syllabus:

Unit I

Introduction to baking:

Baking - Definition, History, Principles of baking, classification of baked foods. Types of equipment’s in baking industry, cleaning and sanitizing methods of baking equipment’s, baking temperature of different products, operation techniques of different baking equipment’s.
Unit II  
**Role of Ingredients:**  
Ingredients and Their Role in Baking - Flour, Yeast, sugar, egg, butter, salt, baking powder, colouring, flavouring agents. List of standard colouring and flavouring agents

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Unit III  
**Factors for setting up a bakery unit:**  
Factors to be considered for Setting up a Bakery Unit  
Types of Ovens – Construction and Working of Conventional and Modern Ovens, Study and Maintenance of Major and Minor Equipment’s.  
Bread Making – Steps and Methods, Role of Ingredients, Variety Breads, Qualities of a Good Loaf, Bread Faults, bread diseases.

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Unit IV  
**Preparation and Decoration of baked foods**  
Cake Making – Functions of Ingredients  
Cake Mixing Methods, Types of Cakes, Cake Judging, Cake Faults and remedies Biscuit, Cookie and Pastry Making, Types and techniques of Icing.  
Frosting and fillings. Sensory evaluation of baked products- objective and subjective methods

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Unit V  
**Confectionery**  

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**Practicals:**
1. Introduction of tools and equipment’s of bakery products.  
2. Preparation of rich yeast fermented breads  
3. Preparation of biscuits and cookies.  
4. Preparation of pizza.  
5. Preparation of various types of cakes.  
6. Preparation of filling and icings.  
7. Visit to a Professional Bakery

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**Reference Books:**
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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD BIOTECHNOLOGY

Course Code:23FSN432
L-T-P –C 3 0 0 3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs.

Pre requisite: Genetic engineering, enzymes and microbes, fermentation

Course Objectives:

1. To give an understanding on the role of enzymes as a tool in genetic engineering and biotechnology
2. To make learners aware on the principles of genetic engineering, plant tissue culture and molecular cloning
3. To enable learners to understand the concept of fermentation biotechnology
4. To delineate the role of microbes in the application of biotechnology in Food Science and Nutrition

Course Outcomes:

CO1: Gain knowledge on the enzymes as tools used in genetic engineering
CO2: Expand the knowledge of food biotechnology in relation to genetic engineering and plant tissue culture.
CO3: Understand on the basic principles of fermentation technology and the application of fermentation in biotechnological industry.
CO4: Helps to keep abreast application of microbes in food industry.
CO5: Understanding the role of enzymes in food industry.

Skills: Develop appropriate skills involved in food biotechnology and genetic engineering

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Syllabus:

Unit I - Introduction and Tools of Genetic Engineering
Definition, enzymes as tools - exonucleases, endonucleases, ligases, reverse transcriptase and alkaline phosphatase, cloning vectors-plasmids, bacteriophage, cosmids and phasmids. Nutrigenomics and its nutritional implications.

Unit II Genetic Engineering and Plant Tissue Culture
10hrs.
Outline of genetic engineering in prokaryotes (microbial cells), concepts of molecular cloning, plant tissue culture, micro propagation, transgenic plants, genetically modified foods—golden rice, flavr savr tomato and Bt brinjal; enlisting applications of genetic engineering, isolation of DNA and Plasmids.

**Unit III - Fermentation Biotechnology**  
8hrs.  
General structure of bioreactors and listing types, bacterial growth curve, batch and continuous culture, environmental factors, basic concepts of downstream processing, definition of biochips and biosensors

**Unit IV - Use of Microbes in Food Industry**  
8hrs.  
Primary metabolites, secondary metabolites, synthesis of citric acid, glutamate, xanthan gum, vitamin B12, riboflavin and Single Cell Protein – spirulina and yeast biomass

**Unit V - Enzyme Biotechnology**  
9hrs.  
Soluble enzymes, immobilization of enzymes—methods of immobilization, role of enzymes in food industry, safety assessment of transgenic crops

**Text Books:**

2. Green, P.J., 2010, Introduction to Food Biotechnology, CRC Press, USA.

**Reference Books:**


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FOOD SAFETY AND QUALITY CONTROL

Course Code: 23FSN433  
L-T-P – 2-1-0-3  

Hours of Instruction/ week – 3  
No. of Credits – 3  
Total 45 hrs.

