

June 17, 2020

NOTICE

The Department of Physical Education and Sports Board of the IIS University is celebrating Online International Day of Yoga on 21 June 2020 at Vinayak Hall (A.V. Hall) IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.


Dr. Raakhi Gupta
Registrar



Head
Discipline.....*Psychology/Sports*
Dept. of Behavioural & Health Science
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur



ज्ञान-विज्ञान विभूतये

प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)

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D.O.No F 14-13/2015(CPP-II)

18th June, 2020

**Subject: Celebration of International Yoga Day – 2020 (IDY)
(Yoga at home and Yoga with family)**

Dear Madam/ Sir

This is with reference to MHRD letter No.16-17/2018 NS-I dated.17th June, 2020 for Celebration of International Yoga Day – 2020. In this regard, you are requested to observe International Yoga Day – 2020 (IDY), with a focus on Social –Distancing as no mass gathering is possible due to the COVID-19 pandemic. Therefore, Universities and Colleges are requested to encourage Students and Faculty members to perform **Yoga at home and Yoga with family** for building immunity and relief from stress. This could be done by using social media platforms like Youtube, Facebook, Twitter, Instagram etc. to upload videos and facilitate online participation.

- I. Internal guidelines may be issued by HEIs to motivate teachers to use online platforms to encourage the Youth and activities like lectures, workshops and online training sessions may be organized. They may also be encouraged to use Diksha Platform as a dedicated Yoga Channel.
- II. For celebrating IDY Common Yoga Protocol (CYD) Drill may be joined on 21.06.2020 at 7 am, which is a 45 minutes Yoga Protocol developed by accomplished Yoga experts. Complete details regarding this will be available on Ministry of Ayush's Social Media Platforms.
- III. Participatory videos of International Yoga Day (IDY) by HEIs may be shared in a template available on the UGC University Activity Monitoring Portal (UAMP)
<https://ugc.ac.in/uamp/>.

With kind regards,



Yours sincerely,

Rajnish Jain

(Rajnish Jain)

To,

- The Vice Chancellors of all Universities
- The Principals of all Colleges

upart
Dear Man
Please get this done
20/07/2020

Head
Discipline.....*Physical Education*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

**Department of Physical Education
Report - 2020-21**

Name of the Activity : **International Day of Yoga**
Date : June 21, 2020
Time : 9:15 am-10:30 am
Venue : IISU campus, Jaipur
No. of Participants : 110

Objective :

- The purpose of yoga is to create strength, awareness and harmony in both mind and body.
- Yoga is a healing system of theory and practice.
- To let Students know the amazing and natural benefits of Yoga

The Department of Physical Education, of IIS (deemed to be University) celebrated Online International Day of Yoga on, 21 June 2020. Online Yoga session was promote Yoga practice at home..

Dr. Ashok Gupta, Vice Chancellor, IIS (deemed to be University), **Dr. Rakhi Gupta**, Registrar, IIS (deemed to be University) also graced the occasion. Total 70 students and 40 staff members attended the Online session.

The session commenced with **Janki Pareek**, Yoga Instructor at IIS (deemed to be University) demonstrating basic yog *aasanas* to the faculty members and students. Students and faculty members practiced all the Yog *aasanas* along with Ms. Janki.

Students and Faculty members enjoyed the session thoroughly and learned the proper way of performing Yoga to benefit the body. The session concluded with *Hasyaasan*, the laughing asan.

Outcome:

To increases flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.

Celebration of International Day of Yoga on 21 June, 2020



Discipline.....*Psychology*.....*Sports*
Head
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



February 14, 2020


NOTICE

Department of Physical Education is organizing a Guest Lecture on
Role of Media on Women Sports for the IIS University
students.

The details are as follows :

Speaker	:	Ms. Mridula Sharma Chief Sub-Editor Rajasthan Patrika, Jaipur
Date	:	17 February 2020
Time	:	9:30 am
Venue	:	Ojas Hall

All the students are required to attend the same.


Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline...
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education

Name of the Activity : Guest Lecture on Role of Media on Women's Sports

Date : February 17, 2020

Venue : IISU campus, Jaipur

No. of Participants : 150

Objective

Mass media are a function of increasing interest in sport.

On February 17, 2020 the FITNESS CLUB of IIS (deemed to be University), Jaipur organized a talk session on **Role of Media on Sports** with **Ms. Mridula Sharma**, Chief Sub- Editor, Rajasthan Patrika, Jaipur. Ms. Sharma has a rich experience of 13 years in the field of Sports Reporting and Editing. She shared her experience and the influence that media have on sports. The guest was welcomed by **Dr. Ruchi Goswami** (Associate Professor, Dept. of Journalism and Mass Communication).

Outcome: Girls and women who play sports have higher levels of confidence and self-esteem. Girls and women who play sports have a more positive body image and experience higher states of psychological well-being.

Role of Media on Women's Sports



Head
Discipline..... Psychology/Sports
Dept. of Behavioural & Health Science
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur

Notice

7-2-2020

Department of Physical Education is
 Celebrating a Guest lecture on "Sports
 Nutrition" for the IIS University Students.

The details are as follows:

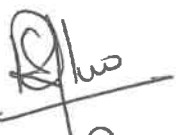
Speaker : Dr. Simran Kaur
 Asstt. Prof.
 Deptt. of Home Science
 IIS University, Jaipur

Date : 10 February, 2020

Time : 9.30 a.m.

Venue : Ojas Hall

All the sports activity students are
 required to attend the same.


 (Dr. Renu Shingles)
 Head, Dept. of Phy. Edu.



Department of Physical Education

Name of the Activity : Guest Lecture of Sports Nutritionist

Date :10, February 2020

Venue :IISU campus, Jaipur

No. of Participants: 200

Objective :

The main objective of sports nutrition must be preserving the health of the athlete, which can be achieved with an adequate intake adapted to the type of training performed.

The Fitness Club of IISU organized a guest Lecture on Sports Nutrition. **Ms. Simran Singh** , (Assistant Professor, Department of Foods and Nutrition), IIS (deemed to be University). She shared her knowledge about the intake of various nutrient that the players should consume before and after the game. She also highlighted the benefits of Balanced Diet. Around 200 students of Sports, NCC and Physical Education attended the same.

Outcome:A diet must be adequate, by providing sufficient amounts of each essential **nutrient**, as well as fiber and **calories**. A **balanced diet results** when you do not consume one **nutrient** at the expense of another, but rather get appropriate amounts of all nutrients.

Guest Lecture of Sports Nutritionist



Head
Discipline.....*Psychology/Sports*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



Department of Physical Education

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Guest Lecture of Sports Nutritionist



Head
Discipline... Psychology/Sports
Department of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

THE IIS UNIVERSITY, JAIPUR
Tentative NSS Special Camp Schedule
13-19 December, 2017

Date	8.00-8:40	8.45 to 10:00	Breakfast 10-10:15	10:15-12:15	12.15-1.00 Lunch	1.00-2.00	2.00-3.00	3.00-4.15
13.12.2017	Yoga-Ms. Janaki Pareek	Camp Inauguration Chief Guest –				Guest lecture on “Diagnose Your Health”- Dr. Jitendra Singh	Guest lecture on “Diagnose Your Health”- Dr. Jitendra Singh	Nukkad natak Training ; Mr. Mohammad Ali
14.12.17	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	10.00 to 12.15 Project in School		HIV AIDS Awareness- Garima Bhati- Assistant Director (Youth Affairs), Rajasthan State AIDS Control Society	Combating Violence against Women- Dr. Meeta Singh, Founder, Save the Dignity of Girl Child	Nukkad natak Training
15.12.17	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project in School		Guest Lecture on One Billion Rising	NSS: An Overview of Activities in the Country-Sh. J B Singh, Regional Director-NSS Regional Centre Jaipur	Nukkad natak Training Back Lawns
16.12.17	Yoga-Ms. Janaki Pareek Session Coordination	Self Defence Indian Martial Art Sansthan Session Coordination	Break	Intrative Session on “How Indian Education is Progressing” with team of 10 Teachers from US		Confidence Building to Groom your personality- Mr. Valen Imaya	Confidence Building to Groom your personality- Mr. Valen Imaya	Nukkad natak Training
17.12.17	Self Defence Indian Martial Art Sansthan		Break	Visit		Visit -Kush Ashram, Galtaji		
18.12.17	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project in School		Animal Rights and their Welfare-Mr. Rohit Gangwal, Raksha, Jaipur	Guest lecture : Traffic Awareness- Neha Khullar, Muskaan, NGO, Jaipur	Nukkad natak practice
19.12.17	Practice and preparation for Valedictory		Valedictory Programme Cultural Evening, Nukkad Natak Competition,					

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NSS Special Camp (26th Jan-1st Feb 2020)

Day 1: Inauguration of the Camp and Visit to Kushthashram

NSS Units of IIS (Deemed to be University) have organized a seven day Special Camp for NSS volunteers from January 26th to 1st February 2020. The inauguration of the camp took place on Republic Day, January 26th, 2020. The ceremony commenced with Flag Hoisting by Dr. Ashok Gupta, Vice Chancellor, IIS (deemed to be University). After that, the NSS volunteers presented the NSS song and a patriotic group song which was sung by the Group Leaders of NSS. A Nukkad Natak highlighting the positive role of the three pillars of the government and the role of the responsible citizens in democracy was also presented by the NSS volunteers. The inaugural ceremony and Republic Day celebration came to an end with the blessings and words of wisdom by Dr. Ashok Gupta, Vice Chancellor, IIS (deemed to be University) who was the chief guest on this occasion.

The volunteers then visited the '*Manav Kushth Ashram*' at Galta. It is a home and work place specially dedicated to leprosy patients. The NSS volunteers visited the whole *ashram* which comprise of work stations, temple, residential quarters, common area, *chaupal*, etc. The volunteers performed a skit on **the role of responsible citizens in democracy**. The volunteers interacted with the residents of the *ashram*, and got acquainted with the challenges and the skills used by them for their livelihood. The ashram inmates shared their experience with the volunteers and thanked them for visiting. The *ashram* visit was followed by a visit to *Bad Ka Balaji*, a temple situated in front of the *ashram*.

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Day 2: 27th Jan 2020

Yoga session and Orientation for Nukkad Natak:

The first day of the NSS camp started with the yoga session. The early morning yoga session helped the students to collect their energy and get prepared for the entire day camp. The students participated in the session with keen interest. After the yoga session the Mr Mohammad Ali oriented the students about the intricacies of Preparing the Nukkad Natak. The mentors gave an insight into the basic principles and guidelines to be taken care off while making an impactful creative Nukkad Natak. The students were further divided into small groups which then brainstormed the ideas of the Nukkan to be showcased at the end of the camp.

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Projects in Schools and Umang:

33 Students of special NSS camp of **Group A** participated and visited Dadabari Government school. There they all covered different subjects using creative methods of teaching from class 1st to 5th. Students of class 1st and 2nd were taught rhymes using hands, class 3rd and 4th were taught addition and subtraction using number line and also prepared for their maths exam and 5th class students were revised hindi chapters for exams. Similarly the 35 students of **Group B** went to Badmohanpura school with the project on environment. NSS. On day I students delivered a introductory session about environment pollution and their causes. In a week they are planning to arrange a documentary session, tree plantation and nukkad natak. Students of the school were excited for the whole week. 32 Volunteers of **Group C** went to Kalyanpura School with the project on stress management during examination. During the discussion, first they traced out the examination pattern followed in school. Thereafter they tried to find out students' view point regarding stress before and during the examination. Volunteers have observed that there was a mixed response of students regarding stress but majority was found agreeing that they remain in stress during exam. 12 volunteers of **NSS Group D** took the project cleanliness and hygiene and went to Haziawala school. The project for students of **Group E** was on Learning Physiotherapy named "Finer and Motor Skills" for helping disabled children and learning how special children learn through these activities in special school. 26 NSS volunteers of Group-E visited the special school 'Umang' located in Kshipra Path, Mansarovar, Jaipur. To begin with the Chairperson of

Signature



Umang Dr Deepak Kalra briefed them about the organisation Umang. Students have gone for a visit to the school; their classrooms and training rooms and also to the physiotherapy area. The volunteers worked into two groups; and gave them hands on learning assignment of physiotherapy named “Finer and Motor skills”. In this assignment NSS volunteers will get a chance to interact with the students; and also will learn about the physiotherapy school gives to disabled students.



Interaction with Principals of Government schools on Issues and Challenges in Govt Schools

Dr. Suman Visth, Principle, Haziawala School, Jaipur and Dr. Jogender Singh Bugalia, HM, Hazialwala School, Jaipur were welcomed with a token of gratitude. Dr. Suman commenced the lecture with telling the students how NSS Volunteers have helped the schools and students to grow high with not only education but also their rights, which the volunteers of NSS have made them aware with the help of nukkad nataks and functions. Mr. Jogender shared the problems that they are facing in educating these children. Sir talked about how the children who come to the schools struggle to come to school but are very excited to learn. The session concluded with the experiences of NSS volunteers with the children of these schools.

Dr. Suman Visth





Guest Lecture on hoe to make posters

Dr. Shwet Goyal, Associate Professor IIS (Deemed to be University) gave a knowledgeable and fulfilled lecture in NSS Special camp. The main aim of the session was to acquaint the students with the role poster's have played in human life since centuries. The speaker enlightened the students about the inclusion of posters in communication design and how they connect masses with one idea, by one caption or slogan. It was a mesmerizing lecture and the girls were glued to their seats listening to the lecture with all attention. . Sir talked about different slogans used in posters to aware the citizens for various ideas like; "Youth chala polling booth" , "Hum do, humaare do", "Chordo saare kaam kaaj, vote karne chalo aaj" and many beautiful slogans. The session was very knowledgeable and informative.

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Day 3: 28th Jan 2020

Yoga Session: The second day of the NSS camp started with the yoga session. The session helps to warm up the body. Few small aasana are practiced in this session. Students are quite enthusiastic for the same.



Nukkad Natak: After the yoga session the Mr Mohammad Ali started teaching few skills of nukkadnatak. Students are divided in team and different themes are selected by them. Students started practicing their respective group theme.

Sathru

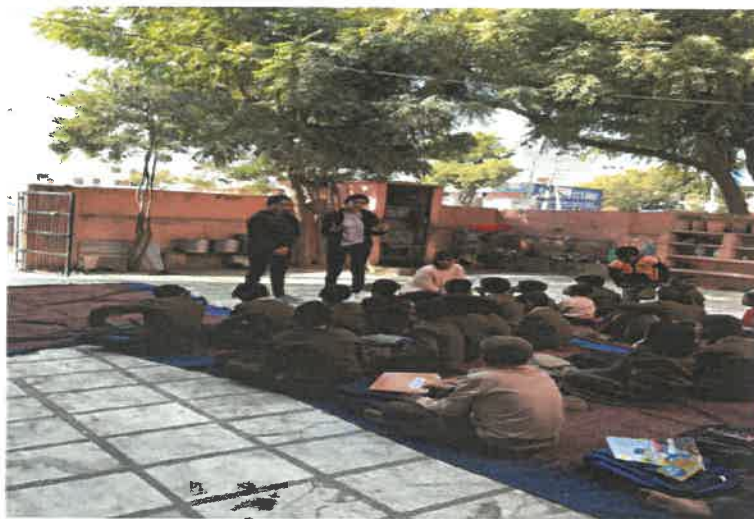


Projects in School: Students of special NSS camp of **Group A** As a part of the project theme 'Creative Learning', volunteers went to Dadabari school to help them with their studies. The volunteers as per the activity plan took pulses and gram to enhance motor skills of the students and teach them tables using the same. The NSS volunteers divided themselves into groups and each group went to various classes for interacting with the students and teaching them through innovative ways. For all those students who find mathematics difficult to learn, it was truly a fun activity and since they have their exams going on, it was really a productive exercise for them. The volunteers used certain games to teach students that could help them remember various kinds of nouns. As a part of the literacy project, volunteers assisted the students to revise their curriculum. Similarly the students of **Group B** went to Badmohanpura school with the project on environment. They showcased a short movie on environment pollution, students love to see that. Film is based on a child who worked for environment conservation with limited resources. Volunteers of **Group C** went to Kalyanpura School with the project on stress management during examination. On day 2, NSS volunteers shared strategy to cope with stress during exams. By means of chart they made the students understand how they can distress them by practicing very small things like time management, taking balanced diet, etc. Volunteers of **NSS Group D** took the project cleanliness. Three activities were undertaken: Drains cleaning, Paper bag making Poster making competition. The drains in Hajiyawala are open and filthy. So an effort was made to clean them and raise awareness about the same in the community. Drains were cleaned with the help of a sweeper, under the supervision of students. The school students were taught the method of preparing paper bags in order to discourage the use of plastic bags. They prepared two bags individually. Poster making competition was organised on the theme of "Environmental hygiene". The winners were given chocolates as a token of appreciation for their work. Students enjoyed the activities. **Group E** was on Learning Physiotherapy named "Finer and Motor Skills" for helping disabled children and learning how special children learn through these activities in special school. Volunteers of Group-E visited the special school 'Umang' located in Kshipra Path, Mansarovar, Jaipur. With their brief orientation the previous day, students moved on to understand and learn the various activities which they have to do with the special children in order to improve their finer and motor skills. There were 6 different activities involved which were related to development of sensation, perception, balance, etc., in special children. Thereafter, NSS volunteers were divided into groups of two and were monitoring the

Author



movement of every child in every activity. This was an enriching experience for all the NSS volunteers as they got to learn many complexities involved in such activities. They were thrilled to be a part of these activities developing 'finer and motor skills' in special children.



Rally on Assam: Students of NSS showcased the culture of Assam by the means of a rally in which students are dressed up in asmees attire along with different posters related to their culture, food, clothes, crops etc. The rally was full of excitement; even the other university students join them and followed their typical asmees steps.

Signature





Demonstration on plantation: Dr. Aditi R Khandelwal, Sr. Assistant Professor IIS (Deemed to be University) Jaipur were welcomed. Her lecture was on Plant varieties available at market. She demonstrated how to put a plant both indoor and outdoor. She showcased different varieties of indoor plant, which are very user friendly. She concluded with significance of having plants at home so that we can have pollution free air to breathe.

Signature



Guest Lecture on Child Labor: Mr NavneetSingh and Nikita Meena director GoodweaveIndia, were welcomed with a token of gratitude. They people running an NGO to protect children from child labour. They starterd with a small quiz with students and then provide awareness about the child labour act and things we can do when we came across with such issues, the session was highly interactive and students found it informative.

Poster Making: Ms Sheetal, Assistant Professor IIS (Deemed to be University) gave a knowledgeable and fulfilled lecture in NSS Special camp. The main aim of the session was to get familier with assam culture by the means of poster making. Thae students learn poster making skills , how to make an expressive and acute posters.



Day 4: 29th Jan 2020

Yoga session: The day started with yoga session by Ms. JankiPareek. The NSS volunteers learnt and practiced various aasanas during the session. In the session , the instructor also tell them about various mantra like gayatri mantra , saraswati mantra and make the volunteers understood their importance in keeping one self fit. Towards the end of session, the instructor makes the volunteers practice meditation by spelling “OM”.

Demonstration on Seed Ball Preparation: The second session of the day was taken by Mr. Nikhil of Podha NGO. The NGO Podha works for conservation of forest in the country. In the session Mr. Nikhil talked about his latest initiative – “Seed Balls”. Seed Balls are ball of mud and potters clay carrying seeds of trees. These ball when thrown in monsoon on soil leads to birth of a plant without any other efforts. Sir, explained the process of preparing the balls to the volunteers .He

Letter



informed that such balls can be prepared for all kind of plants and trees. NSS volunteers also prepared the seed ball in his supervision during the session.

Projects in Schools: Soon after two session all the NSS groups went to school for conducting their project related activities. 22 Students of special NSS camp of **Group A** visited Dadabari Government school. The activity under Creative Learning was Creative Writing. The school students were shown an object/picture and were asked to write about it. The students were confused about the activity but when the instructions were cleared and the volunteers encouraged them, the students did the task with a smile on their face. 16 students of **Group B** went to Badmohanpura school with the project on environment. they help the different groups of students in preparing small skit on the topic environment conservation. Tomorrow these students will perform in front of other school students and teachers. Students of govt school participated with full enthusiasm and are looking very excited to perform tomorrow. 12 Volunteers of **Group C** went to Kalyanpura School with the project on stress management during examination. They have shown documentary to students to cope with situation of stress during examination. They also have made the charts related to theme and explained them to the students. Volunteers gifted those chart to school for future use. 13 volunteers of **NSS Group D** took the project cleanliness and hygiene and went to haziawala school. The students of group D did wall painting in the Hajiawala community in the theme hygiene and sanitation. They painted slogans and pictures to raise awareness on environmental hygiene. four posters were made on the wall. The activity was successful and highly appreciated by the residents. The project for students of **Group E** was on Learning Physiotherapy named "Finer and Motor Skills". 15 NSS volunteers of Group-E visited the special school 'Umang' located in Kshipra Path, Mansarovar, Jaipur for the project related activity.

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Guest Lecture by Mr. Kapil Anand: On the third day of camp, an experience sharing lecture of Mr. Kapil Anand was conducted. Mr. Kapil Anand is National Award winner NSS officer. He shared his experience of as a NSS officer with all the volunteers. He also expressed his viewpoints regarding Swachh Bharat Abhiyan. He motivated the volunteers by quoting that youth of nation can serve the nation not only by means of defence but also through NSS.

