Value Added Courses Offered

Department : Zoology

Academic Year: 2023 - 2024

List of Value-Added Courses

Sr. No.	Course Code	Name of the Course
01.	ZOUBVAT1	Food, Nutrition and Health (Health & Wellness) (VAC-I)
02.	ZOUBVAT2	Bhartiya Vigyan ka Itihas (VAC-I)
03.	ZOUBVAT1	Food, Nutrition and Health (Health & Wellness) (VAC-II)
04.	ZOUBVAT2	Bhartiya Vigyan ka Itihas (VAC-II)

Value Added Courses:

Semester	VAC	Course Title	Credits
I	VAC-1	History of Indian science	Theory: 02

About the course

The course provides an insight into the status of science in ancient India, its gradual development, innovations and the pioneers in the field of science, reputed research institutions in India and cutting edge research in science.

Course outcomes

1. The students will feel pride to know the pioneer role of Indians in the development of astronomy, mathematics, engineering and medicine in the World history.
2. Develop understanding of various branches of science during different eras and analyze the role played by different Indian organizations in science.
3. Appraise the contribution of different Indian Scientists.
4. Students will be aware about the modern development of animals, agriculture and biological sciences in republic India.

Course Outcomes and their mapping with Programme Outcomes

CO	PO						PSO		
	PO1	PO2	PO3	PO4	PO5	PO6	PSO1	PSO2	PSO3
CO1	2	3	2	3	3	2	1	3	2
CO2	3	3	2	3	2	2	2	3	3
CO3	3	2	2	2	2	1	2	3	2
CO4	3	2	1	2	1	2	2	2	1
CO5	-	-	-	-	-	-	-	-	-

Weightage: 1- Slightly; 2- Moderately; 3- Strongly

Theory

Unit I: Science in ancient and medieval India **10 Lecture**

History of development in astronomy, mathematics, engineering and medicine subjects in Ancient India, Influence of the Islamic world and Europe on developments in the fields of mathematics, chemistry, astronomy and medicine.

Unit 2: Prominent Indian scientists **12 Lecture**

Eminent scholars in mathematics and astronomy: Baudhayana, Aryabhatta, Brahmgupta, Bhaskaracharya, Varahamihira, and Nagarjuna, Medical science of Ancient India (Ayurveda and Yoga): Susruta, Charak. Scientists of Modern India: Srinivas Ramanujan, C.V. Raman, Jagdish Chandra Bose, Homi Jehangir Bhabha,Vikram Sarabhai etc.

Unit III: Indian science in before and after Independence **13 Lecture**

Introduction of different surveyors, zoologists and doctors as early scientist in Colonial India, Indian perception and adoption for new scientific knowledge in Modern India, Establishment of premier research organizations like CSIR, DRDO and ICAR and ICMR, IIT's, Establishment of Atomic Energy Commission, Launching of the space satellites, ISRO's accomplishments. Zoological survey of India.

Recommended readings

1. Kuppuram, G. (1990) History of Science and Technology in India, South Asia Books.
2. Handa, O.C. (2014) Reflections on the history of Indian Science and Technology, Pentagon Press.
3. Basu, A. (2006) Chemical Science in Colonial India: The Science in Social History, K.P. Bagchi & Co.
4. Habib, I. (2016) A people's history of India 20: Technology in Medieval India, 5th Edition, Tulika Books.
5. Rahman, A. et al (1982) Science and Technology in Medieval India – A Bibliography of Source Materials in Sanskrit, Arabic and Persian, New Delhi: Indian National Science Academy.
6. Subbarayappa, B.V. & Sarma, K.V. (1985), Indian Astronomy — A Source Book, Bombay.
7. Srinivasan, S., Ranganathan, S. (2013) Minerals and Metals heritage of India, National Institute of Advanced Studies.
8. Srinivasiengar, C.N. (1967) The History of Ancient Indian Mathematics, World Press Private Ltd. Calcutta.
9. Bhardwaj, H.C. (2000) Metallurgy in Indian Archaeology. Tara Book Agency

Value Added Courses:

Semester	VAC	Course Title	Credits
1	VAC-II	Food, Nutrition and Health	Theory: 02

About the course

The course covers the basic concepts of balanced diet for people of different ages besides focusing on the consequences of malnutrition and the deficiency diseases and the diseases caused due to poor hygiene.