Pre –requisite: Food safety, Consumer awareness, Nutrition information and labelling

Course Objectives:

1. To impart the better understanding on the role of sanitization and hygiene to produce quality food.
2. To get familiarize with standards for quality assessment and food safety and critical assessment and control points for quality assurance.

Course Outcome:

CO1: Basic understanding of sanitization, hygiene, safety and quality.
CO2: Grasping the principles of food quality control and additives used in industry.
CO3: Proficient in food standardization system, laws, sensory assessment and methods of determination of quality.
CO4: Expertise food safety management, hazards analysis and control measurements.

Skills: Develop skills in food safety and food quality management

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Syllabus:

Unit I  
8hrs.
Water, Sanitation, Hygiene, Food quality, Food selection, Food Safety, House hold hygiene, Food safety measures during food production, Organization of quality control function in the food industry.

Unit II  
10hrs.
Principles of Quality control of food – Raw material control, processed control and finished product inspection. Leavening agents, classification, uses and optimum levels.
Food additives - Preservatives, colouring, flavouring, sequestering agents, emulsifiers and antioxidants.

Unit III 8hrs.
Standardization systems for quality control of foods-National and International standardization system, Food grades, Food laws-compulsory and voluntary standards.
Food adulteration - Common adulterants in foods and tests to detect common adulterants.

Unit IV 10hrs.
Methods for determining quality - Subjective and objective methods.
Sensory assessment of food quality-appearance, color, flavour, texture and taste, different methods of sensory analysis, preparation of score card, panel criteria, sensory evaluation room.

Unit V 9hrs.
Food safety: The concept of food safety and its definition. Elements of food safety management. Challenges in management of food safety and outlook. Hazards associated with foods – Milk and dairy products; meat, egg and poultry; fruits and vegetables; nuts and oil seeds. Control of hazards and management of safety of foods at raw and processed stage.
Hazard Analysis and Critical Control Point System (HACCP): Introduction, the need for HACCP, Principles of the HACCP System and application of HACCP, microbiological criteria in food packaging.

PRACTICALS
Assessment of quality parameters and adulterants in different foods
1. Survey of label information of foods in market
2. Cereals, Pulses and Flours – Label information, detection of adulterants
3. Fats and oils – Label information, Adulterant tests, Iodine number and FFA Value
4. Fruit and vegetable products – Label information, Acidity , TSS, Sugars
5. Coffee and Tea, Honey – Label information, Detection of Adulterants
7. Spices and Condiments- Label information, Detection of adulterants.

Reference Books:
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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar*
CORE ELECTIVE

FOOD FORTIFICATION

Course objectives:

1. Understand the principles, importance and methods of food fortification.
2. Learn various aspects of fortified food products.

Course outcomes:

1. Acquire knowledge on different techniques used for fortifying foods.
2. Gain precise knowledge on various fortificants and vehicles
3. Generate cost-effective and safe fortified foods for target populations.

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Syllabus

Unit I: Food Fortification

Food fortification: Definition, types, Legal considerations, Mandatory vs. Voluntary fortification, importance and health benefits; Food vehicles and Fortificants: Selection of food vehicles, criteria for selection of food fortificants, Bioavailability, Stability and interaction of fortificants in the foods.

Unit II: Nutrients as Fortificants

Vitamins (A, B, C and D) and minerals (iron, iodine, zinc and calcium) – Sources, Physical characteristics and choice of fortificant methods to increase absorption of fortificants/prevention of loss, Fortification premixes - design and composition of premixes.

UNIT III: Foods as Vehicles for Fortification

i) Rice, Cereal flours, cereal products (bread, pasta, noodles, biscuits and ii) Salt and sugar, iii) edible oils, iv) Beverages; v) Candies, Nutri- bars, and Granola bars, vi) Snack food, water and other foods. Technology of fortification, challenges (safety, technological and cost limits), packaging and shelf life quality of fortified foods.
Unit IV: Guidelines for Fortification 10hrs

Merits and demerits of fortification, choice of products and selection of micronutrients, Setting level of fortification, Safety limits, Technological and cost limits, Challenges in fortifying snack products, Nutrient interaction and bioavailability.