Food of Assam: A session on Food of Assam was also conducted during the camp as one of the theme related to "Ek Bharat, Shrestha Bharat" project of government. During this session Ms. Vyoma Agrawal demonstrated to the volunteers the recipe of various Assamese dishes like Mogur-bor, Tel Pitha, Tetli Tangerine Shorbot, Bilahi Boror Tenga by cooking in front of them. All the volunteers very keenly learnt the recipe preparation and appreciated the efforts of Ms. Vyoma Agrawal.

Rathore





Editor



Day 5: 30th Jan 2020

On fourth day of the camp along with yoga session and Nukkad Natak Training. A cultural program of dance and music portraying assamese culture were organised after the poster making competition. The Guest of Honour for the event were Prof. M.K Sharma, Dean, Commerce and Management, IIS (Deemed to be University), Prof. K.S Sharma, CRIT, IIS (Deemed to be University) and Prof. Pradeep Bhatnagar, Dean, Faculty of Sciences, IIS (Deemed to be University). The guests appreciated the volunteers' efforts of portrayal of Assamese culture.

It was followed by a guest lecture by Dr. Ritu Mehra on HIV AIDS. The lecture was conducted to make the volunteers aware about the HIV AIDS. Dr. Ritu Mehra shared, what the virus is. She also shared the symptoms and effects of HIV on human body. She also explained the volunteers about how HIV spread and what measures can be taken for the virus to not communicate to others. She also shared the preventive measures and treatment options of HIV AIDS. Volunteers learned about HIV and asked lots of questions to Dr. Mehra in the end of the lecture. It was a great learning experience for the NSS volunteers.



Day 6: 31st Jan 2020

The sixth day of the NSS camp started with the yoga session conducted by Ms. Janki Pareek. The session helps to warm up the body and rejuvenate the mind and soul. Few *aasanas* were

Pattar



practiced in this session and the students were enthusiastic for the same and became cheerful after the session.

Projects in Schools:

Students of special NSS camp of **Group A** As a part of the project theme 'Creative Learning', volunteers went to Dadabari school to help them with their studies. The activity under creative learning was about seasons of India. The students used charts and interesting pictorial presentation to make the children understand the concept of seasons in the country. The student volunteers sketched map of India on the wall of school for school children to understand the regional diversity of the country. All the students showed great enthusiasm while teaching the school children. At the end a revision exercise was conducted to evaluate the learning of school children in which majority of children understood about the concept of season.

Similarly the students of **Group B** went to Badmohanpura school with the project on environment. The volunteers create an environment friendly atmosphere in school by doing **Yoga ,Zumba** exercise with students. Students move along with them and felt so energetic. our volunteers also told them the importance of exercise and ask them to do daily.

On the last day of project **Group C** volunteers have shown a nukkad natak on the theme of project to school student. They also conducted a flash mob session in the school . At the end , volunteers distributed the handouts having strategies to make oneself stress free. All the activities of volunteers were highly appreciated by students and staff of school.

Signature





NSS volunteers of **Group D** went to Hajiyawala Government Primary School for Cleanliness and Hygiene project. The Volunteers along with the school students conducted rally for creating awareness towards cleanliness. They displayed the posters on cleanliness to the community people and raised the slogans for the same. The rally was followed by nukkad natak presentation on the theme of cleanliness by the volunteers which was appreciated by the gathering. The school students also presented a skit to show the importance of cleanliness.

The project for students of **Group E** was on Learning Physiotherapy named “Finer and MotorSkills” for helping disabled children and learning how special children learn through these activities in special school. 17 NSS volunteers of Group-E visited the special school ‘Umang’ located in Kshipra Path, Mansarovar, Jaipur. The students trained special children in various activities related to motor skills. Since it was the final day of NSS Special Camp on Project Disability, the students interacted with the supervisor also. They discussed the various obstacles faced in the treatment of these special children

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Quiz on Assam: The activity on quiz and poster making on culture of Assam conducted in AV hall by the NSS volunteers. The activity started with a quiz which was based on the culture and history of Assam in which 20 questions were asked and on every correct answer students got one chocolate, followed by a poster presentation by the students of each group as they came up with prepared posters on the culture and habitat of Assam. Students presented the poster made by them group wise and presented the learning which they learned during the camp.

Guest Lecture by Mr. Bhupendra Singh: Mr. Bhupendra Singh from the HEALTHY FOOD BAZAAR was invited to share his belief of attaining good health by using healthy foods and the usage of RAW OVER REFINED food products. He had an interactive session on the do's and don't's of food eating practices and behaviours and PURE FOOD.

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Poster Presentation: Ms Sheetal Chitlangia, Assistant Professor IIS (Deemed to be University) coordinated the activity and a vast collection of posters were displayed in the back stage area of the university.



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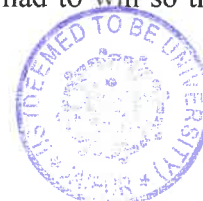


Dat 7: 1st Feb 2020, Valadiction Ceremony

The valediction ceremony of the NSS Special Camp (26th Jan 2020 to 1st Feb 2020) was organised on Saturday, February 1st, 2020. The Chief Guest for the occasion was Mr. S.P. Bhatnagar, Director, NSS Regional center, Govt. of India, Jaipur and to judge the Nukkad Ntak Competitions two judges were invited- Dr. Meenakshi Srivastava, Course coordinator in Umang NGO and Dr. Priyanka Verma, coordinator, IISU Theatrical Society. The ceremony commenced with the NSS song sung by NSS volunteers. The guests and judges were felicitated by the NSS programme officers Dr. Sharad Rathore and Ms. Archana Kumari.

During the seven days camp various activities were performed by NSS volunteers such as guest lectures, demonstrations, yoga, nukkad training, cultural programmes under Ek Bharat Shreshtha Bharat and projects in five adopted communities. All these activities were beautifully showcased by the volunteers with the help of presentations. This presentation was followed with a fusion dance to depict the cultural exchange between Rajasthan and Assam. The Nukkad prepared by volunteers on different themes (Disability, Creative Learning, Environment, Cleanliness and Hygiene and Examination Stress) were presented. The message delivered through Nukkad on socially sensitive issues not only helped in creating awareness but also made the Guest, judges and volunteers emotional. Judges appreciated all the nukkad but as a rule one had to win so the

Dr. Rathore



team presented nukkad on disability theme won the competition. The chief guest and judges also visited the stalls put in the campus as a part of skill development training given to the volunteers during the camp and poster presented on different themes of Assam.

The Chief guest ,Mr. S.P. Bhatnagar, addressed the NSS volunteers. In his address to the volunteers he shared that NSS unit of IIS (Deemed to be University) is doing commendable work through NSS activities. He praised the efforts of volunteers. He asked the program officers to share the videos and photographs of the camp, so that he will put it on National NSS portal as a model to be followed for Special camp by other institutions

Towards the end Dr.Sharad Rathore delivered vote of thanks to each and everyone contributed in making the special camp successful. The programme ended with National anthem



Rathore



June 19, 2019

NOTICE

The Department of Physical Education and Sports Board of the IIS University is celebrating International Day of Yoga on 21 June 2019 at Vinayak Hall (A.V. Hall) IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.


Dr. Raakhi Gupta
Registrar



Head
Discipline...
Dept of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

**Department of Physical Education
Report - 2019-20**

Name of the Activity : **International Day of Yoga**
Date : June 21, 2019
Time : 9:15 am-10:30 am
Venue : IISU campus, Jaipur
No. of Participants : 110

Objective :

- The purpose of yoga is to create strength, awareness and harmony in both mind and body.
- Yoga is a healing system of theory and practice.
- To let Students know the amazing and natural benefits of Yoga

The Department of Physical Education, of IIS (deemed to be University) celebrated Online International Day of Yoga on, 21 June 2019. Online Yoga session was promote Yoga practice at home..

Dr. Ashok Gupta, Vice Chancellor, IIS (deemed to be University), **Dr. Rakhi Gupta**, Registrar, IIS (deemed to be University) also graced the occasion. Total 70 students and 40 staff members attended theOnline session.

The session commenced with **JankiPareek**, Yoga Instructor at IIS (deemed to be University) demonstrating basic *yogaasanasto* the faculty members and students. Students and faculty members practiced all the *Yogaasanas* along with Ms. Janki.

Students and Faculty members enjoyed the session thoroughly and learned the proper way of performing Yoga to benefit the body. The session concluded with *Hasyaasan*, the laughing aasan.

Outcome:

To increases flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.

Celebration of International Day of Yoga on 21 June, 2019



Discipline.....**Psychology/Sports**
Head
Dept. of Behavioural & Health Science
The IIS University
Jaipur

Kindly give permission to visit
C K Birla Hospital (Dietary Department)
on 8.03.19 with the students of
BSc. CND (Elect) sem IV as it is a part
of their curriculum.
Submitted for your kind approval.

Simran
7/03/19

He John
7/3/19

The Registrar
7/3/19

The Vice Chancellor
He John
7/3

He John
Head
Department of Home Science
(deemed to be University)
SPS, Jaipur



VISIT TO CK BIRLA HOSPITAL



On 8th march, 2019, sixteen students of Clinical nutrition and Dietetics, Sem 4 visited the dietetics department of CK Birla hospital. They reached the hospital around 10:30 am by college bus where they were received by the chief dietitian **Dr. Priti Vijay**.

She accompanied the students throughout the visit and took them to the hospital kitchen and pantry. She showcased the methods of preparing efficient standard diet charts for patients in the therapeutic section of kitchen. Every patient is issued a ticket for the day in which the individual food menu is mentioned. The food is prepared giving extra emphasis on hygiene which was monitored by the dietitians themselves. The kitchen also had an adjoining canteen where food was prepared and served to common people.

The kitchen had separate areas for everything including individual areas for cutting, chopping and grinding, cooking special dietary meals and a hot surface area for actual cooking process. The kitchen also had a walk-in refrigerator / cold storage. All the goods were received in the back area of the kitchen, where each and everything including food items and hot

trolleys were cleaned thoroughly before introducing them into the main kitchen.

The kitchen followed a very strict cleaning process, whereby every utensil was cleaned for at least three times before serving anything in it and nobody was allowed in the kitchen without any head covers.

The kitchen also had a strict salt free zone for Na restricted diets.



The session was intriguing as it gave an insight about the practical applications of what students had been studying since the past Semesters. It was followed by a Tea-Coffee break which was more of a brainstorming part amongst the Students about what they learnt and observed in the Kitchen.

After the break the students were taken across the standard wards and shown the patient records and information to be collected before planning the diets.

The students were further made



Head
Department of Home Science
Jaipur National University
Jaipur, Jaipur

aware about documentation to be carried out to convert patient's requirement to the therapeutic diet prescribed.

Also on the account of International women's day a session was organized by the hospital where gynecologist Dr. Shikha Gupta and dietitian Dr. Priti Vijay made the audience aware about the importance of health in every stage of a woman's life and how to achieve it. The session ended with a health quiz and the distribution of gifts to the winners and cake cutting ceremony.

After which the students boarded the bus and were back to the university by 1pm. The visit ended but the warmth of knowledge was something that was worth the entire bustle. The students were really happy to learn about the practical aspects of their subject.


Head
Department of Home Science
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur



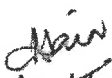
IIS (Deemed to Be University)

Department of CS & IT


NOTICE

5/2/2019

This is to inform all the students that a Guest Lecture on 'Channelizing Inner Energy' by Ms. Nupur Parwani, Director-Rain and Rainbow, Jaipur is being organized on 09 February 2019 at 10:30 AM in AV Hall. Please note that it is compulsory for all the students to attend the same.


Dr. Anubha Jain

Head (CS & IT)


Department of Computer Science
& Information Technology
(deemed to be University)
SFS, Mansarovar, Jaipur



Guest Lecture on 'Channelizing Inner Energy' by Ms. NupurParwani

Venue: IIS (deemed to be UNIVERSITY)

Date: 9/02/19

Name of Guest- Ms. NupurParwani

The Department of Computer Science and IT organized a guest lecture on “Channelizing towards attaining success” lead by Ms. NupurParwani,she has done her schooling from MGD, Jaipur. She presently is a director of Rain And Rainbow a clothing brand. She is practicing **pranic healing**. On the completion of her graduation, she joined family export business. She has organized many Naturopathy and Healing sessions.

In this interactive session the students were given a brief description of the following:

- What is water?
- Special characteristics of water
- Remembering power in water
- Different incidents showing imprints
- A technique to bless water

The students were introduced to a new way of living life by blessing water and having positive vibes among them.

The overall session was enlightening and the students got an exposure on a new technique to achieve peace in life through prayer. The session ended with thank you note by expressing gratitude to Ms. Parwani for taking out time from his busy schedule and making the students aware of the importance of achieving positive things in life and to release stress before taking exams.



for Prof.
Head
Department of Computer Science
& Information Technology
IIS (deemed to be UNIVERSITY)
SFS, Mansarovar, Jaipur



DEPARTMENT OF PHYSICAL EDUCATION

January 21, 2019

The Jaipur Health Festival, Nutra supplements & SportsMed Fortis Escorts Hospital Jaipur is organizing **JHF Sports Science Summit** on **4 Feb 2019**. In this summit, sports related topics will be covered i.e Sports injuries, nutrition, treatment etc. So, we would like to take permission to attend the above mentioned summit for the PHE students.

Date: **4 Feb 2019**
 Time: **9:00 am to 3:00 pm**
 Venue: **Birla Auditorium**

Submitted for approval


Dr. Renu Shungloo
 Secretary Sports Board
 IIS University
 Jaipur


The Registrar

29/1/19


The Vice Chancellor

29/1/19



Head
 Discipline...
 Dept. of Behavioural & Health Science
 IIS (deemed to be University)
 600, Mansarovar, Jaipur

29/1/19
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 Phe

Department of Physical Education

JHF-SPORTS & SCIENCE SUMMIT

Date :4th February 2019

Venue :Birla Auditorium

No. of Participants :62

Objective

- Sports Sciences for all – providing more for less” is an important concept because we are committed to provide excellent academic experience to everyone.

On 4th February 2019, The students Department of Physical Education & Sports, IIS (deemed to be University,) attended a workshop -JHF Sports Science Summit 2019 organized by Fortis Escorts Hospital Jaipur. Various topics were covered under the workshop such as:

- Sports Nutrition
- Injuries in Sports
- Anti doping in sports, etc.

Outcome

- Students are Understand the Common Sports Injuries and treatment with prevention strategies.
- To Understand about Anti Doping policies along with testing methods and ideology.

Head
Discipline...*Psychology*.../Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



January 25, 2019

NOTICE

Department of Physical Education is organizing a Guest Lecture on **Health, Fitness and Zumba Session** for the IIS University students.

The details are as follows :

Speaker	:	Dr. Sadhana Arya M.S. Gynecology
Date	:	28 January 2019
Time	:	10:00 am
Venue	:	IISU Lawn

All the students are required to attend the same.



Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline.....*Psychology/Spous*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education
Health, Fitness and Zumba Session. (AU Bank Jaipur Marathon)

Date : 28 January 2019

Venue : IISU Campus

No. of Participants : 300

Objective:

Physical fitness is a state of well-being and good health. It **aims** to help you perform your day to day activities with minimal resistance. This can be achieved through a multitude of ways such as proper nutrition, **physical** exercise, sports, and sufficient rest.

Development of strength and endurance.

Development of personality.

On 28 January 2019, department of physical education, IIS (deemed to be University), Jaipur organized a Health, Fitness and Zumba Session which was addressed by **Dr. Sadhna Arya** (M.S Gynaecology), and **Team Jaipur Marathon**. The session aimed to enlighten the students about the advantages of Fitness and regular exercise. The respective session aimed to create a world record of 10 Lakh Skipping Step all together from Jaipur and the skipping activity winners were acknowledged with mementoes.

Outcome:

Students will acquire knowledge and demonstrate skills to safely engage in **physical activity**. 4. Students will learn intermediate postures and will develop strength, endurance, and increased flexibility.

**(AU Bank Jaipur
Marathon)**



Head
Discipline..... Physical Education
Capt. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



THE IIS UNIVERSITY, JAIPUR

Schedule of NSS Special Camp

2-8 January, 2019

Date	8.00-8.40	8.45 to 10:00	Breakfast 10-10:15	10:15-12:15	12.15-1.00	1.00-2.00	2.00-3.00	3.00-4.15
02/1/2019 Wednesday Group A	Yoga-Ms. Janaki Pareek	Camp Inauguration Chief Guest – Dr. Ashok Gupta, VC IIS (deemed to be) University		10.00 to 12.15 Project	Lunch	Guest lecture on Human Rights and Contemporary Laws-Mr. Prateek Kasliwal	Mandana Making –Ms. Sheetal Chitlangia	Nukkadnatak Training ; Mr. Mohammad Ali
03/1/2019 Thursday Group B	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	10.00 to 12.15 Project		Guest Lecture on - Women's Movement in India and Emerging Contemporary Issues-Kanchan Mathur, IDS, Jaipur	Guest Lecture on - Relevance of Disability Day: Special Schools, Rights and Inclusion - Deepak Kalra	Nukkadnatak practice
04/1/2019 Friday Group C	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project		Lecture on Animal Rights-Mr. Manan Tholia, Raksha NGO, Jaipur	Guest Lecture - Introduction to Vedic-Vaishnav Philosophy – Mr. Janahladas, ISKCON	Nukkadnatak Training Back Lawns
05/1/2019 Saturday Group D	Yoga-Ms. Janaki Pareek Session Coordination	Self Defence Indian Martial Art Sansthan	Break	Project		Youth and HIV: Government Intervention-Dr. Pradeep Chaudhary	First Responders- Dr. Sonica Sharma	Nukkadnatak Training
06/1/2019 Sunday Group E	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Visit		Visit		
07/1/2019 Monday Grp A & B	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project		NukkadNatak Competition,	NukkadNatak Competition,	
08/1/2019 Tuesday Group C,D,E	Yoga-Ms. Janaki Pareek		Film Festival Valedictory Programme					



Patel

NSS special camp 02-08 Jan-2019

Keeping in tune with the motto "Not me, but You", NSS seven day Special camp was inaugurated on 2nd January , 2019. The day started with a powerful yoga session taken by MsJanki from 8:00am to 9:00 am who made students perform yogasanas that help in improving concentration as well as physical health and this was followed by some off- beat laughing exercises which the volunteers really enjoyed. The yoga session was followed by refreshment. At 10:00 am , the inaugural ceremony started in the AV Hall. The event was graced by Dr. Ashok Gupta, Vice Chancellor, the IIS University , Dr Rakhi Gupta, Registrar, the IIS University , Jaipur accompanied by the NSS program officers. The ceremony began with adoration in order to invoke the blessings of the almighty sung by the volunteers followed by lamp lighting. The NSS song filled up the volunteers with enthusiasm as they sang it.

An outline about the special camp was given by Dr. Sharad Rathore , the Programme Officer. She specified activities to be held in the camp like self defense, yoga, meditation and perfect personality etc. Dr Ashok Gupta shared information related to patriotism and personality development. Ms Chanda Asani gave detailed introduction about daily schedule of NSS Camp. She also shared information regarding the projects that each group has to work on. From 11 :00 am to 12:00 am, all the groups were briefed about their project topics and Nukkadnatak. All the work related to Power point presentations, reports, photographs and nukkadnatak was allotted to the volunteers. The volunteers proceeded for lunch and they washed their utensils. A guest lecture covering the vital and current topics was delivered by Prateek Kasliwal, who by profession is a lawyer. He discussed upon the laws that have been changed and added in last 10 to 15 years in regard to Section 377, GST, Sabri Mala, Evidence act and triple talak etc. From 2:00pm to 3:00pm, a popular art form 'Mandana' was demonstrated by Ms Sheetal who also discussed the roots of this art how this art form which involves geometrical figures can be used to make decorative pieces on various festivals. The last session taken by Mr Mahmood Ali covered Nukkad Natak and was from 3:00pm to 4:00pm . He delved into the details and ideas behind performing street play and gave valuable suggestions to each group as to how they can come up with story lines related to their topics.



5th Jan to 6th Jan 2019 Students had their self-defense training with Shubham sir. He taught students to how to defend themselves through knife attack and students also practiced all previous techniques.

Shubham

Students also visit to Kushthashram. There students were given brief knowledge about how cloth weaving is done. Also they donated some of the things of daily use to them. On their way back students took blessings of Galtaji(a famous temple in jaipur). students practiced for Nukkad Natak and showed our performance to Mahmoud sir.

The project for students was on preparation of Teaching aids for disabled children and conduction of activity in special school. The teaching aids included posters, charts and models. The students were divided into small groups and were assigned the work. Many students came up with innovative ideas for projects.

On 7th of January 2019, 22 NSS volunteers of group D visited the special school 'Umang' located in Kshipra Path, Mansarovar, Jaipur. To begin with the Chairperson of Umang Dr Deepak Kalra briefed them about the organisation Umang. She was very impressed to know that NSS volunteers had prepared teaching aids for disabled children. So after interaction on the basis of teaching aids they had prepared, she divided the volunteers into five groups and sent them to different classes. NSS volunteers interacted with the students. After building a rapport with them they taught them few concepts with the help of their teaching aids. There were few games for lower classes which the students really enjoyed playing with. After one hour classroom interaction the volunteers donated all the teaching aids to the chairperson Dr. Deepak Kalra. It was a great learning experience for the volunteers as few of them had first time interacted with disabled children.