Course outcomes

1. Imparting the basic concept of food and nutrition including the concept of a balanced diet, nutrient needs, and dietary patterns for various groups.
2. Understanding the biochemistry of major food components and the effects of their deficiency on health and evaluating the effectiveness of nutrition interventions when dealing with certain health problems.
3. Understanding the importance of lifestyle-related diseases, their causes, and prevention through dietary and lifestyle modifications.
4. Understand the importance of food and water safety and methods associated with the preservation of food and purification of contaminated water and make students aware of food, nutrition, and health needs.

Course Outcomes and their mapping with Programme Outcomes

COs	POs						PSOs		
	PO1	PO2	PO3	PO4	PO5	PO6	PSO1	PSO2	PSO3
CO1	3	2	1	-	3	-	3	-	1
CO2	2	3	-	1	2	-	2	2	1
CO3	1	2	1	1	2	2	2	1	-
CO4	2	1	1	2	2	1	1	2	1

Weightage: 1- Slightly; 2- Moderately; 3- Strongly

Theory

Unit 1: Nutrition and dietary nutrients **08 Lectures**

Basic concept of Food: Components and nutrients. Concept of balanced diet, nutrient requirements and dietary pattern for different groups viz., adults, pregnant and nursing mothers, infants, school children, adolescents and elderly people.

Unit 2: Macro nutrients and micronutrients **09 Lectures**

Nutritional Biochemistry: Macronutrients. Carbohydrates, Lipids, Proteins- Definition, Classification, their dietary source and role. Micronutrients. Vitamins- Water-soluble and Fat-soluble vitamins- their sources and importance. Important minerals viz., Iron, Calcium, Phosphorus, Iodine, Selenium and Zinc: their biological functions.

Unit 3: Malnutrition and nutrient deficiency diseases **10 Lectures**

Definition and concept of health: Common nutritional deficiency diseases- Protein Malnutrition (e.g., Kwashiorkor and Marasmus), Vitamin A deficiency, Iron deficiency and Iodine deficiency disorders- their symptoms, treatment, prevention and government initiatives, if any. Life style dependent diseases- hypertension, diabetes mellitus, and obesity- their causes and prevention. Social health problems-

smoking, alcoholism, narcotics. Acquired Immuno Deficiency Syndrome (AIDS): causes, treatment and prevention. Other ailments viz., cold, cough, and fever, their causes and treatment.

Unit 4: Diseases caused by microorganisms **10 Lectures**

Food hygiene: Potable water- sources and methods of purification at domestic level. Food and Water-borne infections: Bacterial diseases: cholera, dysentery; typhoid fever, viral diseases: Hepatitis, Poliomyelitis etc., Protozoan diseases: amoebiasis, giardiasis; Parasitic diseases: taeniasis and ascariasis their transmission, causative agent, sources of infection, symptoms and prevention. Causes of food spoilage and its prevention.

Suggested readings

1. Mudambi, S.R. and Rajagopal, M.V. (2007). Fundamentals of Foods, Nutrition and Diet Therapy; Fifth Ed;; New Age International Publishers
2. Srilakshmi, B. (2002). Nutrition Science; New Age International (P) Ltd.
3. Srilakshmi, B. (2007). Food Science; Fourth Ed; New Age International (P) Ltd.
4. Swaminathan, M. (1986). Handbook of Foods and Nutrition; Fifth Ed; BAPPCO.
5. Bamji, M.S.; Rao, N.P. and Reddy, V. (2009). Text Book of Human Nutrition; Oxford & IBH Publishing Co. Pvt Ltd.
6. Wardlaw, G.M. and Hampl, J.S. (2007). Perspectives in Nutrition; Seventh Ed; McGraw Hill.
7. Lakra, P. and Singh M.D. (2008). Textbook of Nutrition and Health; First Ed; Academic Excellence.
8. Manay, M.S. and Shadaksharaswamy, M. (1998). Food-Facts and Principles; New AgeInternational (P) Ltd.
9. Gibney, M.J. et al. (2004). Public Health Nutrition; Blackwell Publishing.