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports
FOOD INDUSTRY MANAGEMENT

Course Objectives:

1. Understand the basic concepts of food industry and future priorities in food production
2. Comprehend the guidelines for good maintenance & safety precautions in food industry
3. Gain knowledge on improving sustainability in food sector

Course Outcomes:

CO1: Understand the components, organization of food industry and future challenges in food production sector
CO2: Acquire knowledge on food industry maintenance
CO3: Gain knowledge on food safety and assurance system in food industry
CO4: Analyse different aspects of sustainability and ethics in food industry
CO5: Design of food business proposals, start a food industry with respect to nutritional trends

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SYLLABUS

Unit I- Food Industry - An Overview

Food Industry- Trends in food industry- Global and Indian perspective. Components of Food Industry. Organization in food industry. Operations of food industry. Deteriorative factors and hazards during processing, storage, handling and distribution. Food regulatory bodies and mechanisms, certification process to set up micro, macro model food industries. Future priorities in food production and challenges.
Unit II - Food Industry Maintenance 14 Hrs

Unit III- Food Safety and Assurance System in Food Industry 16 Hrs
Principles and systems for quality and food safety management. Hygienic designs and maintenance of equipments in food industry. HACCP and its misconception in food industry. Management of hazards. Assessment of food safety management systems. Incident management and root cause analysis. Crisis management in food industry. Significance of international, regional and national organisation in food production sector.

Unit IV – Sustainability and Ethics in Food Industry 16 Hrs

Text Books:

Reference Books:

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*CA - Can be Quizzes, Assignment, Seminar, Projects and Reports
GENERIC ELECTIVE

ELECTIVE –A

FOOD TOXICOLOGY

Course Code: 23FSN251
L-T-P-C 3-0-0-3

Prerequisite: Basic Food Groups, Food Additives, Food Microbiology

Course Objectives:
1. To obtain basic knowledge on the principles of food toxicology and the impact of natural toxins in foods.
2. To analyze and study the influencing factors like environment, toxins, drugs, and additives on food allergens and sensitivity.

Course Outcomes:
CO1: Acquire knowledge of the principles of food toxicology.
CO2: Gain knowledge on the impacts of natural toxins in foods.
CO3: Understand the relationship between food allergens and sensitivity
CO4: Gain knowledge on Environmental contaminants and drug residues in food
CO5: Develop food processing skills and understand the role of food additives and toxicants.

Skills:
- Develop skills on the identification of food allergens
- Acquire skills in understanding toxins, harmful additives

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Syllabus:

Unit I- Principles of Toxicology
Classification of toxic agents. Characteristics of exposure. The spectrum of undesirable effects. Interaction

9Hrs

**Unit II - Natural Toxins in Food**  
9Hrs  
Natural toxins of importance in food- toxins of plant and animal origin. Microbial toxins (e.g., bacterial toxins, fungal toxins and Algal toxins)- Natural occurrence, toxicity and significance. Determination of toxicants in foods and their management.

**Unit III- Food Allergies and Sensitivities**  
9Hrs  

**Unit IV- Environmental Contaminants and Drug Residues in Food**  
9Hrs  
Fungicide and pesticide residues in foods; heavy metal and their health impacts. Use of veterinary drugs (e.g. Malachite green in fish and βagonists in pork). Radioactive contamination of food, Food adulteration and potential toxicity of food adulterants. Endocrine disrupters in food. Microplastics in food: Health risks and solutions.

**UNIT V- Toxins generated during Food Processing**  
9Hrs  

**Textbooks:**


**Reference Books:**


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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
NUTRITION IN EMERGENCIES AND DISASTER MANAGEMENT

Course Code: 23FSN252
L-T-P-C 3-0-0-3

Hours of Instruction/ week – 3
No. of Credits – 3
Total 45 hrs.