Rathore





Latou



IIS (Deemed to be University) Jaipur **Activity Report**

Department of Psychology

Activity: Guest lecture on Alter your attitude

Date: 08 Aug, 2018

Venue: AV Hall

Topic on which activity was organized: Alter your attitude

No. of Participants: 42

The Department of Psychology organized a guest lecture by TedX Speaker Mr. Hitesh Ramchandani on Wednesday, 8th August, 2018. Born with cerebral palsy, Mr. Hitesh never saw his disability as a barrier between him and his dreams; and is a living example of being "better than normal", which is also the title of his book which exemplifies how catastrophes are only meant to test you and how can we bounce back from it.

A national par athlete, an inspirational author and a motivational speaker; Mr. Ramchandani completely put the young audience in awe of his courage and determination, shedding light on the importance of self belief and confidence.

The event concluded enthusiastically to an end with his book and T-Shirt signing session, exclusively by the man himself, Mr. Hitesh Ramchandani.

The lecture aimed at motivating the students to work towards strengthening their skills, despite of certain limitations.

Students developed the skill to foster their competencies to fulfill their dreams and never let their weaknesses act as a barrier in that process.



Head
Discipline... Psychology/Sports
Dept. of Behavioural & Health Science
IIS (Deemed to be University)
B-8, Mansarovar, Jaipur



Better Than Normal

8th Aug, 2018

Head
Discipline.....*Psychology*.....
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



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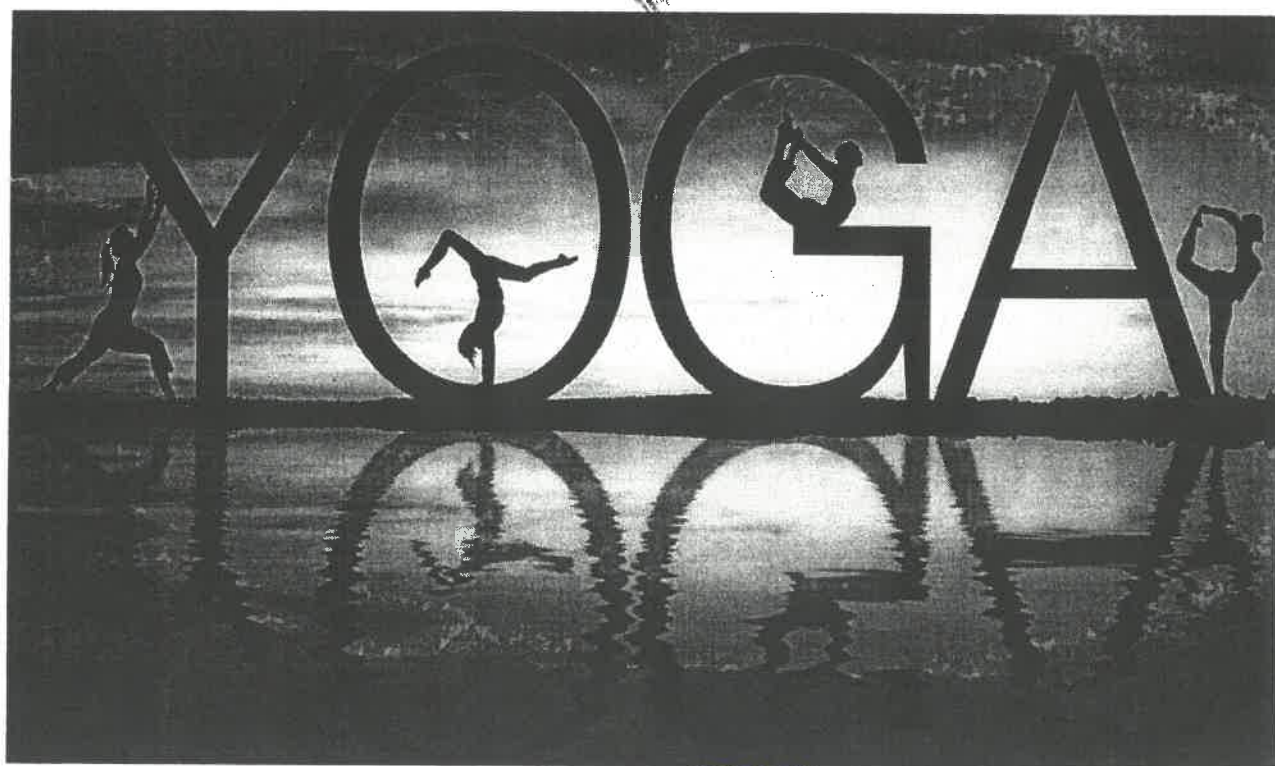
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DEPARTMENT OF PHYSICAL EDUCATION

Academic Session: 2019-20

ADD ON COURSE YOGA AND STRESS MANAGEMENT



TRADITIONAL YOGA

Credits: 2
Paper Code: YSM 131
Total Hours: 30 Hrs

Objectives

- The Aims of Traditional yoga is manly to attend emancipation.
- To integrate moral values, Cultivate discernment and awareness.
- The aim is self realization to overcome all kinds of sufferings.

UNIT I Yoga

08 Hrs

- 1.1 Definition of Yoga according to Patanjali, Gita, Swatnarama, Gheranda , Charandas
- 1.2 Concept of Traditional and Modern Yoga
- 1.3 Relationship of Yoga with Education, Science, and Personality Development
- 1.4 Basic Principles of Yoga
- 1.5 Indication and Contraindications of Yogasana practice
- 1.6 Misconceptions related to Yoga

UNIT II Patanjali Yog Sutra

08 Hrs

- 2.1 Concept of Patanjali Yoga Sutra
- 2.2 Types of Yoga.
- 2.3 Astang Yoga
- 2.4 Prayer – Its significance in Yogic Practices.

UNIT III Great Philosophies of Indian Yoga Culture

08 Hrs

- 3.1 Charwak
- 3.2 Bodh Dharam Ki Shikshya
- 3.3 Mahavir Ji Ki Shikshya
- 3.4 Swami Vivekanand Ji Ka Karamyog

UNIT IV Aspects of Yogasana

08 Hrs

- 4.1 Asana : Meaning, Types, and Principles
- 4.2 Kriya : Meaning, Types, Methods, and Benefits
- 4.3 Mudra: Meaning, Types, Methods, and Benefits
- 4.4 Bandha : Meaning, Types, Methods, and Benefits

UNIT V Pranayama and Suryanamaskar

06 Hrs

- 5.1 Concept, Steps and Techniques of Suryanamaskar.
- 5.2 Concept and Types of Pranayama
- 5.3 Importance and Effects of Suryanamaskar and Pranayama.
- 5.4 General features of Pranayama.



Head
Discipline.....
Dept. of Behavioural & Health Science
IIS (Deemed to be University)
SF3, Mansarovar, Jaipur

YOGA AND MENTAL HEALTH

Credits: 2
Paper Code: YSM 132
Total Hours: 30 Hrs

Objectives

- To increase use of healthy, proactive stress management techniques.
- To attend higher level of consciousness and emotional stability.

UNIT I Mental Health

06 Hrs

- 1.1 Meaning and Definition
- 1.2 Principles of Mental Health
- 1.3 Need and Importance
- 1.4 Factors affecting Mental Health
- 1.5 Relationship of Mental Health and Yoga

UNIT II Psychological and Physiological Effect of Yoga

08 Hrs

- 2.1 Concept of Normality - Psychological and Yogic approaches
- 2.2 Emotional Disorders - Causes, Effects and Remedies in Patanjali Yoga sutra
- 2.3 Conflict and Frustration - Yogic Remedies
- 2.4 Personal and Interpersonal Adjustments through Yoga
- 2.5 Stress Management - Modern and Yogic perspectives

UNIT III Yoga and Exercise

06 Hrs

- 3.1 Concept of Yoga as an Exercise
- 3.2 Difference between Asana and Exercise
- 3.3 Difference between Pranayama and deep breathing
- 3.4 Yoga Poses and Positions
- 3.5 Yogic Diet for Preventive and Curative aspects

UNIT IV Meditation

04 Hrs

- 4.1 Meaning and Importance of Meditation
- 4.2 Types of Meditation
- 4.3 Role of Meditation & Pranayama on Stress
- 4.4 Physiological aspect of Meditation
- 4.5 Impact of Yoga on Mental, Emotional, Intellectual and Spiritual level

UNIT V Applications of Yogasanas

06 Hrs

- 5.1 Yogasana Practice and Importance of Sequence in Asana Practice
- 5.2 Yogasana for different Stages of Life:
 - i.) Children
 - ii.) Adolescent
 - iii.) Adult
 - iv.) Old Age
- 5.3 Yogasanas and their impact on the mind-body complex
- 5.4 Role of Yogasana in Healthy Living and Harmony
- 5.5 Occurrence of Injuries in Yoga and their Prevention



Discipline..... Head
Dept. of Behavioural & Health Science
JIS (Deemed to be University)
SPS, Mansarovar, Jaipur

PRACTICAL

Credits: 6
Paper Code: YSM 133
Total Hours: 180 Hrs

Objectives

- The Primary goal of yoga is to gain balance and control in one's life.
- To provide a sense of calm that comes from the practice exercises and the practice of Breath control.
- A way to get in to shape but also as a tool for self healing.

PART - A

I. Asanas -

1. Sarvangasana
2. Uttanapadasana
3. Halasana
4. Naukasana
5. Pavana-muktasana
6. Padmasana
7. Matsyasana
8. Vajrasana
9. Supta-Vajrasana
10. Sarakasana
11. Mandukasana
12. Kurmasana
13. Pascimottanasana
14. Vakrasana
15. Ardha-matsyendrasana
16. Gomukhasana

17. Savasana (yog-nidra)
18. Makarasana
19. Ardha-Halasana
20. Chakrasana
21. Setubandh-asana
22. Dhanurasana
23. Salabhasana
24. Viprita Naukasana
25. Ustrasana
26. Trikonasana
27. Tadasana
28. Vrksasana
29. Garudasana
30. Konasana
31. Dhruvasana
32. Brahmacharyasana

80 hrs

PART - B

II. Yog Mudrasana -

1. Jnana mudra (Dhyana mudra)
2. Vayu mudra
3. Sunya mudra
4. Prthvi mudra
5. Prana mudra
6. Apana mudra
7. Apana Vayu mudra

8. Surya mudra
9. Varuna mudra
10. Linga mudra
11. Dharana Sakti mudra
12. Viparita-Karani mudra
13. Brahma mudra

40 hrs

III. Kriyas

1. Jala-Neti
2. Kapalabhati
3. Agnisara

4. Tratak
5. Vaman
6. Rubber Neti

30 hrs

IV. Pranayam, Prayers and Chanting

1. Anuloma – viloma
2. Bhamari
3. Bhastrika
4. Surya bhedana

5. Ujjayi Pranayam
6. Om Stavana
7. Prayer

25 hrs

V. Surya Namaskara

05 hrs

Head
Discipline...
Dept. of Behavioural & Health Science
HS (deemed to be University)
SFS, Mansarovar, Jaipur



4 August 2018

NOTICE

Department of Psychology is organizing a Guest Lecture on **Alter your Attitude by TEDx Speaker** for the students of PG and UG (Honours). The details are as follows :

Speaker	:	Hitesh Ramchandani
Date	:	8 August 2018
Time	:	10:30 am onwards
Venue	:	A.V. Hall

All the students are required to attend the same.


Dr. Vandana
Head, Dept. of Psychology

Head
Discipline... Psychology...
Dept. of Behavioural & Health Science
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur



REFERENCE BOOKS

1. "Asanas" by Swami Kuvalayananda.
2. "Pranayama" by Swami Kuvalayananda.
3. "Essence of Pranayama" by Dr. Shrikrishna.
4. "Structure & Functions of human body and effects on it" by Dr. Shrikrishna.
5. "Man Mind and Consciousness" by Dr. Shrikrishna.
6. "Yoga & Mental Health & beyond" by Prof. R. S. Bhogal.
7. "Hathapradipika" by Swami Digambarji.
8. "GherandaSamhita" by Swami Digambarji.
9. "Patanjali's Yoga Sutras" by Dr. P. V. Karambelkar.
10. Abstracts and Bibliography of Articles on Yoga (Part 1 & 2) by Dr. M. V. Bhole and Dr. T. K. Bera.
11. "Asanas: Why & How" by Shri O. P. Tiwariji.
12. "Basic Principles and Methods of teaching as applied to Yogic Practices" by Dr. Shrikrishna.
13. "Teaching Methods for Yogic Practices" by Dr. M. L. Gharote and Dr. S. K. Ganguly.
14. "Light on Yoga" by B. K. S. Iyengar.
15. "Yoga As Medicine" by Yoga Journal and Timothy McCall.
16. "Mudras: Yoga in Your Hands" by Gertrud Hirschi.
17. "The Language of Yoga" by Nicholai Bachman.

Head
Discipline... Psychology
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



CERTIFICATE IN YOGA AND STRESS MANAGEMENT

Model paper

YOGA AND STRESS MANAGEMENT

YSM – 131

(Traditional Yoga)

Time Allowed : Three Hours

Maximum Marks : 70

Minimum Pass Marks : 25

Note :- The question paper consists of *three* sections.

Section A - Consists of **10** compulsory objective type questions (Multiple choice questions/Fill in the Blanks/One word answer/ True or False/ Match the following etc.) carrying **1** mark each.

10x1=10

Section B - Consists of **5** questions of **4** marks each with internal choice.

Students are required to attempt all the **5** questions (observing the internal choice) in **150-200** words etc.

5x4=20

Section C - Consists of **5** essay type questions of **10** marks each. Students are required to attempt any **4** questions in **600-700** words each. 4x10=40

Section A

1. Choose the correct answer:

(i) The Word “Yoga “ comes from the Sanskrit word

a) Yuj

c) Yama

b) Yoga

d) Asana

(ii) Asana for stress –

a) Tadasana

c) Uttanasana

b) Pawan Mukta Asana

d) Virabhadrasana



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(iii) What do you mean by Khumbak –

- a) Breathe in
- b) Breathe out
- c) Breathe Hold
- d) Breathing Continuously

(iv) In which Asana Pranayama can be performed –

- a) Padmasana
- b) Naukasana
- c) Tadasana
- d) Parvatasana

(v) Kapalabhati is -

- a) Pranayama
- b) Asana
- c) Mudra
- d) Kriya

(vi) Which asana is beneficial for Diabetes –

- a) Parvatasana
- b) Ardha-matsyendrasana
- c) Tadasana
- d) Gomukhasana

(vii) The position of the Uttanapadasana is

- a) Lying with support of back
- b) In sitting position
- c) In standing position
- d) Lying with support of stomach

(viii) Food of yoga practitioner should be

- a) Fried
- b) Spicy
- c) Vegetarian & easy to digest
- d) Hard to digest

(ix) In menstruation period asana

- a) Should perform
- b) Should not perform
- c) Some Asana may be done
- d) None of the above

(x) Suryanamaskar should not be done by

- a) Asthma patient
- b) Breathing problem patient
- c) High BP Patient
- d) Low BP Patient



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Section B

2. Discuss the concept of traditional and modern yoga.
Or
Explain the misconception regarding yoga.
3. Define the yoga sutra given in Astang yoga of Charandas.
Or
Write down in brief concept of Patanjali Yoga sutra.
4. Differentiate between education of Bodh Dharam and Jain Dharam according to Indian yoga culture.
Or
Explain in brief the Karma yoga given by Swami Vivekananda.
5. What is the difference between Kriya and Mudra?
Or
Define the term Bandha and Siddhis.
6. Describe the steps and techniques of Suryanamaskar.
Or
Explain the effects of Pranayama and Suryaramaskar on human body.

Section C

7. Define Yoga and explain the basic principles of Yoga in detail.
8. Explain in detail the types of yoga.
9. Discuss the philosophy of Yoga in Charwak.
10. What do you understand by term Asana? Discuss its types and principles.
11. Define the term Pranayama. Highlight its types and main features.

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CERTIFICATE IN YOGA AND STRESS MANAGEMENT

Model paper

YOGA AND STRESS MANAGEMENT

YSM – 132

(Yoga and Mental Health)

Time Allowed : Three Hours

Maximum Marks : 70

Minimum Pass Marks : 25

Note :- The question paper consists of *three* sections.

Section A - Consists of **10** compulsory objective type questions (Multiple choice questions/Fill in the Blanks/One word answer/ True or False/ Match the following etc.) carrying **1** mark each.

10x1=10

Section B - Consists of **5** questions of **4** marks each with internal choice.

Students are required to attempt all the **5** questions (observing the internal choice) in **150-200** words etc.

5x4=20

Section C - Consists of **5** essay type questions of **10** marks each. Students are required to attempt any **4** questions in **600-700** words each.

4x10=40

Section A

1. Choose the correct answer :

(i) Which Asana is good for chronic low back pain?

- | | |
|-----------------|---------------|
| a) Dhanurasana | c) Chakrasana |
| b) Bhujangasana | d) Halasana |

(ii) Which one of the following attribute satisfies the criteria of Sattvic Food?

- a) Spicy, hot, bitter, sour, and pungent
- b) Pure, essential, natural, vital, energy containing
- c) Unnatural, overcooked, stale, left over and processed food
- d) None of the above

(iii) Which of these is not a process of Cognition?

- | | |
|---------------|-------------|
| a) Perception | c) Memory |
| b) Attention | d) Sleeping |

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- (iv) In arrangement of Yoga Classroom, what background sound you will prefer among the following-
- Good Rhythmic Music
 - Soothing and meditative instrumental
 - Silence
 - Sound for Nature
- (v) In a Group discussion, questions can be best entertained at what time?
- While relaxing between two practices
 - Next day
 - While doing the practicing
 - Not necessary to entertain question, keep practicing
- (vi) If a student is not able to practice as per satisfaction then how instructor would deal with the Student?
- Force the student by applying physical pressure on the body
 - Encourage the student to have patience and continue to practice
 - Ask him not to patience at all
 - Ignore the student
- (vii) Dress for yoga practice should be
- Tight fitting jeans
 - Costly and sophisticated dresses
 - Protective Covering from head to toe
 - Loose fitting and comfortable
- (viii) Which of the following is called 'bellows breath'?
- Sitkari
 - Kapalabhati
 - Nadi sodhana
 - Bhastriks
- (ix) By cultivating attitude of friendliness towards the happy and compassion towards the unhappy _____
- The mind retains its disturbed calmness.
 - The mind retains its undisturbed calmness.
 - The mind will be preoccupied with thoughts.
 - The mind will be preoccupied with emotions.
- (x) Raja Yoga is the yoga of controlling our
- Sense Organs
 - Organs of Action
 - Mind
 - Our emotions



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Section B

2. Explain factor affecting mental health in yoga.

Or

Discuss the need and important of mental health.

3. Discuss the concept of conflict.

Or

Differentiate between Stress and frustration.

4. Differentiate between Yoga asana and exercise.

Or

Explain the effect of pranayama exercise on human body.

5. Describe the importance of meditation on human body.

Or

What are the different types of meditation?

6. Discuss the role of yoga asana for living healthy life style.

Or

What is the importance of sequencing in asana and yoga practices.

Section C

7. What do you mean by mental health? Explain the principles of mental health.
8. What is Emotion? Explain their causes and remedies through yoga.
9. Discuss the term exercise and its types. Explain the effect of diet on various asana.
10. Define the term meditation. What are ways of removing stress through meditation?
11. Explain in detail the importance of yoga asana in different stages of life.

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DEPARTMENT OF PHYSICAL EDUCATION

Career Oriented and Skill Development Courses in Yoga and Stress Management

PANEL OF EXAMINERS/EXPERTS

S.No.	Name	Qualification	Specialization	Experience	Address	Contact
1.	Dr. Aman Singh Sisodiya	Ph.D.	Phy. Edu.	16 Years	JN Vyas Uni. Jodhpur	94141284
2.	Ms. Sangeeta Gehlot	M.A. in History P.G. Diploma in Yoga, M.A. in Yoga	Yoga, Sudarshan Kriya, Art of Living	6 Years, 2 Years Experience in Art of Living- Pandit Ravi Shankar	172, Dilip Nagar, Lal Sagar, Jodhpur, Rajasthan	90014901
3.	Dr. Uma Shankar Tripathi	Ph.D.	Yoga	18 Years	HOD- DPE, Govt. Naveen Girls College, Gwalior, M.P.	94257579
4.	Dr. R. K. Mishra	Ph.D. in Philosophy	Yoga	6 Years	University of Rajasthan	-
5.	Ms. Anita Dangwal	M.A.	Yoga	5 Years	University of Rajasthan	982839948
6.	Dr. B. L. Dayma	Ph.D.	Yoga	18 Years	DPE, J.N.V. University Jodhpur	941441062
7.	Dr. Rajendra Singh	Ph.D.	Phy. Edu. & Yoga	18 Years	Deptt. Phy. Edu., Aligarh Muslim University, Aligarh	989740559
8.	Dr.	Ph.D.	Yoga	8 Years	Director,	972010925



	Saraswati Kala					Arogyam Neturopathy and Acupressure Dehradun	Yoga Institute,	80063539 80779649
9.	Dr. Vinod Noutiyal	Ph.D.	Yoga	12 Years		Lecturer, Hemanti Nandan Garwal University Vinodnouti123@gmail.com		-
10.	Dr. Rajni Notuyal	Ph.D.	Yoga	12 Years		Lecturer, Hemanti Nandan Garwal University		-
11.	Dr. Shekhar	Ph.D.	Yoga	20 Years		Yoga Bhawan, Shastri Nagar, Near Police Line, Nehru Nagar, Jaipur		-



Head
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Dept. of Behavioural & Health Science
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur

June 20, 2018

NOTICE

The Department of Physical Education and Sports Board of the IIS University is celebrating International Day of Yoga on 21 June 2018 at Vinayak Hall (A.V. Hall) IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.


Dr. Raakhi Gupta
Registrar

Head
Discipline... Psychology...
Dept. of Behavioural & Health Science
IIS (deemed to be University)
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Department of Physical Education

Name of the Activity : International Day of Yoga

Date : 21 June 2018

Venue : IISU Campus

No. of Participants : 150

Objective

- The purpose of yoga is to create strength, awareness and harmony in both mind and body.
- Yoga is a healing system of theory and practice.
- To let Students know the amazing and natural benefits of Yoga
- To make Students get used of meditation through yoga.
- To reduce the rate of health challenging diseases..
- To enhance growth, development and spread peace all through the world.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To promote better mental and physical health of Students through yoga practice.

Department of Physical Education celebrated the International Day of Yoga by organizing a one day yoga camp on Wednesday, 21th June, 2018. On the occasion, **Janki Pareek** (yoga teacher) was present to teach the benefits of Yoga at IISU Campus. More than 100 students and 50 staff members of IISU practiced various Yoga Aasnas and meditation to stay mentally and physically fit. In addition, the participants were informed through a guest lecture about the advantages of Aasnas and how they can practice at home effortlessly.

Outcome:

To increases flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.



Head
Discipline... Psychology... Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

IISU/2018/

April 4, 2018

**The Dietician
EHCC Hospital
Jaipur**

Dear Madam,

The IIS (Deemed to be University), is among the pioneers in Rajasthan in imparting quality education in various streams. It is known for excellence in delivering value-based education to students and encourages them to think innovatively. It particularly focusses on preparing students to become world-ready citizens, who are well-equipped to take professional and social challenges with an educated and empowered mind.


You are kindly requested to allow our 21 students of M.Sc. Home Science (Foods and Nutrition) Sem III and B.Sc. (CND) Sem IV along with one faculty member to visit your hospital on 5th April 2018 around 10.00 am. This shall be of great help to our students to gain knowledge of the functioning of an esteemed organization like yours.

Thanking You,

Yours Sincerely,



**Dr. Raakhi Gupta
Registrar**



Head
Department of Home Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Visit to EHCC Hospital, Jaipur

A visit to EHCC Hospital was organized for twenty one M.Sc Home Science (Foods and Nutrition) sem IV and B.Sc (CND) Sem IV students as the part of their syllabi. They visited the hospital on 5th April 2018 escorted by one faculty member. Firstly the students divided into two groups, one group visited the hospital kitchen and other group visited the dialysis unit and vice versa. The students visited the different section of the kitchen and get the knowledge of working in the hospital kitchen, specific types of diet, RT feeds. They also learned about how the food is distributed to the patients.

The students get the chance to interact with dialysis technician and he explained the working principle of dialysis unit and also he gave the live demonstration of dialysis unit. In the end the students interacted with the dietician and asked many queries regarding the working in hospital, dealing with difficult patients etc. The students also learned about

- The control and monitoring of standard hospital diet
- Prescription, monitoring and management of special hospital diets.
- Prescription, monitoring and management of enteral and parenteral hospital nutrition
- Protocolization of preventive and therapeutic aspects of patient care with nutritional implications.

Therefore the visit was very knowledgeable exposure for the students.



March 29, 2019


NOTICE

Department of Physical Education is organizing a Guest Lecture on
Sports Motivation ✓ for the IIS University students.

The details are as follows :

Speaker	:	Ms. Renu Vashistha Director Prasang Vashistha Charitable Trust, Jaipur
Date	:	36.03.2018 ✓
Time	:	10:00 am
Venue	:	Ojas Hall

All the students are required to attend the same.


Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline... *Psychology* ✓
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education

Name of the Activity : Sports Motivation

Date : 26 March 2018

Venue : IISU Campus

No. of Participants : 150

Objective:

- To motivate students and inculcate in them the importance of sports

Dr. Renu Vashistha, the founder managing trustee of '**Prasang Vashistha Charitable Trust**' was the speaker of the session. She shared her experience and told the students about how important is sports in everyone's life. She told that sports improves physical and mental health, empowers students with life skills, students learn time management and discipline, improves leadership and team building qualities and boost self-confidence. A sportsperson is one with focus, patience, the right amount of confidence having a never-say-die attitude.

Outcome: This motivational speech brought a lot of positivity in the students and they participated in more and more sports activities with full enthusiasm and zeal.

Sports Motivation



Head
Discipline... Psychology... Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

THE IIS UNIVERSITY

deemed to be a university under section 3 of UGC Act., 1956

January 18, 2018

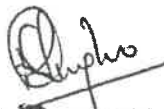
NOTICE

Department of Physical Education is organizing a Motivation Talk on **Health Fitness and Zumba Session** for the IIS University students.

The details are as follows :

Speaker	:	Shri Bhupendra Sharma Blade Runner and Mountaineer
Date	:	22 January 2018
Time	:	9:30 am onwards
Venue	:	Back Stage

All the students are required to attend the same.



Dr. Renu Shungloo
Head, Dept. of Physical Education



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Email : icg@iisuniv.ac.in

Head
Discipline Psychology & Sports
Dept. of Behavioral & Health Science
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SFS, Mansarovar, Jaipur

ICG Campus, Gurukul Marg,
SFS, Mansarovar, Jaipur 302020
INDIA

Telephone : 91-141-2400160-161
Fax : 91-141-2395494

Department of Physical Education

Name of the Activity : Guest Lecture by AU Marathon on “Health and Fitness”. Blade-runner and mountaineer

Date : 22 January 2018

Venue : IISU Campus

No. of Participants : 500

On 22 January 2018 Department of Physical Education of the IIS University , Jaipur Organized the **Health , & Fitness and Zumba** session in which AU marathon team visited the event started sharp at 9:30am in the presence of honorable guest **Mr. Bhupendra Sharma, Blade Runner & Mountaineer**. He is also national table-tennis player currently working with Shree Cement Ltd. Jaipur, as a Senior Officer.

The event Commenced with Mr. Bhupendra Sharma’ s Motivational Words. He inspired the students with his struggle some journey which lead him to success & happiness he stood as a perfect epitome that “ Anybody can run “ he was such an inspiring figure as he had last his left leg in an accidents but that did not obstruct him in sunning. To motivating the students to run on the (Marathon, Which is to held on 4 February, 2018). The event was then following by the entry of Mr. Samar, who is a Zumbo Trainer from the “8 Steps Dance & Fitness Studio.” He grabbed attention from the audience with his humorous and Cheerful nature. Everyone Stood glued to the event . his presence was to spread awareness for fitness among the students . He entertained & conveyed his Message with few Aerobic steps which was followed by the students. The event finally concluded with vote of thanks by Nevedita Rathore President of Sports Committee

AU Marathon on “Health and Fitness”. Blade-runner



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Discipline... Psychology... / Sports
Dept. of Behavioral & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

IIS (deemed to be UNIVERSITY), JAIPUR
Tentative Camp Schedule of NSS Special Camp
27 January- 2 February 2020

Date	8.00-8:40	8.45 to 10:00	Breakfast 10-10:15	10:15-12:15	12.15- 1.00	1.00-2.00	2.00-3.00	3.00-4.15
27/1/2020 Monday Group A	Yoga-Ms. Janaki Pareek	Camp Inauguration Chief Guest –		10.00 to 12.15 Project	Lunch	Guest lecture on Human Rights and Contemporary Laws-Mr. Prateek Kasliwal	Mandana Making –Ms. Sheetal Chitlangia	Nukkad natak Training ; Mr. Mohammad Ali
28/1/2020 Tuesday Group B	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	10.00 to 12.15 Project		Guest Lecture on - Women's Movement in India and Emerging Contemporary Issues-Kanchan Mathur, IDS, Jaipur	Deepak Kalra	Nukkad natak practice
29/1/2020 Wednesday Group C	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project		Lecture on Animal Rights-Mr. Manan Tholia, Raksha NGO, Jaipur		Nukkad natak Training Back Lawns
30/1/2020 Thursday Group D	Yoga-Ms. Janaki Pareek Session Coordination	Self Defence Indian Martial Art Sansthan	Break	Project		Youth and HIV: Government Intervention-Dr. Pradeep Chaudhary	First Responders- Dr Sonica Sharma	Nukkad natak Training
31/1/2020 Friday Group E	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Visit		Visit -		
01/2/2020 Saturday Group A and Group B	Yoga-Ms. Janaki Pareek	Self Defence Indian Martial Art Sansthan	Break	Project		Nukkad Natak Competition,	Nukkad Natak Competition,	
02/2/2020 Sunday Group C,D,E	Yoga-Ms. Janaki Pareek		Film Festival Valedictory Programme					

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Registrar
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Mansarovar, Jaipur-302020

NSS Special Camp (13-19 December,2017)

The first day of the Special camp started with a Yoga session conducted by Ms. JanakiPareek'Diagnose Your Health' in order to make students aware about health and fitness as an integral part of one's health. This special Camp was inaugurated by ShriAjeet Singh, IPS, Former DG Police, Rajasthan along with Dr. Raakhi Gupta, Registrar,IISU. The guests lighted the lamp in the name of glory, peace and harmony. NSS Volunteers sung the NSS song and the camp was declared open. After this,ShriAjeetSinghenlightened the students with his experience regarding his profession. He inculcated the spirit of hard work and determination to achieve one's goal. He suggested the Campers to be alert about contemporary situation and every possible reaction one should give.

The Guest lecture after the lunch was that on **Healthy Eating habits and Ayurveda** by **Dr. Jitendra Singh Baluwat and BhupendraShekhawat**. The speakers described the harmful effects of junk food and also suggested a healthy diet to cure all ailments and stay fit in life. He also revealed some very interesting facts about various acute and chronic diseases, which can be cured by intake of fresh food without any preservatives and following healthy eating habits , the ayurvedic way. Through his words volunteers were inspired to stay healthy and follow regular exercise and a nutritive diet.



Location – IIS University

Location Co-ordinates -26.837371,75.770276

(Google Maps)

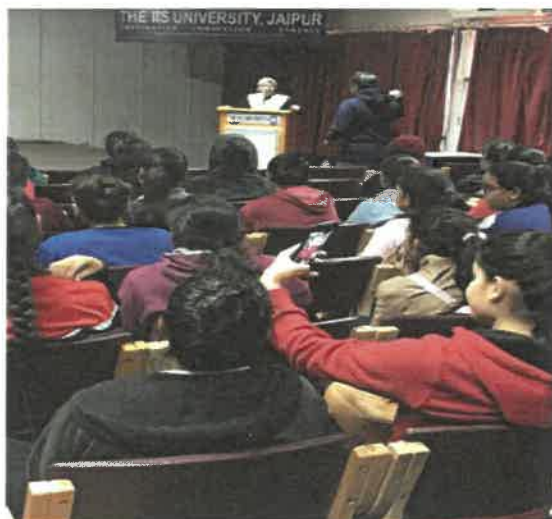
This was followed by another enlightening session on the **Finer Nuances of NukkadNatak** by **Mr. Mahmud Ali**. He suggested themes to the groups and told them about the different emotions (Rasas),by demonstrating them which are an important component of Drama. This was done in order to prepare a nukkadnatak in the Basti on the valedictory function of the camp as a part of the NukkadNatak competition between the five groups.

Station



The next day, after the yoga session, a Self- Defense training session was held by Mr. Dhananjaya Tyagi, 4 times International and 3 times National Champion in the respective weight category from Indian Martial Art Sansthan. He initially discussed the prevailing conditions in the society and how to deal with them. He instructed girls with different self-defense techniques in order to combat and cope-up with odd situation.

The students then worked in Community Government Schools and carried out their Projects there. The post-lunch session began with a lecture on **Gender Sensitization** by Ms. Chanda Asani, Department of Women Studies, The IIS University, Jaipur. She discussed her own life experience regarding education and other Socio-cultural aspects during her teenage. Her spirit of venturing into new horizons of life inspired the girls for fulfillment of their dreams. She talked about the stereotyped programming that is done at early age, which is responsible to a great extent for existing gender gap in the society. She inculcated the spirit that 'learning has no age bar'. Her session was truly motivational and blissful.



Location – IIS University

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(Google Maps)

Following this was second discussion on **Combating violence against women** by Dr. Meeta Singh who is a founder Chairperson of Save the Dignity of Girl Child, Jaipur. She discussed the issue of violence against women in society. The different types of emotional, mental and physical violence inflicted by society on women were highlighted by her. She suggested certain measures to combat the different situations and to empower the women.

Author



The following day began with a Yoga session followed by the Self-Defense session. The volunteers then went to the community to carry out their projects. After this, the guest speaker **Ms. Komal Srivastava** and her team talked about the **Plight of homeless people in Jaipur** and the consequences related to it. They shared their own experiences of treating them with their medication and care in different areas of the city.



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(Google Maps)

The next session was on Skill Development and Career in Baking by Ms. Saher Sheikh. Ms Sheikh has worked as an Asst. Chef in Hotel Marriot and has undergone training in this regard. She gave a live demonstration on baking different types of cakes, breads, buns and biscuits of different types. Along with this she also explained and demonstrated the techniques to decorate the cakes and its presentation.

After this an Interactive Session with 10 Teachers from USA was held on "The Progress of Indian Education System ". This session was an interaction with a group of senior academicians from USA on the Education system of the two countries. It started with the introduction of the team members consisting of 10 people from USA. Discussion also moved to the education policy, taxation system. The students raised their queries with regard to the scope of community development and youth work in US .They also introduced the guest to NSS and introduced them to the programme and the activities undertaken by them. The guests also gave suggestion regarding student's career streams and opportunities available in their country, procedure and policies to study in USA along with the developing areas of study.

Saher





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(Google Maps)

Guest lecture on “Animal rights and their welfare” by RohitGangwal



Location – IIS University

Location Co-ordinates -26.837371,75.770276

(Google Maps)

This session was addressed by Mr. RohitGangwal, from NGO Raksha, Jaipur. Its main focus was on the troubles faced by birds and animals in trouble. He shared the helpline number of Raksha so that anyone can call them if they see an injured animal which can be rescued by them in time and take care of. He informed about the Bird Treatment Camp organized by Raksha from 13-15 January,2018 in which the birds injured during kite flying will be taken care and provided treatment.

Rohit



A Guest lecture on Traffic Awareness by Mrs.NehaKhullar from Muskaan NGO, Jaipur was organized. She made the volunteers aware about road safety and the necessity to follow the rules and regulation made by government in this regard.

With videos and images, she demonstrated the consequences of not following the traffic rules and going against them.She further said that the rules are made for the safety of the citizens and so it is the civic duty of all to follow them and save the life of oneself and others.

This was followed by an outdoor visit to SarthakManavKusthashram- a Leprosy Home located at Galtaji on 17thDecember 2018.The volunteers were welcomed by the Inmates, who took them around the campus and showed their skills of weaving and block printing in the units in which they work. The students also interacted with the families. The caretaker of the Ashram gave a talk about the lives of the Lepers, their source of income and their activities and the current support programme along with the history of the institution. The volunteers carried a soap and a bottle of Vaseline which they donated to the inmates.



Location – Galtaji

Location Co-ordinates -26.917500,75.858154

(Google Maps)



Students also visited the nearby temple.

A session on Confidence Building to Groom Personality was conducted by Mr. ValenImaya on the next day. He focused on developing a stronghold on language through reading and use of

Shatru

good vocabulary. He also discussed the measures through which one can excel in any language especially English. He suggested small confidence building exercises and involved all the volunteers in them by dividing them in groups. NukkadNatak practice session was held.

On 19th December 2017, the valedictory session of NSS special camp 2018 took place at Vinayak AV hall of The IIS University. On this occasion, the session was graced with the presence of Prof. Pradeep Bhatnagar, Dean, Department of Science, The IIS University. In this session all five groups of NSS Volunteers presented their work which they have done in community schools allotted to them during the camp by means of power point presentation. It included pictures of activities taken up during the camp in government schools like teaching basic English, general etiquettes, awareness about protection of environment, liberty and empowerment of female students, etc. In the presentation, volunteers also included videos of their activities in the government schools. Presentation was followed by NukkadNatak competition related to projects taken up by volunteers in Government School. The competition was judged by Prof. Deepa Pareek, Dr. Renu Shunglu and Prof. Bhawani Shankar Sharma. In the competition, the NSS volunteers who presented the nukkadnatak on theme of environment conservation stood second and first position was bagged by nukkad on the theme of literacy presented by NSS volunteer of group D. The result was declared by Prof. Pradeep Bhatnagar, Dean, Department of Science, The IIS University. Prof. Bhawani Shankar also addressed the gathering. He mentioned that all the groups made good presentation with good nukkadNataks. Along with this he appreciated the NSS programme of The IISU for taking up current issues of social concern and working on them. The session ended with vote of thanks by Prof. Sharad Rathore.



Sharad Rathore





Location – IIS University

Location Co-ordinates -26.837371,75.770276

(Google Maps)

The Yoga Trainer MsJankiPareek conducted Yoga session all throughout the seven days and demonstrated various asanas such as Pranamasana, Hastauttanasana, Hasta Padasana, AshwaSanchalanasana,Dandasana, AshtangaNamaskara, Bhujangasana, Parvatasana, AshwaSanchalanasana, Hasta Padasana, Hastauttanasana and Pranama Asana to all the campers. She assisted the volunteers in performing the 'Asanas', which would help them to become fit physically and mentally.

Author





Location – IIS University

Location Co-ordinates -26.837371,75.770276

(Google Maps)

She advised the volunteers to be patient towards yoga. She suggested the students to not take shortcuts like the use of medicine, steroids or surgery to reduce weight which obviously have ill effects over the period of time

Self Defence Training, by Mr. Dhananjay Tyagi from Indian Martial Art Sansthan, Jaipur

Self-defence, especially for women, is of utmost importance in the kind of the world we live in today. In a country like India where the cases of gender violence are on rise, out of which many go unreported, self-defence for women has become a necessity more than ever. Recognizing the importance of self defense especially for girls, a session on self defense was organized everyday as a part of NSS Special Camp. All the volunteers of NSS joined the self defense session with the trainer, Mr. Dhananjay Tyagi from Indian Martial Art Sansthan, Jaipur. He demonstrated various techniques to be applied in different situation. He said that we do not need to be physically strong to defend ourselves but we should know few tricks to deal with difficult situation.



Author



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(Google Maps)

NukkadNatak Training, Mr. Mohammad Ali (13-19 December, 2017)

MR. Mohammad Ali, a theatre artist provided training about the finer nuances of NukkadNatak everyday from 13th till 18th December. The final performance of which would result in the nukkadnatak competition on 19th December. He said that Nukkad is a medium to take the social message to a large number of people without a mic; hence the voices should be loud to be heard by one and all. Street theatre is always performed in outdoor public spaces and requires clarity of speech and effective dialogue delivery to attract public attention.. These spaces can be anywhere, including shopping centers, car parks, recreational reserves, college or university campus and street corners. The students learnt the nuances and everyone participated in the Nukkadnatak training during the camp.



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(Google Maps)

Dattore





THE IIS UNIVERSITY

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June 19, 2017

NOTICE

The Department of Physical Education and Sports Board of the IIS University is ^{Celebrating} organizing a International Day of yoga on 21 June, 2017 at Vinayak Hall (AV Hall), IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.


Dr. Raakhi Gupta
Registrar

Head
Discipline Psychology Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



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INDIA

Telephone : 91-141-2400160-161
Fax : 91-141-2395494

Department of Physical Education

Celebration of International Day of Yoga

Date : 21 June 2017
Venue : IISU Campus
No. of Participants : 110

Objective:

- The purpose of yoga is to create strength, awareness and harmony in both mind and body..
- To reduce the rate of health challenging diseases..
- To enhance growth, development and spread peace all through the world.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To promote better mental and physical health of Students through yoga practice.

Sports Board, National Service Scheme and NCC of IIS University celebrated the International Day of Yoga by organizing a one day yoga camp on Wednesday, 21th June, 2017. On the occasion, Janki Pareek (yoga teacher) to teach the benefits of Yoga at IISU Campus. More than 50 students and 60 staff members of IISU practiced various Yoga Asana and meditation to stay mentally and physically fit.

Yoga not only covers asana but it also includes Meditation, Physical discipline and Devotional Chanting. Thus, providing Yoga revives our dormant energy. she also told us how asana of yoga help us to:

- Rejuvenate tissues and helps in new self-formation.
- Reactive nervous system.
- Regulate Blood pressure
- Tones up our digestive, respiratory system and all excretory glands.

In addition, the participants were informed through a guest lecture about the advantages of Asana and how they can practice at home effortlessly.

Outcome

To increase flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.

Celebration of International Day of Yoga



Head
Discipline... Psychology...
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



The IIS University

Department of CS & IT

NOTICE

14/3/2017

This is to inform all the students that a Workshop on "Emotional Intelligence" by Ms. Winfred Crawford Founder, Behavioral Skills and NLP Training Academy, Jaipur is being organized on 16 March 2017 at 10:00 AM in Auditorium. Please note that it is compulsory for all the students to attend the same.