Prerequisite: Basic food groups and functions; Significance of macro and micronutrients

Course Objectives:
1. Understand the emergency, nutrition surveillance, and treatment during disasters and pandemic
2. Gain knowledge on relief and rehabilitation during nutritional emergencies

Course Outcomes:
CO1 Acquire knowledge in nutritional problems in natural and man-made disasters and emergencies
CO2 Assess the nutritional status in emergency and plan surveillance and treatment to the affected
CO3 Acquire knowledge on nutritional relief and rehabilitation
CO4 Gain insight on nutrition recommendation of special environments
CO5 Plan and execute rehabilitation during nutritional emergencies-endemic, epidemics and pandemics

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Syllabus:

UNIT I – Disaster and Nutritional Emergencies- An Overview 9 Hrs

- Natural/Manmade disasters resulting in emergency situations- Famine, drought, flood, earthquake, cyclone, war, civil and political emergencies. Factors giving rise to emergency situations in these disasters. Nutritional management during disaster.
- Communicable disease evolving emergency situations- Surveillance, medical and dietary treatment. Role of immunization and sanitation.
UNIT II - Need Based Assessments

- Disaster and emergencies specific assessment tool construction
- Organization of nutritional surveillance and individual screening.

UNIT III - Nutritional Relief and Rehabilitation

- Assessment of food needs in emergency situations, Food distribution strategy – Identifying and reaching the vulnerable group – Targeting Food Aid.
- Mass and Supplementary Feeding, Therapeutic Feeding, Special foods/ rations for nutritional relief, Local production of special foods, Local foods in rehabilitation
- Organization of mass feeding/general food distribution, Feeding centers, Transportation and food storage, Sanitation and hygiene, Evaluation of feeding programmes, Household food security and nutrition in emergencies
- Public nutrition approach to tackle nutritional problems in emergencies

Unit IV - Nutrition Recommendation of Special Environments

- Nutritional requirement in High altitudes and Low temperatures - Oxidative stress at High altitudes and Low temperatures. Muscle metabolism during cold stress and high altitudes. Dietary supplements and superfoods. Nutrients and cognitive functioning at high altitudes and low temperatures.

Unit V - Nutritional Emergencies during Endemic, Epidemics and Pandemics

- Diet and Nutritional Emergencies - Dietary treatment during endemic, epidemics and pandemics. Role of antioxidants and superfoods during these nutritional emergencies.

Practicals/Assignments:

2. Selection and Rapid assessment of nutritional status in a community.
3. Case study approach on causative factors and management of communicable diseases.
4. Planning and formulation of nutrient-dense foods.
5. Survey on adherence to immunization schedule and vaccines.

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
PHYSICAL CHEMISTRY OF FOOD CONSTITUENTS

Semester III
Course Code: 23FSN253
L-T-P – 3-0-0-3

Pre requisite: Basics of Bonding, thermodynamics, kinetics and surface chemistry.

Course Objective: To impart knowledge on the basic physical chemistry aspects with respect to food

Course Outcomes:

CO1: To relate the application of thermodynamics in understanding the chemistry of food
CO2: To understand the concept of solutions of solid in liquid and liquid in liquid and the properties related to the concentration of solute.
CO3: To gain knowledge on the colloids and the special properties of colloids
CO4: To understand the basics on surface activity and surface reactions
CO5: To provide knowledge on the rheological properties, its measurement and its application to food

Skills: Develop skills in the application of physical properties of foods in product development

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Syllabus:

Unit I- Thermodynamics
System and surrounding, homogenous and heterogeneous system, Intensive and extensive properties, Entropy, Enthalpy, Gibb’s free energy, stable- unstable systems. Heat capacity, specific heat capacity- measurement of specific heat capacity using Bomb calorimeter

Unit II- Solutions

12 hrs

12 hrs

**Unit III - Colloidal chemistry**
12 hrs
Types of colloids - Lyophilic and Lyophobic colloids, classification of colloids, stability of lyophobic and lyophilic sol, emulsification, foaming, light scattering, destabilization of emulsions and foams. Isoelectric point, protection of colloids - protective colloids, Gold Number, Hofmeister series, coagulation or flocculation, coacervation, sensitization, micelle and critical micellisation concentration, application of colloids. Sedimentation, Coalescence, gelatinization.

**Unit IV - Surface chemistry**
12 hrs
Surface tension, interface tension, capillary effects, surface activity, surfactants, wetting, contact angle, adsorption - types and mechanism, catalysis - bio catalyst - enzymes, self-assembly of macromolecules, thermodynamics of self-assembly.