Dr. Shveta Parnami

Head (CS & IT)

Head of Department
The IIS University
SFS, Mansarovar, Jaipur



Head
Department of Computer Science
& Information Technology
IIS (deemed to be)
SFS, Mansarovar, Jaipur



Workshop on “Emotional Intelligence” by Ms. Winfred Crawford

Type of Event : Workshop

Name of guest: Ms. Winfred Crawford

Venue: ISIM, Jaipur

Date: March 16, 2017

Number of students who attended the event: 25

The Department of Computer Science and IT organized a guest lecture on Emotional Intelligence lead by Ms. Winfred Crawford Founder, Winfred Crawford Behavioral Skills and NIP Training Academy

In this interactive session the students were given a brief description of the following:

- Emotional intelligence in work environment
- Contemporary intellectual exchanges
- Power of meditation

Considering the growing need of skills involved in emotional intelligence in work environment a workshop on emotional intelligence was conducted for the students on 16th March, 2017. The aim of the workshop was to accelerate their all round excellence.

The workshop was a smooth blend of wisdom, meditation fused with contemporary intellectual exchanges. Under this, various activities were conducted for the students to acquaint them with these concepts. Twenty five students of the MCA program attended the workshop. The resource person encouraged the student to share their experience and ask relevant questions & satisfied their queries with affability.



Head

Department of Computer Science
& Information Technology

IIS (deemed to be University)

SFS, Mansarovar, Jaipur






 Head
 Department of Computer Science
 & Information Technology
 U.S. (deemed to be University)
 SFS, Mansarovar, Jaipur





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February 2, 2017

NOTICE

Department of Physical Education is organizing a Guest Lecture on **Health and Fitness** for the IIS University students.

The details are as follows :

Speaker	:	H. H. Padmnabh Singh International Polo Player
Date	:	4 February 2017
Time	:	10:00 am
Venue	:	IISU Lawn

All Students are invited to attend the same.

Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline.....
Dept. of Behavioural & Health Science
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Telephone : 91-141-2400180-161
Fax : 91-141-2395494

Department of Physical Education

Name of the Activity : "Guest Lecture by AU Marathon on "Health and Fitness".

Date : 04.Feb. 2017

Venue : IISU Campus

No. of Participants : 500

Objective

- To inculcate the importance of Health and fitness in the students.

His Highness Padmanabh Singh graced the portals of IIS University by being the Chief Guest of the **AU Marathon's "Health and Fitness"** event. The event comprised of Zumba session and the announcement of the Marathon. AU Jaipur Marathon is a mega sports event in Jaipur. One of India's biggest cultural extravaganza promoted by Sanskriti Yuva Sanstha and World Trade Park. This Marathon has been a great success in last 7 years with phenomenal participation of more than 50,000 people, with the international exposure and participation from countries like Kenya, Ethiopia, Poland, UK, US many others this was the highlight of the tourism calendar also. Jaipur Marathon the biggest carnival of citizens with its consequent successful completion if Seven years is now heading for even more grandiose recital. The event aims to show the world the varied colours and mixed culture of India.

Outcome:

- The students enjoyed the zumba session and were very enthusiastic to participate in the Marathon.

AU Marathon on "Health and Fitness".



Head
Discipline.....
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

THE IIS UNIVERSITY, JAIPUR
Tentative Camp Schedule of NSS Special Camp
3rd – 9th January, 2017

03.1.20 17	8.00-9.15 Sessions on Transforming Indians to Transform India: Dr. Manoj Khurana, Chinmoy Mission	9.00-9.15 Breakfast	9.45 to 10:45 Camp Inauguration: Chief Guest – Ashfaq Hussain, State Project Director, Rajasthan Council of Secondary Education	10:45-12:15 Experience sharing of Community work in Rural area: Chanda Asani Group Distribution & Project sharing with participants	12.15-1.00 Lunch	1.00-2.00 Guest lecture on POCSSO Act 2012: Ms. Laxmi Ashok, Director Shilpayan, Jaipur	2.00-3.00 Guest lecture on Gender and Masculinity with reference to declining sex-ratio: Dr. Meeta Singh, Founder, Save the Dignity of Girl Child	3.00-4.15 Nukkad Natak Training: Mr. Mohammad Ali, Freelance Trainer
04.1.17	Sessions on Transforming Indians to Transform India: Dr. Manoj Khurana		Self Defence Training: Mr. Dhananjay Tyagi, Indian Martial Art Sansthan	10.30 to 12.15 Projects in basti: Literacy Women Empowerment Environment Conservation Swachhata Abhiyaan Health and Hygiene Project Work: All Project Coordinators		Guest lecture on Culture of Rajasthan: Ms. Tripti Pandey, Editor, Jaipur Vision, Author of books on Rajasthan and its culture.	Best out of Waste: Resource persons: Ms. Aditi Vyas & Ms. Monika Sharma	Nukkad Natak Training: Mr. Mohammad Ali, Freelance Trainer
05.1.17	Sessions on Transforming Indians to Transform India: Dr. Manoj Khurana, Chinmoy Mission		Self Defence Training: Mr. Dhananjay Tyagi, Indian Martial Art Sansthan			Skills for Community Intervention: Dr. Archana Kumari	Ban Plastics for Environment Conservation : Lopa Mudra	Nukkad Natak Training: Mr. Mohammad Ali, Freelance Trainer
06.1.17	Sessions on Transforming Indians to Transform India: Dr. Manoj Khurana, Chinmoy Mission		Self Defence Training: Mr. Dhananjay Tyagi, Indian Martial Art Sansthan	Project Work: All Project Coordinators		Public Relations with Law Enforcement Agencies, Mr. Rahul Jain, IPS, SPJDA	Guest lecture: Motivation by a Cancer Survivor: Ms. Shelja Juneja	Nukkad Natak Training: Mr. Mohammad Ali, Freelance Trainer
07.1.17	Sessions on Transforming Indians to Transform India: Dr. Manoj Khurana, Chinmoy Mission		Self Defence Training: Mr. Dhananjay Tyagi, Indian Martial Art Sansthan	Project Work: All Project Coordinators		Experience Sharing of a Mountaineer: Neha Bhatnagar, Major, Corps of Engineers, ADC to Army Commander, Eastern Army	Guest lecture: Mr. Navneet Sharma, Sr. Asst Pro Computer Science and IT	Nukkad Natak Training: Mr. Mohammad Ali, Freelance Trainer
08.1.17			Visit			Visit		
09.1.17	Practice and preparation for		Valedictory Nukkad Competition					



Signature

NSS Special Camp 3-9 January 2017

Day 1 January 3 2017

The NSS special camp for the year 2017 began on a wintry morning with enthusiastic NSS volunteers ready to add a plethora of life changing experiences and exposure into their lives.

The day commenced with a Seven Day workshop on Youth Empowerment by Dr. Manoj Khurana, from The Chinmaya Mission-Yuva Kendra, Jaipur who inspired the volunteers with the feelings of patriotism and brotherhood for fellow citizens. He began with differentiating between emotion and intellect and how Indian culture and spirituality teach us the values of life. Dr. Khurana also conducted a short Quiz on India using an audio-visual presentation. His kind words instilled the motto of 'Transforming ourselves for transforming the nation' in the hearts of the volunteers.

Mr. Dhananjay Tyagi, India's leading karate champion took a brief ice breaking session on the need and importance of self defense for girls.

The Inaugural ceremony of the special camp began with Saraswati vandana and NSS Song by the volunteers. Dr. Ashok Gupta, the Vice Chancellor and Dr. Raakhi Gupta the Registrar of the University along with the Chief Guest Mr. Ashfaq Hussain, District Collector of Dausa enlightened the students with the importance of being independent and empowered women to face the challenges of the contemporary times.



Dattar





Dr. Anshu





Letter





Ms. Chanda Asani, NSS faculty shared her experience of working in Udwada rural outreach area of SNDT Women's University, during the making of an audio visual center and the power of advertisements to create insecurities.

The camp participants were then distributed in groups based on the projects they were involved in.

In the post lunch session, a guest lecture on the Protection of Children from Sexual Offences Act (POCSO) 2012 was addressed by Ms. Lakshmi Ashok. She shared the issue of child sexual abuse and sexual harassment of children with the students. She stressed upon identifying the symptoms, ways to help the victims, child helpline and discussed about the children at risk of abuse.

Lakshmi





The next highly captivating session was on Gender and Masculinity issues by Major Meeta Singh, alumnae of AFMC, Pune and Chairperson of Dignity of Girl Child foundation. In her candid and interactive session Ms. Singh illuminated the campers with the origin and ways of perpetuation of patriarchy in Indian society. She also emphasized on the violence associated with stereotypical socialization of boys who are forced to identify themselves as strong and muscular with a macho image and it's disastrous repercussions on the society as a whole. She also apprised the students on the effects of easy accessibility of porn on the minds and behaviour of today's youth and the significance of enforcing and inculcating equality among young children of both genders.

Dattore





Rathore



The campers then were divided in various groups for the nukkad natak training session with, Mr. Mahmood Ali, freelance theater trainer and instructor.

Day 2 January 4

The day commenced with the workshop of Dr. Manoj Khurana from Chinmaya Mission - Yuva Kendra on Transforming Indians to Transform India. Dr. Khurana carried forward the ideas of Patriotism by differentiating between the terms compromise and sacrifice so that young students develop a strong will power to choose sacrifice rather than petty compromises in their day to day lives. He also gave a formula to achieve transformation within our nation, that is, ACT where A stands for Appreciate the greatness of our country, C stands for be the Change, and T holds for transform. A video on Indian Army with the National Anthem being played in the background filled all eyes with tears of pride and a grit to do something beneficial for the country. The real life story of Naib Subedar Bana Singh reinforced the respect for the soldiers, who withstand the pains of minus degrees temperature and work selflessly for the protection of civilians. The silence in the hall spoke of the REAL CHANGE and appreciation in the attitudes of the students.

The self-defense training by Mr. Dhananjay Tyagi focused on the ways to defend ourselves if someone tries to grab us from the back using elbows, head and hands. He also trained girls about simple ways to save one, if someone directly attacks by grabbing one's neck. Definitely his style of training with doses of humour in between kept the session stimulating till the end. He emphasized upon practicing the methods on a regular basis in order to save oneself in real crisis.



Dattora





The volunteers boarded the buses according to their groups and projects to be taken up in the community. The buses left for community work in various Bastis and government schools to carry out their projects and raise awareness about illiteracy, environment protection, Swachhta (cleanliness), women empowerment, health and hygiene. The Project undertaken by Group D is health and hygiene so the volunteers initially gathered more students and taught about PANCHTANTRA, i.e. five components of food (Proteins, vitamins etc.) In order to develop further interest for knowing about causes and effects of bad hygiene, awareness videos on you-tube dealing with the causes of diarrhoea, need for community sanitation and use of toilets etc were taken up.

Post lunch session was of Ms. Tripti Pandey, Former Director of Rajasthan Tourism, who enlightened the students about the unique, vibrant and colourful culture of the state of Rajasthan. She literally gave a reality check to all when no one in the audience knew all months of the Hindi calendar and famous culture celebrations of the cities of Rajasthan and their relevance. She sang the popular folk songs and even made teachers and students sing which acted like a live celebration of Indian culture.

A Creativity Workshop on Best out of waste was the next activity in which Monika Sharma and Aditi Vyas, two senior students from the Department of Fashion and Textile Technology and Fine Arts respectively demonstrated the making of flowers using waste magazine and tissue papers. They also taught how to make photo frames using empty bottles, glass candle and best use of dry flowers etc. This activity helped NSS volunteers to reuse the available resources to create better objects and not throw them away to add to the clutter and lead to environment pollution.

Lathore



The day ended with the group discussion, script writing and practice of Nukkads of respective groups under the guidance of Theater Instructor Mr. Mahmood Ali, a Freelance Theatre Expert.

Day 3 January 5, 2017

Dr. Manoj Khurana forged ahead with the second module of "Transforming Indians to Transform India" on 'Emotional Transformation'. He introduced the term Emotional Intelligence with a quote by Swami Vivekananda, "**Mastery over emotions and passion is real education**" which holds true even today though the irony is that in the materialistic social backdrop today, the number of degrees, diplomas and medals one collects depicts one's level of education. "Believe me friends, if you can control your mind you have controlled the world" said Dr. Khurana emphatically. The formula for emotional transformation was an acronym named as PEACE (Pause, Educate yourself, Appreciate, Care, Evolve and not revolve). Happiness, which is the sole purpose of our life can be ensured only when we limit our desires and expectations towards others. An audio-visual with lyrics "**andhere kahin jam na jaein , ujaale baat lo**" gave an emotional message to not to lose hope even in the darkest of the times and spread happiness all around you. The session ended with the thought of the day, that

‘Don't **fall** in love but **Rise** in love’

In the second day's self-defense training session, Mr. Dhananjay Tyagi started with an initial warm-up and revision of the previous day's skills. He taught about the ways to use one's fingers, palm, elbows and shoulder strength to defend against an attacker.

Dhathore





Thereafter the team members assembled in the back lawns for practicing their respective Nukkad Nataks with their call songs and dialogues.

After the experiences of the past three days, it was noticeable that the group members who least interacted with one another before, got the feeling of togetherness and teamwork due to the nukkad. These nukkads as part of NSS special camp generated healthy relationship and cordiality among the volunteers as they got to know their group members more and worked efficiently to ensure a good performance.

Day 4 January 6

During the fourth day session on Intellectual Transformation, Dr. Khurana came up with another formula which was CLEAR (Choice is yours, Love what you do and do what you love, Enquire within, Act from inspiration and Routine practice of four R's: reflect, recognize, remove, replace and rise). He differentiated between the path of good and path of pleasure. The path of pleasure is attractive but not fruitful in the long run and the path of good is what should be sought after in spite of it being filled with hurdles. Success is not the sum total of fulfillment of all desires but its real meaning is '**striving to reach the goal.**' The take home message was simply to have Big goals: Goals which seem next to impossible - **THE SKY IS THE LIMIT!**

The next session on the self-defense training by Mr. Tyagi included some more techniques using pen, pepper spray and a cutter.

Author



The volunteers boarded the buses to commute to their respective Community to carry forward their Projects. The community work at the government schools and bastis were rewarding in which the volunteers took up the project with which they were associated. The students took up the projects with the school children and interacted with them constructively.

The post lunch session was an emotional motivational talk "On accomplishing the Impossible" by Dr. Shailja Juneja, a faculty of The IIS University, who shared her battle and victory over Cancer. For her Cancer was not a DISEASE but a BLESSING, which transformed her as an individual. She told life **TRY ME !!!** Instead of **WHY ME???** What really helped her fight Cancer was her storehouse of positivity, boldness and mental strength. She was appreciative about the role of her husband and mother-in law to whom she expressed indebtedness for entire life. She said, "Never victimize yourself in any situation come what may". Her way of dealing with such a fatal disease deeply inspired each and every member of the audience.



Shailja





The second session post lunch was an interactive session with Dr. Rahul Jain IPS, who is currently posted in JDA on “**Public Relations with Law Enforcement Agencies**” on 6th January 2017. He threw light on the activities of police and the interaction of police with the public, the law enforcement, functioning of the system, the misuse of laws by the public etc. Scarcity of police officers and lack of infrastructural facilities for the police force were the major hurdles for inefficient working of the system pointed by Dr. Jain. The interaction with a mixed bag of responses ranging from polite acceptance of the dysfunctional working of the police to No Comments responses, Dr. Jain answered all sorts of questions bombarded on to him with patience and elan.

The third session post lunch was that of Mr. Mahmood Ali followed with practice of the nukkad with the group.

Day 5 January 7

The fifth day of the camp commenced with Cultural transformation as a part of “Transforming Indians to Transform India”. Mr. Somesh Bhargava , a jeweller by profession from Chinmaya Mission showed a video of the evolution of man and the story of the Saraswati river of the First Civilization on Earth. All were flabbergasted to know that the first man on Earth was an INDIAN!!! Then came the formula of cultural transformation, that is, **ROOTED** {Reverence, One family, One country, Tradition, 4E's (Education, Enjoyment, Evolution, Exit) and

Rathore



Dynamic}. The four E's denote the four ashrams of Indian culture. "Success is peace of mind and a peaceful mind is creatively happy", added Dr. Khurana. This was the end of the 5 Day workshop which had begun with a pledge that '**MY TRANSFORMATION, TRANSFORMS NATION**'. It has undoubtedly transformed the students into active patriots who are emotionally and intellectually sound and culturally rooted. The session ended with a token of remembrance presented to the Team by Ms Chanda Asani, Faculty of NSS.

The self defense workshop was the second activity of the day with Mr. Tyagi. He demonstrated some more techniques by pairing the students into groups of two and ways to defend oneself by using legs and elbows etc.

The community work in the basti was a revision of the previous day's learning. It entailed the use of a blackboard to frame sentences out of the words taught a day before to students in the class. YouTube videos facilitated the grasp of the sentences and made the activity both fascinating and intriguing for the kids. The school students learnt different ways to ask the teacher for going to the washroom etc. Correct body language while entering the class or speaking in front of an audience and gaining Confidence in all interactions were also taught to the students on a one to one basis. Surprisingly the kids didn't know the meaning of their own names, so the volunteers helped the students to know the meaning of their names , which was learning by fun and generated cordiality.

In the post lunch session, Major Neha Bhatnagar, from the Indian Army came to share her experiences of climbing the highest mountain in the world- **THE MOUNT EVEREST with the young campers**. She not only explained the entire route but also shared some heartwarming tales of her expedition. The mesmerizing moments were the pictures of the scaled Everest from the top of the mountain , the sun and the snow. Talking about difficulties she said, "Obstacles are real but difficulties are only mental." Her message for all of us was- **GO OUT THERE AND ACHIEVE!!**

The second post lunch session was by Dr.Navneet Sharma from The IIS University on "E-banking,Payment Systems and Security Features". He threw light upon the security features to keep in mind before using Plastic cards and cash less money.

After a short tea break the third session progressed with the practices of the Nukkad Nataks on the theme of the projects, which was supervised by Mr. Mahmood Ali.

Dattora



Day 6 January 8

This Special Sunday morning began with a slightly heavy warm up and Training session supervised by Mr. Tyagi. He continued the session with a recap of all techniques learnt so far.

The self defense component of the camp ended by imparting skills as well as, the much needed confidence for self defence in any case of emergency. Mr Tyagi also shared the contact number of the National Crime Branch and proposed to make a group named ICG Karate Club for sharing useful information, techniques etc. on a daily basis.

The NSS volunteers proceeded for Shri Shankar Seva Dham Sansthan at Agra Road, a home for the destitute, dependent and the helpless. The volunteers donated different items like soaps, detergents, shampoos, lotions etc. they had brought for the people living in the institute. The founder of the Seva Dham, Mr. Prahlad Gupta showed the campus and apprised the volunteers about how the deprived individuals reach his ashram or are dropped by others. Fortunately, many residents here have successfully been treated, healed, and sent back to their families. Mr. Gupta and his team of dedicated workers' have not only given a new life to others but also has inspired the volunteers to carry this baton forward with the NSS motto- Not me but You !!

Another bus full of volunteers visited Manav Kusth Ashram at Galtaji and interacted with the inmates of the Ashram. They also carried articles of daily use for donation, which they gave to the Incharge . The volunteers were taken on a tour of the ashram after which the Incharge addressed them apprising them about the activities of ashram and the infrastructure. The volunteers also assisted the women in cutting the vegetables and cooking. A nukkad natak on Environment sustainability was also staged for them by the NSS volunteers. The programme ended with a vote of thanks proposed by Ms. Astha Pareek, an NSS Group Leader.

Astha Pareek





The volunteers had a late lunch, which was followed by the practice and final rehearsal for the nukkads by all the campers.

Deethu







Day 7- January 9, 2017

The last day of the NSS Special Camp began with the preparations for the Valedictory ceremony. All the campers were dressed according to the themes of their Nukkad natak in colourful kurtis and vibrant makeup which added vigour and hue to the atmosphere in the hall.

Mr. Naveen Jain IAS, Mission Director, National Health Mission , Rajasthan was the chief guest of the programme. The camp activities of the five groups were showcased through a Power Point Presentations. The students shared their experiences of the community work as well as feelings about the camp as a whole. This was followed by the keynote address by Mr. Naveen Jain, the chief guest who threw light upon his team's efforts in effective combating Female Feoticide and the implementation of the PCPNDT Act in Rajasthan.

The ceremony progressed with the Nukkad Natak Competition between the groups which aimed to generate awareness about five issues: Literacy, Environmental Conservation, Swachhata, Health & Hygiene and Women Empowerment. The hall echoed with encouragement and applause for all groups equally. The Judges on this occasion were-Ms Babita Madan, Theatre Expert, Dr. Radha Kashyap from the Department of Fashion and Textiles and Dr. Nisha Yadav, Controller of Examination, The IIS University, Jaipur

Author





Nethor





Group 1 was declared the winner

Group 3 as the 1st Runner up

Group 5 as the 3rd Runner up

The winners along with other two joined for the group photographs.

The programme ended with an interactive talk by Dr. Indu Ravi , Regional Head IGNOU. She apprised the students about the various courses, fee structure, examinations, and study centres of IGNOU and advantages of pursuing Certificate and Diploma courses from the university along with regular courses.

Dattar





Antara



The NSS Special camp came to an end with a vote of thanks by Ms. Deepshikha Parashar, NSS Programme Officer, Unit II. It was viewed by some students as a **patriotic pilgrimage** which introduced the two extremes traits of the country: one related to patriotism and love for the country and the other related to service to the deprived and disadvantaged community and our role of the youth in both. This camp gave experiences to the volunteers in both the fields to cherish for life time , making them strong and self confident citizens of India.

Patton





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IISU/2016/7509

November 8, 2016

**The Dietitian
Rukmani Birla Multispeciality Hospital
Jaipur**

Dear Madam,

The IIS University (IISU) is a cosmopolitan and vibrant deemed-to-be-a-university and is amongst the first thirty eight universities in India placed under category 'A' by the Ministry of Human Resource Development, Government of India. It is known for excellence in imparting meaningful education to students and to encourage them to think innovatively. It particularly focuses on empowering women to face challenges of life with confidence and also provide creative leadership in times to come.

You are kindly requested to please allow our 8 students of M.Sc. Home Science (Foods and Nutrition) Semester III along with 01 faculty member to visit your hospital on 9 November 2016 around 10:00 am. This shall be of great help to our students to gain knowledge of the functioning of an esteemed organization like yours.

Thanking you,

Yours sincerely,

**Dr. Raakhi Gupta
Registrar**



Head
Department of Home Science
The (deemed to be University)
SFS, Mansarovar, Jaipur

VISIT TO CK BIRLA HOSPITAL

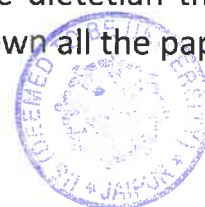
A visit to the kitchen of CK Birla Hospital was done for six M.Sc. final year students on 9.11.2016. We reached the hospital at 10:45. We were welcomed by the marketing team and taken for a talk which was delivered by the head dietitian Preeti Vijaya. The topic of her talk was prevention of diabetes. The attendants of patients were also present there. She gave tips on the type of food to be eaten, foods to be avoided and exercise to be done to avoid diabetes. She emphasised on total life style change for preventing diabetes. Her talk was followed by a question answer session, where any doubts related to diabetes were clarified. After tea, we were taken for a round of the hospital. We were accompanied Ms. Preeti Vijaya.

The round started from the emergency ward, ICU, general ward, labour room, lab area etc. The whole hospital was very well equipped with all modern world class facilities for patients and their attendants.

After that we went to the kitchen of the hospital. We were made to wear hair covers before entering inside. The kitchen was divided into many sections like receiving area, washing area, pre preparation area, cooking area, serving area, refrigeration area, RT Feeds and dishwashing area.

The receiving area was outside where after taking note of the food material, they were washed before being taken inside the kitchen. There was separate storage area for the dry ingredients and perishable foods were stored in refrigerator. The pre-preparation area was equipped with peeling machine, dough maker, mixers and grinders. There was a separate roti making area which had a roti making machine. There was separate cooking area for normal and therapeutic cooking. The cooking for the staff was being done in normal cooking area. The serving was done in ceramic ware. The therapeutic diets were served as planned by the dietitian. The food was tasted by the dietitian and a few doctors before being served. Then the plates were arranged in the temperature controlled trolleys and taken to the various wards, where food was to be served.

Then we went to the cafeteria where food was served to the staff. All hygiene and quality practices were being followed there. The dietitian then made us visit the diet counselling room. The students were shown all the paper



work done there, how diets are planned, how things are coordinated with the kitchen staff.

At the end of our visit, we were given coupons for health check ups which could be used by us or our family members. The visit proved to be a very good learning experience for all the students.



Students and faculty



Chief dietitian addressing the students and attendants of patients



Kitchen



Food service for patients





THE IIS UNIVERSITY

deemed to be a university under section 3 of UGC Act., 1956

IISU/2016/

August 4, 2016

**The Dietician
Fortis Escorts Hospital
Jaipur**

Dear Madam,

The IIS (Deemed to be University), is among the pioneers in Rajasthan in imparting quality education in various streams. It is known for excellence in delivering value-based education to students and encourages them to think innovatively. It particularly focusses on preparing students to become world-ready citizens, who are well-equipped to take professional and social challenges with an educated and empowered mind.

You are kindly requested to allow our 15 students of M.Sc. Home Science (Foods and Nutrition) along with one faculty member to visit your hospital on 5th August 2016 around 10.00 am. This shall be of great help to our students to gain knowledge of the functioning of an esteemed organization like yours.

Thanking You,

Yours Sincerely,

**Dr. Raakhi Gupta
Registrar**



Head

**Department of Home Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur**

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Report – Visit to Fortis Hospital

A visit to the Kitchen of Fortis Hospital was planned for 15 students of M Sc H Sc Foods and Nutrition Sem I and Sem III as part of their syllabi. The kitchen was visited on 5 Aug 2016 escorted by a faculty member.

We reached the hospital at 11:00 am and directly went to the basement where the kitchen was located. Before entering the kitchen, disposable caps were given to all the students for covering the hair. After covering the hair, we entered a corridor, way to the kitchen, on it's right side was the call centre, meant to attend calls of the dietitian related to the diets of the patient. The day's menu both of the patient and the doctor was displayed at the call centre.

Then, we visited the walk-in-refrigerator where all the perishable and semi-perishable food items were stored. Adjacent to it was the grocery store, where non-perishable food items (pulses, rice, milk powder, spices, condiments, tea, coffee etc.) were stored. A card was attached on each rack holding the food item, mentioning the amount left in the stock. Then, we have moved to receiving area, where washing of fruits and vegetables was done. All the received vegetables and fruits were steep in chlorinated water for 15-20 minutes and then drained and stored. Next, was the utensil washing area, the pots and pans were washed manually where as the crockery and cutlery was washed in a dishwasher. The dishwashed crockery was automatically dried, so, there was no need of wiping it.

Then, we entered the actual cooking area, a dough maker and a peeler was installed where dough was prepared in bulk and also vegetables like potato, gourd etc. were peeled, respectively.

There was separate cooking area for cooking food for the patient, even the cooks who were cooking food for the patients were also different. The other area was meant for cooking food for the attendants, visitors, doctors etc. Different cooks were employed for cooking food for the visitors/attendants/doctors. All the food cooked was vegetarian, even egg was not used in any of the preparation.

There was a different room for cold beverages like fruit shakes, mojito etc., different room for bakery, all the breads, pavs, buns, pastries, pizza base etc. was prepared in the bakery. Adjacent to it was the RT feed room, where the RT feeds for patients were prepared hygienically. Near to it was the Food and Beverage Service office which take care all the purchasing, storage, preparation and service of food to the patient and the customers.

Head



Each floor has a pantry, where tea, coffee, hot milk, sandwiches etc. are prepared and served to the patients within 10-15 mins of order. Each pantry was well equipped with- sandwich maker, toaster, microwave, oven, refrigerator, electric kettle and gas stove.

We have also observed the crockery and cutlery in which the food is served to the patients and the attendants. A *thali* with separate bowls was used for the patient whereas partitioned plate was used for the attendants.

The menu served to the patient comprises of- pulse, paneer preparation, seasonal vegetable, rice, chapatti, curd, salad and fruit. 7-8 meals were served to the patients according to the instructions of the dietitian. The main meals were accompanied by a ticket mentioning the food served to the patient and if there was any modification then, it was highlighted by a marker.

Overall it was a very fruitful and knowledgeable visit.



Fortis Hospital





Students and the faculty, who have visited the kitchen



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June 18, 2016

NOTICE

The Department of Physical Education and Sports Board of the IIS University is celebrating International Day of Yoga on 21 June 2016 at Vinayak Hall (A.V. Hall) IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.

Dr. Raakhi Gupta
Registrar



Head
Discipline.....
Dept. of Behavioural & Health Science
IIS (deemed to be University)
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प्रो (डॉ) जसपाल एस सन्धू
सचिव

Prof. Dr. Jaspal S. Sandhu
MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
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D.O.F.No.1-1/2016(Secy)

29th February, 2016

Dear Sir/Madam,

This is in continuation of my earlier letters of even number dated 17th April, 2015 and 14th May, 2015 regarding observance of **International Day of Yoga on 21st June** in a befitting manner. It is desired to adopt the following activities during the celebration of International Day of Yoga on 21st June, 2016:

- (i) **Yoga Practitioners may give a demonstration to the faculty and students in the morning.**
- (ii) A competition should be held amongst the students on practices of Yoga and the best participants should be duly awarded with **prizes & certificates** in the main function to be organized.
- (iii) Films on Yoga be screened and Posters be put exhibiting Yoga postures to bring awareness among the students and faculty.
- (iv) **Online Essay Competition on Yoga** be organized and the best students be awarded with prizes and certificates.
- (v) Promotional literature on Yoga and benefits of Yoga be distributed amongst the student population and faculty.

You are requested to kindly observe the International Day of Yoga on 21st June, 2016 by adopting the above mentioned activities in your esteemed University and affiliated Colleges.

With kind regards,

Yours sincerely,

Jaspal S. Sandhu
(Jaspal S. Sandhu)

The Vice-Chancellor of all Universities.

Copy to :

The Publication Officer, UGC, New Delhi for uploading on UGC website.

Jaspal S. Sandhu
(Jaspal S. Sandhu)



Head
Discipline... Sports...
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education

Celebration of International Day of Yoga

Date : 21 June 2016
Venue : IISU Campus
No. of Participants : 150

Objective:

- The purpose of yoga is to create strength, awareness and harmony in both mind and body.
- Yoga is a healing system of theory and practice.
- To let Students know the amazing and natural benefits of Yoga
- To make Students get used of meditation through yoga.
- To reduce the rate of health challenging diseases..

Department of Physical Education is celebrated the International Day of Yoga by organizing a one day yoga campon Wednesday, 21th June, 2016. On the occasion, **JankiPareek**(yoga teacher) and **Mr. Megh Singh Chouhan**, Coordinator, **KreedaBharati** was present to teach the benefits of Yogaat SMS Stadium, Jaipur and IISU Campus.

The camp commenced with Yoga Prayer. More than 150 students of IISU practiced various Yoga Asanaandmeditation to stay mentally and physically fit.

Mr.Chouhan beliefs that Yoga not only covers asana but it also includes Meditation, Physical discipline and Devotional Chanting. Thus, providing Yoga revives our doormat energy. He also told us how asana of yoga help us to:

- Rejuvenate tissues and helps in new self-formation.
- Reactive nervous system.
- Regulate Blood pressure
- Tones up our digestive, respiratory system and all excretory glands.

In addition, the participants were informed through a guest lecture about the advantages of Asana and how they can practice at home effortlessly.

The camp ended with Pranayam and later, the guests solved all the participating queries regarding myths and Yoga Asana.

Outcome of the activity:

To increases flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.



Head
Discipline Sports
Dept. of Behavioural & Health Science
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THE IIS UNIVERSITY

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February 15, 2016

NOTICE

The IIS University in collaboration with the Rajasthan State Sports Council is organizing a 10-days Workshop under Project Saksham from 23 February – 4 March 2016 from 8:30-10:00 am. Interested students to ~~report~~ on 23 February at 8:00 am sharp with their ID card. No Registration Fee will be charged.

Dr. Renu Shungloo
Head, Dept. of Physical Education



Discipline.....*Sport*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
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Department of Physical Education

Name of the Activity : Saksham-Self-Defence Workshop

Date : 23/02//2016 - 04/03/2016

Venue : IISU Campus

No. of Participants : 500

Objective

- The main objective of this training programme is to Builds confidence, balance, self-discipline.
- To improve your physical conditioning.
- To improves your street awareness, self-respect,
- To develop a warrior spirit, fighters reflex, and positive influence on your life

The Department of Physical Education of IIS University organized a **10-day Saksham-self defence workshop** for the students of the IIS Deemed to be University by **Mr. Manoj Goyal (Head Coach), Mr. Manish Verma, Mr. Vinay Kumawat and Ms. Chakshu Kanda**, Agency of Rajasthan State Sports Council. Nearly 500 girls from NCC and Sports department benefitted from this workshop which made them strong and confident.

Outcome

students are beginning to feel more confident and secured having learnt techniques to defend themselves in times of crisis. While this **activity** has enhanced the physical strength of girls.

Saksham-Self-Defence



Head
Discipline Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



February 5, 2017

NOTICE


Department of Physical Education and Sports Board of the University are organizing a Guest Lecture on **Yoga Health and Fitness**. The details are as follows :

Speaker	:	Yog Guru- Devendra Agarwal State Advisor for National Health Mission
Date	:	6 February 2016
Time	:	12:00 noon
Venue	:	Srijan Hall

All Students are invited to attend the same.


Dr. Renu Shungloo
Head, Dept. of Physical Education




Head
Discipline
Dept. of Behavioural & Health Science
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Department of Physical Education
Guest Lecture for "Yoga, Health and Fitness"

Date: 6 February 2016

Venue: IISU Campus (Srijan Hall)

No. of Participants: 168

Objective

The objective of the lecture was to promote "Save Girl Child" programme and to educate students about health, meditation and the benefits of it.

The Department of Physical Education of IIS University organized a guest lecture on "Yoga, Health and Fitness" on **6 February 2016** by **Guru Devendra Agrawal**, State Advisor for National Health Mission. The lecture took place in Srijan Hall and a total of 200 students attended the same.

Yog Guru Devendra Agrawal had given families to 133 girls as people consider girls to be a burden on families. He also said that people need to change their mindset first and only then can girls survive on this planet. He also stated that it is more important to educate people that girls should be treated equally in the society and should not be seen from a different perspective.

Outcome:

The students were filled with enthusiasm and took a pledge to teach their families, friends and neighbours the importance of girl child and then further take it on a larger scale. The lecture ended at a positive note.

Yoga, Health and Fitness"



Head
Discipline: *Yoga*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



September 27, 2016


NOTICE

Department of Physical Education is organizing a Guest Lecture on **How Far will you Run** for the IIS University students.


The details are as follows:

Speaker	:	Ms. Samantha Gash Through AU Marathon Runner
Date	:	3 October 2016
Time	:	10:30 am
Venue	:	Srijan Hall

All the students are required to attend the same.


Dr. Renu Shungloo
Head, Dept. of Physical Education




Head
Discipline: Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education

Guest Lecture "How far will you run"

Date :03. October 2016

Venue : IISU Campus

No. of Participants : 215

Objective:

To motivate students to be fit and healthy and to change their lifestyle to a healthy one.

The speaker of the session was **Ms. Samantha Gash** who is carrying a big social cause of running that is for the quality education for the women specially in backward areas. **She is a delegate to the Australian India Youth Dialogue, World Vision Ambassador, National Ambassador for the Mother's Day Classic.** Raised over \$30,000 for "Save the Children" through running 379kms nonstop across the Simpson. In 2012, she became the the youngest Australian woman to run this. She taught the students how to change their day to day lifestyle and make it more healthy. She motivated all of them to be fit because that leads to a healthy and positive mind.

Outcome:

The speaker's positive attitude and dedication put a strong impact on students . The session was a great success.

"How far will you run"



Head
Discipline Sports
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

THE IIS UNIVERSITY, JAIPUR
NSS Special Camp Schedule from 25th – 31th January, 2016

Date	8.00-9.00	9.00-9.15	9.30 to 10.30	10.30 to 12.30	12.15-1.00	1.00-2.00	2.00-3.00	3.00-4.15
25.1.2016	Preparation		9.30 to 12.00 Camp Inauguration Chief Guest – Shri Manoj Kumar Sharma, IAS, Deputy Chief Protocol Officer, Government of Rajasthan		Lunch	Transforming Indians to Chinmoy Mission, Dr. Khurara A V Hall	Transforming Indians, Chinmoy Mission, Dr. Manoj Khurara A V Hall	Self Defence Indian Martial Art Sansthan Mr. Dhananjay Tyagi Back Lawns
26.1.16	Self Defence Indian Martial Art Sansthan	Breakfast	Republic day celebration Mahmood Sir Nukkad Lecture & Training 10.00 to 12.30 A V Hall and Back lawns		Lunch	Mahmood Sir Nukkad Lecture & Training Back Lawns	Mr. Mahmood Ali Sir Nukkad Lecture & Training Back Lawns	Programme Outline
27.1.16	Yoga Ms. Janki Pareek Srijan Hall	Breakfast	Salad making, Kuhu Jain and Tanya Agarwal A V Hall	Project Work : Environment Conservation, Health and Hygien, Social Evils and Literacy in in Gyan Vigyan School, Dadabari Basti, and Kalyanpura Government School	Lunch	Guest lecture on 'Skin Care and Skin Diseases' by Dr Vivek Rungta, Skin Specialist A V Hall	Mahmood Sir Nukkad Lecture & Training Back Lawns	Self Defence Indian Martial Art Sansthan Back Lawns
28.1.16	Yoga Ms. Janki Pareek Srijan Hall	Breakfast	Guest lecture on 'Care and Well- being of Infants' by Dr. Anshu Mathur, Pediatrician A V Hall	Project Work	Lunch	Guest lecture on Soft Skills, Dr. Shruti Rawal, A V Hall	Mahmood Sir Nukkad Lecture & Training Back Lawns	Self Defence Indian Martial Art Sansthan Back Lawns
29.1.16	Yoga –" Srijan Hall	Breakfast	Baking Cakes and Muffins Srijan Hall	Project Work	Lunch	Preparation for Nukkad Back Lawns	Transforming India, Chinmoy Mission, Dr. Khurara A V Hall	Self Defence Indian Martial Art Sansthan
30.1.16	Yoga –" Srijan Hall	Breakfast	Arman Team, Against Sexual Harassment Comp Lab A	Nukkad in Gyan Vigyan School, Dadabari Basti, and Kalyanpura Government School	Lunch	Valedictory Nukkad Srijan Hall Judges: Dr. Oby Nagar	Valedictory Nukkad Srijan Hall Mr. Mahmood Ali	Valedictory Nukkad Srijan Hall Ms. Ridsidh Singh
31.1.16	Breakfast		Visit: Sarthak Manav Kushthashram, Galtaji		Lunch	Cultural Evening,		



Signature

THE IIS UNIVERSITY, JAIPUR
NSS Special Camp Report 2015-2016

25/01/2016 – 31/01/2016

A one week special camp was organized the NSS Units of The IIS University, Jaipur from 25- 31 January 2016 in which around 100 volunteers of both the units participated. Various activities were organized for them. Volunteers enthusiastically participated in the camp.

The camp was inaugurated by Shri Manoj Kumar Sharma IAS, Deputy Chief Protocol Officer, Government of Rajasthan in the presence of Shri Ashok Gupta, Vice Chancellor, The IIS University along with Dr. Raakhi Gupta, Registrar of the University . The programme begun with the lighting of the lamp by the chief guest, which was followed by Prayer and NSS song sung by the Group leaders and welcome note by Dr. Ashok Gupta. Dr. Sharad Rathore, PO Unit I presented the outline of the camp which was followed by the blessings of the chief Guest.



Rathore





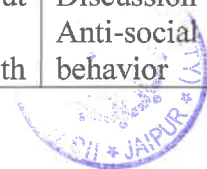
After the inauguration and lunch a two hour workshop on Youth Empowerment by Dr. Manoj Khurana, from The Chinmaya Mission-Yuva Kendra, Jaipur who inspired the volunteers with the feelings of patriotism and brotherhood for fellow citizens on Transforming Indians to Transform India. This programme continued throughout the camp.

The campers were divided in four groups and Four NSS Projects were planned and taken up in the special Camp 2016. The topics were Literacy, Health Awareness & Cleanliness, Environmental Conservation, and Social Evils, in Dadabari Basti and Kalyanpura.

NSS Project Plan for Special Camp 2016

S. No	Literacy	Health Awareness & Cleanliness	Environmental Conservation	Social Evils
1	Brain Storming on problem areas of academics	Balance Diet	Slogan writing	Informal Discussion on Child Marriage (Causes & Consequences)
2	Comprehension	Healthy seasonal foods	Poster making on "Save Your Earth"	Informal Discussion on Child Labor
3	Tenses (Past, Present & future)	Deficiency diseases and source of nutrients	Documentary on environmental conservation topics	Informal Discussion on Gender Discrimination
4	Mental Maths	General cleanliness/Good habits	Creating awareness about environmental conservation with	Informal Discussion on Anti-social behavior

Plathore



			Power Point	
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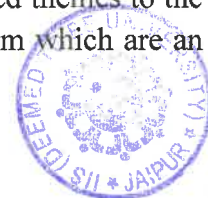


The Second Day started with Self Defence training by Indian Martial Art Sansthan It was followed by a Self- Defense Training by Mr. Dhananjaya Tyagi, 4 times International and 3 times National Champion in the respective weight category from Indian Martial Art Sansthan. He initially discussed the prevailing conditions in the society and how to deal with them. He instructed girls with different self-defense techniques in order to combat and cope-up with odd situation.



This was followed by Republic day celebration in which campers participated whole heartily and presented patriotic songs for all. This was followed by another enlightening session on the **Finer Nuances of NukkadNatak** by **Mr. Mahmud Ali** on a five topics of social relevance assigned to five groups into which the volunteers were divided. Mr. Mohammad Ali suggested themes to the groups and told them about the different emotions (Rasas),by demonstrating them which are an

Signature



important component of Drama. This would be taken up and a nukkad natak would be prepared, which would be performed in the Basti and would be performed on the valedictory function of the camp as a part of the Nukkad Natak competition between the five groups.



The Third day started with Yoga session by instructor Ms. Janaki Pareek in Srijan Hall.