**Unit V - Rheology**
12 hrs
Rheological classification of foods. Rheology of solid foods, rheology of liquid foods, Hooke’s law, Newtonian flow, non-Newtonian flow, gel flow - viscoelasticity, methods of viscoelasticity. Factors influencing rheological properties, measurement of rheology, application of study of rheology in food industry.

**Text Books:**
   https://www.dekker.com

**Reference book**
1. Introduction to the physical chemistry of food, Christos Ritzoulis, 1st edition, CRC press, 2013

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GENERIC ELECTIVE –B

POST-HARVEST TECHNOLOGY

Pre-requisite: Post-harvest loss, processing methods, storage, handling, transportation of commodities.

Course Objectives:
1. To give a better understanding on the importance and methods of post-harvest techniques for foods
2. To create enhanced knowledge in food processing and food conservation

Course Outcome:
CO1: Gain understanding on significance of post-harvest technology and factors associated with post harvest technology
CO2: Understand different processing methods used in cereals (wheat, rice, maize), breakfast cereals, pulses, fruits and vegetables, meat, fish, poultry, egg and sugars
CO3: Gain knowledge on different postharvest processing methods in oil seeds, milk and milk products, condiments and spices, Beverages, tea, coffee and cocoa (SS).
CO4: Understand the factors involved in post-harvest loss
CO5: Gain knowledge on the methodologies used in storage structures

Skills: To develop skills in food processing and Food conservation

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Syllabus:

Unit I - Introduction to Post Harvest Technology  14hrs.
Introduction to Post Harvest Technology - Definition, importance and problem encountered.
Buffer stock – definition, quantity of stores available. Governmental measures to augment food production- need for food conservation. Food loss in the post-harvest period, extent of losses, loss in the field, threshing yard, storage, marketing loss. Role of Post-Harvest Technology in combating malnutrition in India.

**Unit II- Processings and its Significance**  
14hrs.
Importance of processing- methods of processing cereals (wheat, rice, maize), breakfast cereals, pulses, fruits and vegetables, meat, fish, poultry, egg and sugars. Processing of oil seeds, milk and milk products, condiments and spices, Beverages, tea, coffee and cocoa.

**Unit III- Factors Influencing Quality of Foods**  
16hrs.
Agents Causing Food Losses - Physical agents, (moisture, temperature), Chemical losses, biological losses-insects- insects-microorganisms.
Control of Spoilage Agents - Importance and methods of sanitary handling, physical, chemical, biological and other means of control of insects, rats and rodents and birds. Insect control methods- Physical methods and chemical methods including fumigation techniques.
Handling and Transport of Food Commodities - Traditional and improved methods. Nutrient losses in spoiled foods and national program to save various food produce.

**Unit IV- Food Storage and its Significance**  
16hrs.
Storage - Importance of storage structures- requirements, traditional & modern and underground & above ground storage and their improvements, Cold storages, FCI godowns. PDS. Agencies Controlling Food Losses - Role of SGC, FCI, CWC, SWC, IGSI in controlling food losses.

**Related Experiences:**
1. Visit to FCI
2. Visit to Processing Mill (Cereal & Pulse)
3. Food park with cold storage

**Reference Books:**
2. Handling and storage of food grains in tropical and subtropical areas- D W Hall, FAD, Rome, 1970.
5. Gordon G Birth, Food science, Pub in New York.
7. Technology of cereals by NL Kent and JAD Evers.

**Evaluation Pattern**

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*CA - Can be Quizzes, Assignment, Projects, and Reports, and Seminar
FOOD BIOTECHNOLOGY

Course Code: 23FSN262
L-T-P – C 3 0 0 -3

Pre requisite: Genetic engineering, enzymes and microbes, fermentation

Course Objectives:
1. To give an understanding on the role of enzymes as a tool in genetic engineering and biotechnology
2. To make learners aware on the principles of genetic engineering, plant tissue culture and molecular cloning
3. To enable learners to understand the concept of fermentation biotechnology
4. To delineate the role of microbes in the application of biotechnology in Food Science and Nutrition

Course Outcomes:
CO1: Gain knowledge on the enzymes as tools used in genetic engineering
CO2: Expand the knowledge of food biotechnology in relation to genetic engineering and plant tissue culture.
CO3: Understand the basic principles of fermentation technology and the application of fermentation in biotechnological industry.
CO4: Helps to keep abreast application of microbes in food industry.
CO5: Understanding the role of enzymes in food industry.