Sheth



This was followed by Nutritious Salad making session by Kuhu Jain and Tanya Agarwal(NSS Volunteers) They gave a live demonstration on making different types of Salad with healthy Nutritive Ingredients. Along with this they also explained and demonstrated the techniques to decorate the Salad and its presentation.



After this session students left for their project works in the community while focusing on Environment Conservation, Health and Hygiene.



Post lunch a Guest lecture on 'Skin Care and Skin Diseases' by Dr Vivek Rungta, Skin Specialist was organized in the A V Hall. Dr Rungta started by explaining the structure of the skin, the different layers and the role of Nutritive food in its upkeep. He talked about the different skin problems faced by the girls and also answered the queries of the students in this regard.

Author





This was followed by Nukkad Lecture & Training by Mahmood Ali. And the self Defence training too.



The Fourth day started with Yoga session by Yoga instructor Ms. Janaki Pareek after which the volunteers took a short break for breakfast. This was followed by a Guest lecture on 'Care and Well-being of Infants' by **Dr. Anshu Mathur**, Pediatrician. While focusing on Care of the New Born, she also talked about the significance of lactation, essential for the healthy growth of a baby. This was a very important message that she said that the students should carry in the community, the Aanganbaris and even in their homes.

After this the students left for the community to carry out their Projects assigned to them.

Author





After Lunch Guest lecture on Soft Skills, by **Dr. Shruti Rawal**, was held in which Dr. Rawal shared the significance of good communication skills to put forth one's point of view clearly. She focused on the clarity of thought and assertion to make a point and be understood by others. This session was followed by Nukkad training and Self Defence Training.

The Fifth day started with Yoga session by Yoga instructor Ms. Janaki Pareek after which the volunteers took a short break for breakfast. The first lecture of the day was a skill building demonstration on Baking Cakes and Muffins by Ms Sheikh Sahar. She demonstrated how to make basic cake first and thereafter make improvisations to further give a variety. She also told th students how this skill has made her earn some money and now she gets orders and supports herself with her fees. The students really enjoyed the session.



After this the students left for the community to carry out their Projects assigned to them.

Dattar





After Lunch Nukkad Natak Training was resumed which was followed by a session on Intellectual Transformation by Dr. Manoj Khurana. Dr. Khurana came up with a formula which was CLEAR (Choice is yours, Love what you do and do what you love, Enquire within, Act from inspiration and Routine practice of four R's: reflect, recognize, remove, replace and rise). He stated that the basic CLEAR phenomenon is essential to bring about intellectual transformation in any individual. This lecture was enjoyed by the students very much. This lecture was followed by Self defence Training.



The Sixth day of the camp also started with Yoga session by Yoga instructor Ms. Janaki Pareek after which the volunteers took breakfast. The first lecture on this day was on the topic "Against Sexual Harassment" by Arman Team. This team is formed by young boys and girls who are empowering the young girls against any sort of Sexual harassment. They talked about different ways by which harassment takes place and also discussed the ways to counter it. The students like every day went to the community to carry out their projects. Today was the day to show their Nukkad to the people in the community. The students performed Nukkad in Gyan Vihar School, Dadabari Basti, and Kalyanpura Government School. Their presentation enthralled all the school kids and their messages were well taken by the people of the community too.

Rathore



After lunch the ppt presentation of all the activities undertaken by the four groups was taken up followed by Nukkad Natak Competition. The volunteers had conducted many activities in the bastis related to their projects. They made a presentation of the activities conducted by them in the community. Each group showcased their activities in the community allotted to them vividly in a PPT presentation. Active participation of all campers was sought in these group Projects and its presentation, which was followed by a Nukkad Natak also based on the same theme in a competition.

Nukkad Presentation was judged by a panel consisting of Mr Mohammed Ali, Freelance Trainer; Dr. Oby Nagar, Professor, Obstetrics and Gynecology, SMS Medical College and Ms. Ridhsidh Singh, Coordinator for IAS Preparatory Classes, The IIS University. The street play presentation on literacy and Social Evils bagged the first and second prize respectively. NSS Programme Officer Dr Sharad Rathore thanked the judges and the students.

The seventh day of the camp also started with Yoga session by Yoga instructor Ms. Janaki Pareek after which the volunteers took breakfast and took off for a Sensitization visit to Sarthak Manav Kusthashram, Galtaji. This visit was organized to acquaint the students with the life of leprosy patients and how they overcome their hardships. The students carried soaps, Vaseline and Hair oil for the inmates of the Ashram. Some also donated clothes for them. The students were taken on a visit of the Ashram followed by interaction with the inmates which was quite a learning experience. After Lunch a small valedictory programme was organized in which the students shared their experiences of the camp and performed a folk dance and Patriotic song. The programme ended with National Anthem after proposing thanks to the Nukkad Trainer Mr. Mohammad Ali and the Self Defence trainer Mr. Dhananjay Tyagi.



Dr. Rathore



एनएसएस कैंप में सीखे डिफेंस के गुर

सिटी रिपोर्टर • दी आईआईएस यूनिवर्सिटी की एनएसएस यूनिट की ओर से आयोजित सात दिवसीय स्पेशल कैम्प में सौ से अधिक स्टूडेंट्स भाग ले रहे हैं। रविवार तक चलने वाला यह कैंप बच्चों के व्यक्तित्व विकास



को समर्पित है। जिसके लिए कई गेस्ट लेक्चर आयोजित किए गए हैं। इसमें वर्ल्ड कराटे चैम्पियनशिप 2013 में भारत का प्रतिनिधित्व करने वाले प्लेयर धनंजय त्यागी ने स्टूडेंट्स

को सेल्फ डिफेंस की ट्रेनिंग दी। कार्यक्रम में स्कैन एक्सपर्ट डॉ. विवेक रूंगटा ने छात्राओं को स्कैन केयर से संबंधित जानकारीयां दीं।

[http://epaper.bhaskar.com/detail/?id=910950&boxid=13013516832&ch=0&map=map¤tT](http://epaper.bhaskar.com/detail/?id=910950&boxid=13013516832&ch=0&map=map¤tTab=tab-1&pagedate=01/30/2016&editioncode=34&pageno=2&view=image)
[ab=tab-1&pagedate=01/30/2016&editioncode=34&pageno=2&view=image](http://epaper.bhaskar.com/detail/?id=910950&boxid=13013516832&ch=0&map=map¤tTab=tab-1&pagedate=01/30/2016&editioncode=34&pageno=2&view=image)

Dattore



January 12, 2016

Notice

The Department of Journalism and Mass Communication is organizing a seminar on "Safety and Dignity of Women , Role of Women" by **Ms. Mamta Sharma, Chairperson, National Women Commission, New Delhi** and **Mr. Sanjeev Srivastava, CEO , Focus News, New Delhi**. It is compulsory for all the students of Journalism and Mass Communication to attend the session.

Date : 13 January 2016

Venue : AV (Vinayak Hall)

Time : 10.00 AM



Dr. Raakhi Gupta
Rector and Registrar



For 

Head

Discipline.....*Time*

Dept. of Languages & Mass Communication
IIS (deemed to be University)
SFB, Mansarovar, Jaipur

Seminar on " Safety and Dignity of Women, Role of Women"

The Department of Journalism and Mass Communication organised a seminar on the topic of "Safety and Dignity of Women: Role of Media" on January 13, 2016 at ISIM Auditorium.

The Chief Speaker for the session were Ms. Mamata Sharma, Chairperson, National Women's Commission, New Delhi, and Mr. Sanjeev Shrivastava, CEO, Focus News, New Delhi. The students were acquainted by the role of media in ensuring the safety and dignity of Women. Both the speakers shared their views and experiences regarding the issue and students get to know a new thought regarding the issue.

The objective of seminar is to make students aware about the safety and dignity of women. The aim of the seminar is also to understand the role of women.

The workshop proved fruitful for the students as they learned about the various mobile applications available for women safety and security. The students also learned about the role of women in media.

Prof. *Hanshika*
Head
Discipline.....*JMC*
Dept. of Languages & Mass Communication
IIS (Deemed to be University)
SFS, Mansarovar, Jaipur





For
Head

Head

Discipline.....
Jmc

Dept. of Languages & Mass Communication
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



THE IIS UNIVERSITY

deemed to be a university under section 3 of UGC Act., 1956

September 24, 2015

NOTICE

Department of Physical Education is organizing a Guest Lecture on **Self Defence** for the IIS University students.

The details are as follows :

Demonstrator	:	Sh. Ram Choudhary Director Shri Ram Martial Art Academy, Jaipur
Date	:	26 September 2015
Time	:	10:00 am
Venue	:	Stage

All the students are required to attend the same.

Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline.....
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Web : www.iisuniv.ac.in www.icfia.org
Email : icg@iisuniv.ac.in

ICG Campus, Gurukul Marg,
SFS, Mansarovar, Jaipur 302020
INDIA

Telephone : 91-141-2400160-161
Fax : 91-141-2395494

Department of Physical Education

Name of the Activity : Demonstration on Self-Defence

Date: 26 September 2015

Venue: IISU Campus

No. of Participants: 250

Objective

- The main objective of this training programme is to Builds confidence, balance, self-discipline.
- To improve your physical conditioning.
- To improves your street awareness, self-respect,
- To develop a warrior spirit, fighters reflex, and positive influence on your life

Department of Physical Education of IIS Deemed to `be University in Collaboration with the **Shri Ram Choudhary**, Director, Shri Ram Martial Art School had organized a one day demonstration session on 26 Sep.2015 was present to teach the benefits of Self-Defense at IISU Campus. More than 150 students of IISU practiced various Attack and Defensive Skills.

Outcome:

Students are beginning to feel more confident and secured having learnt techniques to defend themselves in times of crisis. While this **activity** has enhanced the physical strength of girls.

Demonstration on Self-Defence



Head
Discipline... Sports
Dept. of Behavioural & Health Science
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June 19, 2015

NOTICE

The Department of Physical Education and Sports Board of the IIS University is celebrating International Day of Yoga on 21 June 2015 at Vinayak Hall (A.V. Hall) IISU Campus at 9:15 am.

All staff members are cordially invited to attend the same.

Dr. Raakhi Gupta
Registrar



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ICG Campus, Gurukul Marg,
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INDIA

Telephone : 91-141-2400160-161
Fax : 91-141-2395494

Discipline *Need Sports*
Dept. of Behavioural & Health Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

Department of Physical Education International Day of Yoga

Date: 21 June 2015

Venue: IISU Campus

No. of Participants: 75

Objective:

- The purpose of yoga is to create strength, awareness and harmony in both mind and body.
- Yoga is a healing system of theory and practice.
- To let Students know the amazing and natural benefits of Yoga
- To make Students get used of meditation through yoga.
- To reduce the rate of health challenging diseases..
- To enhance growth, development and spread peace all through the world.
- To protect unhealthy practices and promote and respect the good practices to make health better.
- To promote better mental and physical health of Students through yoga practice.

Department of Physical Education is celebrated the International Day of Yoga by organizing a one day yoga camp on Wednesday, 21st June, 2015. On the occasion, Janki Pareek (yoga teacher) and Mr. Megh Singh Chouhan, Coordinator, Kreed Bharati was present to teach the benefits of Yoga at SMS Stadium, Jaipur and IISU Campus.

The camp commenced with Yoga Prayer. More than 150 students of IISU practiced various Yoga Asana and meditation to stay mentally and physically fit.

Mr. Chouhan believes that Yoga not only covers asana but it also includes Meditation, Physical discipline and Devotional Chanting. Thus, providing Yoga revives our dormant energy. He also told us how asana of yoga help us to:

- Rejuvenate tissues and helps in new self-formation.
- Reactive nervous system.
- Regulate Blood pressure
- Tones up our digestive, respiratory system and all excretory glands.

In addition, the participants were informed through a guest lecture about the advantages of Asana and how they can practice at home effortlessly.

The camp ended with Pranayam and later, the guests solved all the participating queries regarding myths and Yoga Asana.

Outcome:

To increase flexibility, muscle strength and tone, respiration, energy and vitality and weight reduction with improved athletic performance.

Head
Discipline *Speck*
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Celebration of International Day of Yoga



Discipline *Head*
Dept. of Behavioural & Health Science
HS (deemed to be University)
SFS, Mansarovar, Jaipur

5th April, 2015

Notice

The Department of Journalism and Mass Communication is organizing a Moot Press Conference on "Women Sports in Rajasthan: Prospects and Challenges" on April 6th, 2015 at AV Hall. The chief guest of the event is Mr. Mohd. Yasin, Sports Media Professional, Jaipur. It is compulsory for all the students of Journalism and Mass Communication to attend the session.

Date : 6 April, 2015
Venue : AV Hall (Vinayak)
Time : 1:00 PM


Dr. Raakhi Gupta
Rector and Registrar



for 
Head
Discipline 
Dept. of Languages & Mass Communication
IIS (deemed to be University)
SFS, Mansarovar, Jaipur


Moot Press Conference on "Women sports in Rajasthan: Prospects and Challenges"

The Department of JMC organized a Moot Press Conference on 'Women Sports in Rajasthan: Prospects and Challenges' on April 6th, 2015 at AV Hall. The Chief Guest for the conference was Mr. Mohd. Yasin, Sports Media Professional, Jaipur. The conference enlightened the students of BA (JMC) and MA (JMC) about the sports journalism. Around 75 students attended the Press Conference. The guest discussed various issues related to women sports in Rajasthan. The objective of conference is to make students aware about women sports in Rajasthan. The aim of the workshop is also to understand the prospect and challenges of women sports in Rajasthan. The conference proved fruitful for the students as they learned about the prospects and challenges of women sports in Rajasthan. The conference also made students understand the press conference.



Dr. Ashish K
Head
JMC
Discipline.....
Dept. of Languages & Mass Communication
JIS (Deemed to be University)
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September 24, 2014


NOTICE

Department of Physical Education is organizing a Guest Lecture on **Yoga and Natural Treatment (Naturopathy)** for the IIS University students.

The details are as follows :

Speakers	:	Dr. Eklavya Bohra Mr. B.S. Sharma Mrs. Pareek
Date	:	26 September 2014
Time	:	10:00 am
Venue	:	A.V. all

All the students are required to attend the same.



Dr. Renu Shungloo
Head, Dept. of Physical Education



Head
Discipline.....
Dept. of Behavioural & Health Science
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Department of Physical Education

“Yoga & Natural Treatment (Naturopathy) ”

Date: 26 Sep.-02 Oct. 2014

Venue: IISU Campus

No. of Participants: 140 Students

Objectives:

1. To enable the student to have good health.
2. To practice mental hygiene.
3. To possess emotional stability.
4. To integrate moral values.
5. To attain higher level of consciousness.

Guest Lecture and Demonstration on “Yoga & Natural Treatment (Naturopathy) ” by **Dr. Eklavya Bohra, B. S. Sharma & Mrs. Pareek**. From Rajasthan State Naturopathy Development Board, Jaipur from 26 Sep.-02 Oct. 2014.

The Purpose of the Guest Lecture is to promote positive health, Prevention of Stress related health problems and rehabilitation. Yoga also sharpens ones mental facilities improving attention and concentration. Its miraculous benefits for health, will power, personality development, human values, interpersonal relation and stress management are being highly appreciated now all sections of the all over the world

Outcome:

- To teach the concept of Yoga and Personality Development
- The student can develop to aware the knowledge and understanding the meaning of meditation and its type
- The students will learn the Yoga Asana and pranayam be able to guide other in practice



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**DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE**

EARLY CHILDHOOD CARE AND EDUCATION

CREDIT TEMPLATE AND SYLLABUS

Session : 2019-2022




Head
Department of Home Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur

IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION

CERTIFICATE COURSE

PAPER CODE	PAPER TITLE	TYPE OF PAPER	CONTACT HOURS/ WEEK	CREDITS	MAX MARKS	MIN MARKS	CONTINUOUS ASSESSMENT (%)	ANNUAL END (%)
ECE 131	Child Development	THEORY	3	3	100	40	30	70
ECE 132	Early Childhood Education	THEORY	3	3	100	40	30	70
ECE 133	Practical in Child Development	PRACTICAL + PROJECT	4	4	100	40	30	70
			10	10				

* Evaluation of project will be based on submission of project report.

[Signature]

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IIS (deemed to be University)
B-5, Mansarovar, Jaipur



IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
DIPLOMA COURSE

PAPER CODE	PAPER TITLE	TYPE OF PAPER	CONTACT HOURS/ WEEK	CREDITS	MAX MARKS	MIN MARKS	CONTINUOUS ASSESSMENT (%)	ANNUAL END (%)
ECE 231	Organization and Management of Early Childhood Education	THEORY	3	3	100	40	30	70
ECE 232	Planning Activities for Children	THEORY	3	3	100	40	30	70
ECE 233	Developmental Activities for Children	PRACTICAL + PROJECT	4	4	100	40	30	70
			10	10				

*** Evaluation of project will be based on submission of project report.**




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IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION

ADVANCED DIPLOMA

PAPER CODE	PAPER TITLE	TYPE OF PAPER	CONT ACT HOUR S/ WEEK	CRE DITS	MAX MARK S	MIN MA RKS	CONTIN UOUS ASSESM ENT (%)	SEMEST ER END (%)
ECE331	Children with Special Needs	THEORY	3	3	100	40	30	70
ECE332	Counselling Young Children	THEORY	3	3	100	40	30	70
ECE333	Counselling Young Children and Parents	PRACTIC AL	4	4	100	40	30	70
			10	10				



EVALUATION SCHEME

IIS(deemed to be UNIVERSITY), JAIPUR

EARLY CHILDHOOD CARE AND EDUCATION (2019-2022)

Evaluation System

Evaluation for semester-based programmes shall be done through Continuous Assessment (CA) and Annual End Examinations (AEE). The weightage of the two types of evaluation is as given below -

Scheme of Evaluation for Continuous Assessment (CA)

Test I	II component			Total (A)
15 marks	Home Assignments (5 marks)	Attendance (5 marks)	Class activity (5 Marks)	30 marks

Practical Papers (30%)				
Test	Practical Record	III component		Total
10 marks	10 Marks	Viva Voice (5 marks)	Attendance (5 marks)	30 Marks



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SFS, Mansarovar, Jaipur

Scheme of Evaluation for Annual End Examination (AEE)

Theory Papers (70%)		
Section A	<i>Objective type of Questions(Multiple Choice Questions/Fill in the Blanks/One word answer/ True or False/ Match the following etc.)</i>	1mark x10 =10 marks
Section B	5 Questions of 4 marks each with internal choice. Students are required to attempt all five questions (observing the internal choice) in 150-200 words.	4 marks x 5 = 20 marks
Section C	5 Essay Type Questions of 10 marks each. Students are required to attempt any 4 questions in 600-700 words.	10 marks x 4 = 40 marks
Final Outcome		70 marks

Practical Papers (70%)			
Major Problem	Minor Problem	Viva Voice	Total
35 marks	20 marks	15 marks	70 Marks

Note :

- Time duration of Internal tests will be 45 Minutes
- Home assignments shall be given on descriptive questions
- Time duration of AEE will be three hours for each paper
- Pass percentage in continuous assessment and semester end exam is 40 % in each paper.



SYLLABUS

IIS(deemed to be UNIVERSITY), JAIPUR

EARLY CHILDHOOD CARE AND EDUCATION

These are add-on courses, which a regular student in UG or PG programme can pursue simultaneously. The certificate holder or a graduate in B.Sc. – Home Science shall be eligible for admission to the Diploma and the Diploma holder or a post graduate in M.Sc. (Human Development) shall be eligible for admission to the Advanced Diploma course. Candidates who have passed 10+2 examination from a recognized board shall be considered eligible for admission to the Certificate Course.

Nomenclature of the Course	Duration	Eligibility Criteria
Certificate in Early Childhood Care And Education	1 academic year.	10+2 of any recognized Board.
Diploma in Early Childhood Care And Education	1 academic year	Certificate in Early Childhood Care And Education Or Graduate in B.Sc.- Home Science
Advanced Diploma in Early Childhood Care And Education	1 academic year	Diploma in Early Childhood Care And Education Or Post Graduate in Human Development

Teaching Schedule

The classes shall be conducted in the morning hours. Apart from the regular faculty, senior professionals from the Early childhood, counseling and organization dealing with disability shall be invited to offer guidance on the contemporary and technical aspects of the subjects under study.

Pedagogical Strategies

Apart from classroom lectures, activities and assignments, students shall be given opportunities to present and participate in seminars and symposia.



Annual Scheme of Examination

1. The number of papers and the minimum passing and maximum marks for each paper shall be shown in the syllabus. Each theory paper will be of three hours duration and the duration of practical examination shall be as prescribed in the syllabus.
2. There shall be 3 sections in the question paper. Section 1 shall consist of objective type questions, section 2 shall consist of definitions/short answers type questions and section 3 shall consist of long essay type questions.
3. Result categorization: Pass with credits - 75% and above, First division - 60% and Pass - 40% in the aggregate of all papers.
4. To pass the examination, a candidate is required to obtain at least 40% marks in each paper (theory & practical separately as prescribed in the syllabus).
5. Candidate needs to clear all papers in order to be eligible for promotion to the next level of courses. A candidate securing less than 40% marks in maximum of one paper shall be allowed to take the exam not later than the successive academic year only.
6. Internal assessment will constitute 30% marks of the maximum marks for each paper (theory and practical separately) based on internal examination and regularity in attendance.
7. A candidate passing the Certificate course shall only be admitted to the Diploma course.
8. A candidate passing the Diploma course shall only be admitted to the Advanced Diploma course.
9. A candidate with B.Sc. Home Sc. shall be eligible for direct admission to Diploma and M.Sc. Home Sc. (Human Development) shall be eligible for direct admission to Advanced Diploma course.
10. The Certificate/ Diploma/ Advanced Diploma shall be awarded by the University.