Skills: Develop appropriate skills involved in food biotechnology and genetic engineering

CO-PO Mappings

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Syllabus:

Unit I - Introduction and Tools of Genetic Engineering 10hrs.
Definition, enzymes as tools - exonucleases, endonucleases, ligases, reverse transcriptase and alkaline phosphatase, cloning vectors-plasmids, bacteriophage, cosmids and phasmids. Nutrigenomics and its nutritional implications.
### Unit II - Genetic Engineering and Plant Tissue Culture

Outline of genetic engineering in prokaryotes (microbial cells), concepts of molecular cloning, plant tissue culture, micro propagation, transgenic plants, genetically modified foods—golden rice, flavr savr tomato and Bt brinjal; enlisting applications of genetic engineering, isolation of DNA and Plasmids.

### Unit III - Fermentation Biotechnology

General structure of bioreactors and listing types, bacterial growth curve, batch and continuous culture, environmental factors, basic concepts of downstream processing, definition of biochips and biosensors.

### Unit IV - Use of Microbes in Food Industry

Primary metabolites, secondary metabolites, synthesis of citric acid, glutamate, xanthan gum, vitamin B12, riboflavin and Single Cell Protein—spirulina and yeast biomass.

### Unit V - Enzyme Biotechnology

Soluble enzymes, immobilization of enzymes—methods of immobilization, role of enzymes in food industry, safety assessment of transgenic crops.

### Text Books:

2. Green, P.J., 2010, Introduction to Food Biotechnology, CRC Press, USA.

### Reference Books:


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NUTRITION EDUCATION AND COMMUNICATION

Pre requisite: Nutrition & counseling.

Course Objectives:
1. To expose on the methods of nutrition education
2. Understand the significance of Information Education and Communication (IEC) tools for nutrition education
3. Develop skills on how to plan, execute and evaluate a nutrition education programme.

Course Outcomes:
CO1: Understand appropriate skills for developing nutrition education materials
CO2: Gain knowledge on mass communication, media and aid tools for nutrition education
CO3: Utilize different communication tools for nutrition education
CO4: Gained knowledge to organize nutrition education programmes
CO5: Understand the various approaches and strategies for improving nutritional status and health

Skills: Develop skills in organizing nutrition education programmes

CO-PO Mappings

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Syllabus:

Unit I - Nutrition Education 6hrs.
Nutrition Education Meaning, nature and importance of nutrition education to the community and the lessons to be taught. Training workers in nutrition education programs, integration of nutrition education with education and extension work. Principles of planning, executing and evaluating nutrition education programs, problems of nutrition education, Nutrition education approaches
Methods of Nutrition Education - Direct and Indirect Methods, Individual and Group Contacts, Types, Methods (Participatory Learning Method, Village Resource mapping, Focus group discussion), Merits and Demerits

**Unit II - Mass Communication in Nutrition Education**  
6hrs.
Definition, Merits and Demerits, Types – Print Media, Newspapers, Magazine, Leaflets, Pamphlets, Radio, Television, Films, Film Strips

**Unit III - Tools in Nutrition Education**  
6hrs.
IEC Materials - Significance of IEC materials, types, Advantages and Limitations, Design and development of IEC materials
Related Experiences
Preparation of chart or poster or leaflets
Digital Health Interventions: Mobile Health, Mobile App, online communication, Dietary survey, Web sources
Uses of Folk Media in Nutrition Education - Types of Folk Media, Merits and Demerits
Related Experiences
Preparation of Skits or Puppet Shows or Villupattu

**Unit IV - Organizing Programmes in Nutrition Education**  
6 hrs.
Introduction – Selection of Theme, Planning the Programme, Executing the Programme, Evaluation of the Programme

**Unit V Approaches and Strategies for improving nutritional status and health**  
6 hrs.

**Text books:**

**Reference books:**

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