SYLLABUS
IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Certificate Course
Child Development (Theory) ECE 131

Credits- 03

Total Contact Hours : 45

Max. Marks : 100 (CA 30; SEE 70)

Objectives

The course will enable the student to-

- *orient students to the field of Child Development, its nature and scope.*
- *develop the knowledge base and understanding of basic concepts in Child Development.*
- *understand methods of studying children.*
- *understand nutritional needs of children*

Content

Unit I Introduction to Child Development

09 Hrs.

1. Child Development- Meaning, scope & importance of study.
2. Growth & development- Meaning & Principles, Maturation & Learning.
3. Aspects of Development –Brief introduction.
4. Heredity and environment- Role of genetic and environmental factor in development of child.
5. Role of Parents, Home, School, Community & Mass Media in the Development of child.
6. Stages of child development (from Conception to 6yrs.) Rate of developmental Norms, Milestones Needs of Children.

Unit-II Stages of development- Upto Early Childhood

09 Hrs.

a) Prenatal development:

- Brief understanding of prenatal Growth and Factors influencing prenatal development
- Importance of maternal health during prenatal period.

b) Neonatal Development:

- Care of new born
- Physical changes -Changes in Height, weight & Body proportion.
- Adjustments, Reflex actions
- Early sensory capabilities, seeing, visual perception, hearing, smelling, tasting, temperature, touch and pain.
- Breast feeding, feeding practices, developing trust, attachment and well-being
- Immunization and hygiene


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Unit-III Aspects of Child Development & their inter-relationship. (upto six years) 09 Hrs.

1. Physical Development-Development & different parts, height & weight, milestones & sex difference in physical development.
2. Motor Development-Meaning, Gross & Fine Motor Skills, handedness, role of play in physical & Motor Development. , Factors affecting Physical & Motor Development.
3. Socio Emotional Development – Characteristics, Patterns & Factors affecting Socio Emotional Development. Important emotions Of Childhood, Common Emotional Problems of Children & their Psychological Handling. Personal & Social Development-Form of Behavior, Pattern & Factors. Helping Children adjust to social world around (Family, School, Community).
4. Child rearing styles and impact on children: Authoritative; Authoritarian; Democratic; Permissive; Uninvolved.

Unit-IV Cognitive and Language Development

09 Hrs.

1. Cognitive Development - Stages of cognitive development with brief description of Piaget Theory, Development of cognitive skills, memory, thinking , reasoning & problem solving , Concept formation- meaning, characteristics and process of concept formation
2. Development of Creativity-Meaning & Importance, value of interpretation of Children's art.
3. Language Development – Stages of Language Development
 - Pre speech forms
 - Speech-Telegraphic speech, single sentence.
 - Ego centric to socio centric speech.
 - Passive & Active Vocabulary.
 - Factors in language development- Imitation, reinforcement. Biogenic & socio-genic factors.
 - Development of language skills – Listening, speaking, reading & writing.

Unit-V Methods & Behavioural concerns

09 Hrs

1. Methods of Child Development

- Observation
- Case Study
- Interview
- Questionnaire
- 1. Checklist

2. Common Behavioral Concerns in Early Childhood - Symptoms and their remedies

- a) Thumb sucking
- b) Bedwetting
- c) Nail biting
- d) Temper tantrums
- e) Aggression
- f) Shyness
- g) Hyperactivity
- h) Destructiveness

Books Recommended:

-
2. Hurlock, E.B., Child Development McGraw Hill, New York 1988.
 3. Benjamin Spock Baby and Child care Mass Market Paperback::Pocket Books; 9th Edition (27 December 2011)
 4. Mittal, S (2004). Child development. Delhi: Children and the media, Vols. 1-3; Delhi: Isha books.
 5. Gosh, S. The feeling and care of infants and young children UNICEF, New Delhi 1976
 6. Sharma, S.P. (2006). Child development. Delhi: Visit International publishing house.
 7. Berk, L. (2006). Child development. New York: Allyn& Bacon
 8. Newman and Newman, Infancy and childhood-Development and its context.john Wiley,1978.
 9. Illingsworth,R.S. The development of the Infant and Young child.Churchill and Livingstone,1975.
 10. Santrock. (2006). Child Development. New York: McGraw- Hill.
 11. Srivastava, A. (1990). Child development,. New Delhi: NCERT.
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IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Certificate Course
Early Childhood Education (Theory)ECE 132

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours :45

Objectives

The course will-

- *Introduce the students with the concept of ECCE, its need, significance and objectives.*
- *Impart knowledge about policies, programmes & Issues of ECCE in India*
- *Train the students in designing the curriculum and stimulation package for ECCE*
- *Train the students in organizing activities for holistic development of children.*

Content

Unit-I Early Childhood Care & Education

09 Hrs

1. Early Childhood Care and Education –its holistic and integrated nature
2. Need, significance and objectives of ECCE
3. Philosophy & Contributions of Indian & Western thinkers - Montessori, Froebel, Vygotsky, M.K. Gandhi, Ravindra Nath Tagore, Gijubhai Badheka, Tarabai Modak.

Unit II History and Policies for ECCE in India

09 Hrs

1. History of ECCE in India: Early Missionaries, Montessori in India, Central Social Welfare board, Balwadi programme and ICDS
2. Policy framework in ECCE
 - a. National Policy on Education (1986),
 - b. Article 45 in Indian Constitution and 86th amendment
 - c. ECCE in Right to Education (2010)
 - d. National Curriculum Framework (2005)
 - e. National Policy on ECCE (2013)
 - f. Commitments to international Conventions and Commitments like Education For All (EFA) , Millenium Development Goals (MDG) .

Unit-III Programmes and Issues of ECCE

09 Hrs


Head
Department of Home Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur



1. Programmes and provisions in ECCE in India : ICDS, Rajeev Gandhi Creche Scheme, ECCE In NREGA, ECCE in SSA, Private sector provisions in ECCE, Voluntary Sector initiatives in ECCE
2. NCERT, NIPCCD, CARE, CRY, ICCW, UNICEF
3. Issues in ECCE in India : Inadequate importance to ECCE; Status and Gaps in Access, Coverage & Quality of ECCE; Issues of Teacher education in ECCE ; Lack of Regulation and monitoring.

Unit IV Play & curriculum planning

09 Hrs

1. Meaning importance and value of Play
2. Meaning, importance and types (Kinesthetic, Visual, auditory) of early stimulation
3. Early stimulation—nature of materials; considerations of safety, hygiene, space etc.
4. Curriculum models
5. Principles & Types of Activity planning- daily, weekly and annual plan
6. Characteristics of early childhood indicator

Unit V Methods and Materials for Early childhood Development

09 Hrs

1. Activities and materials for Gross & Fine Motor Development
2. Activities and materials for Language development-Informal discussion, conversation story-telling, Role play, rhymes, picture talk, listening skill
3. Personal and social development- Group activities, imaginative play, cooperative learning activities; projects, creative activities.
4. School Readiness- Importance of 3R's

Suggested Readings:

- Muralidharan. R. & Asthana, S. (1991). Stimulation activities for young children. New Delhi: NCERT.
- Pankajam, G. (1994). Pre-school Education, Ambalka: The Indian Publication.
- Swaminathan, Meena (1998). The First Five Years, New Delhi: Sage Publications.
- Swaminathan, M. & Daniel, P. (2000). Activity-Based Developmentally Appropriate Curriculum for Young Children, Indian Association for Preschool Education, Chennai, Coimbatore, Neyveli.
- Swaminathan, M. & Daniel, P. (2004). Play Activities for Child Development A Guide to Preschool Teachers, National Book Trust, New Delhi.
- Kaul, V. et al (2004) Reaching out to the Child; Oxford University Press.
- Kaul, V. (2009). Early Childhood Education Programme. New Delhi: NCERT.
- Kaul, V. and Sankar, D. (2009) Early Childhood Care and Education in India: Mid Decade Assessment; NUEPA.
- Policy Documents related to RTE (2009); NCF (2005); NPECCE (2013); NCF (2013); NPE (1986); NP on Children (updated)
- UNESCO (2006). Select Issues concerning ECCE in India. Background paper prepared for the Education For All Global Monitoring Report (2007)



IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Certificate Course
Practical in Child Development ECE 133

Credits-04

Max. Marks : 100 (CA 30; SEE 70)

Contact Hours: 120

Objectives

The course will enable the student to-


- *Assess the development in childhood and adolescence.*
- *Plan program and activities for children and adolescents.*

Content

1. Visits to early childhood centers and Aanganwadi centers- observation and report writing.
2. Presentation based debate on the comparative merits and demerits of different approaches related to ECCE.
3. Prepare a case study of a child
4. Planning Daily/Weekly activity plan for children and executing any one activity
5. Planning and Preparing teaching aids and materials for teaching children
6. School readiness: Prepare Worksheets and cards for 3R's concepts.
7. Prepare materials for toddlers for their visual, auditory and motor stimulation e.g. rattles, mobiles, toys making sound, cloth books, finger games, jingles, soft toys, blocks.
8. Interview parents of 5 children and find out the Child rearing styles and discuss in class to come up with the what kind of socio- emotional development will take place depending on the style.
9. Market survey of toys/games/literature for children.

Books Recommended:

1. Hurlock, E.B., Child Development McGraw Hill, New York 1988.
2. Subash C. Arya, Infant and child care for Indian Mothers. Vikas Publishers, Delhi 1972.


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3. Devadas, R.P. and Jaya. N. Text Book of child development McMullan and Co., 1981.
4. Gosh, S. The feeling and care of infants and young children UNICEF, New Delhi 1976

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DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION

Diploma
Organization and Management of Early Childhood Education (Theory)
ECE 231

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 45

Objectives

The course will enable the student to-

- *Gain information about entrepreneurship in ECE.*
- *Understand the significance of maintaining records of children's growth and progress as necessary for mapping and assessing their developmental patterns.*
- *Understand procedures of maintaining school accounts, preparing bills, maintaining records and registers and using them meaningfully.*
- *Select, use and maintain toys, books and other equipments for pre-schoolers*
- *Plan and design space for children's learning, participation and free movement.*
- *Develop skills of involving the community in the organization and functioning of the ECE centre.*

Content

Unit-I Institutions for ECE

09 Hrs

1. Institutions catering services to the needs of children- Early childhood centers, Aanganwadi, crèches, day care, special schools.
2. Decisions on philosophy and approach (Montessori, Kindergarten, Aanganwadi, Day care) and developing the curriculum for diverse needs
3. Decisions on various aspects at the stage of planning a blue print for ECCE Centre- Identifying Local needs, Source of fund raising and community involvement, Budgetting and Mapping resources, teacher-child ratio.



Unit II- Location and Infrastructure**09 Hrs**

1. Identification of Location- Easy accessibility, Cleanliness and hygiene, Safety and Security, Barrier Free.
2. Infrastructure/physical facilities- Indoor & Outdoor Facilities, Beautification of school premises
3. Inclusive Barrier Free environment/infrastructure
4. Designing of space as source of learning and interaction; flexible space for individual, small group and large group activities, floor space , storage space, space for display and orientation to engage in self directed tasks
5. Safety of ECCE Centre- Disaster Management- Familiarity with first-aid, fire drills and display of pictures and material for dealing with emergencies

Unit-III Equipments and materials**09 Hrs**

1. Type of Equipments and Learning Materials- Indoor & Outdoor Equipments
2. Selection of Equipments and Learning Materials
3. Allocation of Equipment and Materials
4. Maintenance, replacement and Utilization of Equipments and Learning Materials
5. Mapping agencies for children's materials, books, toys and outdoor resources, Use of local resources for development of play materials.

Unit-IV Recruitment of ECCE Personnel & Records and register**09 Hrs**

1. Types of ECCE personnel
2. Criteria for Selection of Staff- Educational & professional Qualification of supervisor, teacher/day-care worker, supportive staff/helpers
3. Need for maintaining different kinds of records such as child related, teacher related and material related records
4. Registers for attendance, admission, fees, teachers and other financial matters,

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5. Records of monitoring and regulating children's growth and development such as health, anecdotal and cumulative records
6. Developing systems and schedules for observing and recording children's responses with daily/weekly diaries

Unit-V Supervision and parents and community involvement

09 Hrs

1. Supervisory procedures, Quality control: Internal and external evaluations.
2. Need and importance of orienting and working with parents
3. Methods of making contacts-
 - a. Informal meeting, group and individual meetings.
 - b. Parent and toy library
 - c. Home visit
 - d. workshop/ demonstration centers
 - e. Parent-teacher association
 - f. Written and printed materials
4. Need for and relevance of community involvement.
5. Mapping and Mobilization of community resources and their utilization.

Books Recommended:

1. Fine Marvin J. Eds (1980), Hand Book on Parent Education, Academic press, Inc.
2. Kulkarni S.S. (1988), Parent Education: Perspectives of approaches.
3. Mohanti and Mohanti (1996), Early Childhood Care and Education, New Delhi, Deep and DeepPublication
4. Brothy, J.E. Good, T.L. and Nedler, S.L. Teaching in Preschool Harper and Raw, 1975.
5. Spodek, B. Hand book of Research in Early childhood education Collier Macmillan, 1982.
- 6.
7. Grassman B.D. and Keyes C. Early childhood Administration. Allyn and Bacon Inc. Toronto, 1985.
8. Muralidharan, N. The systems of preschool education in India. Indian Association for preschool Education, 1968.
9. Lowenfeld V., Brittain, Labert, W. Creative and Mental Growth collien MacMillan, 1982.



IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Diploma
Planning Activities for Children (Theory) ECE 232

Credits-03

Total Contact Hours :45

Max. Marks : 100 (CA 30; SEE 70)

Objectives

This course will enable the students to :

- *Plan activities for various age groups.*
- *Improve writing / creative skills.*
- *Plan developmentally appropriate activities in art, music, movement, and drama that can be used with children ages birth to eight.*
-

Content

Unit I Planning Programming

09 Hrs

1. 1. Programme Planning-Principles, needs & basic abilities developmental level of children
2. Impact of planned activities on various age groups.
3. Planning.- Long range & short range.
4. Different types of programmes currently offered. Objectives of the programmes. Routine and target group covered by each of the following.
 - ECE programme : Balwadi, Anganwadi, Nursery school, Kindergarten
 - ECCE programme : ICDS and Mobile crèche.
 - Play Group
 - Care programme : family day care, crèche, day care centres, familial care in the Indian context.
5. National Early Childhood Care and Education (Ecce) Curriculum Framework

Unit II Creative activities for children

09 Hrs

1. Concept of creativity and highlights of the role of creative expressions in overall development of children.

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2. Creativity and development; divergent thinking in children, methods to foster creativity
3. Role of teacher in planning and fostering creative expressions.
4. Creative expressions through a variety of media i.e. painting, printings, modeling, cutting, pasting, blocks puppetry, music movement, drama and language.
5. Story telling- Importance, themes and techniques of story telling, use of aids in storytelling (books, sand tray, flashcards, puppets, and role-play, masks), role in a child's development.
6. Action songs, music & rhythm activities- voice modulation, role in a child's development.

Unit III: Planning and of execution of Creative activity

09 Hrs

Values, materials required, use of substitutes from indigenous materials and Teacher's role in conducting activities:

1. Art and Craft Activities
2. Collage making
3. Printing: block, string, leaf stencils, spray, crumpled paper, different textured surfaces
4. Clay modeling, mask making, origami and paper folding, making simple toys and playthings, role in a child's development.
5. Sand & water play

Unit IV Puppetry and Creative Drama

09 Hrs

- Puppetry
 - Characteristics of puppetry as a medium.
 - Values of puppetry
 - Kinds of puppets : finger, glove, stick, and string puppets etc.
 - Basic staging techniques, use of lights, and simple sound affects in puppetry.
- Creative Drama
 - Meaning and values.
 - Techniques involved in creative drama e.g. rhythmic movements, pantomime, characterization, improvisation story building.
 - Theatre as a medium of creative communication and expression
 - Process of scripting for puppet plays and creative drama.



1. Meaning ,Importance and types of IEC Material
2. Types of IEC material- Graphics and audio visual charts, posters, flashcards, flexes, flip books, pamphlets, leaflets, brochures, booklets, modules, manuals
3. Children's Literature- Characteristics of young readers, types of children's literature, role of literature in a child's development.
4. Values of books and reading in early years, developing reading habits.
5. Writing Children's literature - Principles and methods of effective writing.

Book Readings

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1. Hurlock, E.B., Child Development McGraw Hill, New York 1988.
 2. Subash C. Arya, Infant and child care for Indian Mothers. Vikas Publishers, Delhi 1972.
 3. Devadas, R.P. and Jaya. N. Text Book of child development McMullan and Co., 1981.
 4. Gosh, S. The feeling and care of infants and young children UNICEF, New Delhi 1976
 5. Muralidharan. R. &Asthana, S. (1991). Stimulation activities for young children. New Delhi: NCERT.
 6. Campbell, A. (1993). Great games for great parties. New Delhi: Orient Paperbacks.
 7. Contractor, M. (1984).Creative drama and puppetry in education. New Delhi: National Book Trust.
 8. Khanna, S. Joys of making Indian toys. New Delhi : National Book Trust.
 9. Supraner, R. (1981). Great Masks to make. New Jersey: Troll Associates.
 10. Watts, I. N. (1991).Great theme parties for children. New Delhi: Orient Paperbacks.
 11. Swaminathan, Mina. (1990). Drama and the young child. New Delhi: NCERT.
 12. Sharma, I. S. (1982). Children's literature: Preparation & evaluation. New Delhi:NCERT.
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IIS (deemed to be University), Jaipur
DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Diploma

Developmental Activities for Children (Practical) ECE 233

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 120

Objectives

This course will enable the students to :

- *Be aware of present development in children's literature.*
- *Plan creative and leisure time activities for children.*

Content

1. Visit to ECE centre assessing and comparing the use of space, appropriateness of play equipments and materials and their use, Records and register maintained, Adequacy and eligibility of ECCE staff and their evaluation pattern.
2. Preparing blueprint of centers of early childhood education- organizational structure, physical and human infrastructure and finance
3. Planning & Organizing a parent Education program-workshop, PTM, Counseling session
4. Bulletin board display relating to parenting issues
5. Content analysis of various IEC material for development messages.
6. Designing layouts for various IEC materials
7. Writing scripts on selected developmental issues for radio, and T.V programmes.

Books Reading

1. Hurlock, E.B., Child Development McGraw Hill, New York 1988.
2. Subash C. Arya, Infant and child care for Indian Mothers. Vikas Publishers, Delhi 1972.
3. Devadas, R.P. and Jaya. N. Text Book of child development McMullan and Co., 1981.
4. Gosh, S. The feeling and care of infants and young children UNICEF, New Delhi 1976.
5. Subash C. Arya, Infant and child care for Indian Mothers. Vikas Publishers, Delhi 1972.
6. Devadas, R.P. and Jaya. N. Text Book of child development McMullan and Co., 1981.
7. Gosh, S. The feeling and care of infants and young children UNICEF, New Delhi 1976
8. Muralidharan. R. & Asthana, S. (1991). Stimulation activities for young children. New Delhi: NCERT.
9. Campbell, A. (1993). Great games for great parties. New Delhi: Orient Paperbacks.
10. Contractor, M. (1984). Creative drama and puppetry in education. New Delhi: National Book Trust.
11. Khanna, S. Joys of making Indian toys. New Delhi : National Book Trust.



12. Supraner, R. (1981). Great Masks to make. New Jersey: Troll Associates.
 13. Watts, I. N. (1991). Great theme parties for children. New Delhi: Orient Paperbacks.
 14. Swaminathan, Mina. (1990). Drama and the young child. New Delhi: NCERT.
 15. Sharma, I. S. (1982). Children's literature: Preparation & evaluation. New Delhi: NCERT.
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DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Advance Diploma
Children with Special Needs (Theory) ECE 331

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 45

Objectives

The course will enable the student to-

- *Understand past and existing status of child in Indian context*
- *Know about the needs of special children*
- *Provide practical solutions to common pre-school behavior problems*
- *Role of different organizations towards early childhood care for normal and special children*

Content

Unit I

09 Hrs

1. Distinction between impairments, disability, handicap
2. Children with special needs- concept, definition, causes, needs, problems and classification of special children.
3. Legislations and act for disabled in India-RCI act 1992, PWD act 1995 and National Trust act (1999) and Mental Health Act (1987)
4. Special features of Right of person with Disability Act, 2016.

Unit II Definition, Type, Causes, symptom, diagnosis and Remedial measures of: 09 Hrs

1. Physical and health impairments- Orthopedic, neurological, cerebral palsy, spina bifida, limb deficiency, epilepsy, diabetes, asthma, cystic fibrosis, hemophilia, AIDS
2. Visual impairment, legal blindness, Braille
3. Hearing impairment, sound, audiometry, degree, dactylology
4. Intellectual Disability

Unit III Definition, Type, Causes, symptom, diagnosis and Remedial measures of: 09 Hrs

1. Communication disorder- speech disorder (articulation, fluency disorder, voice disorder), language disorder- aphasia
2. Giftedness
3. Emotional disturbance
4. Autism
5. Learning disability



Unit IV

09 Hrs.

Rehabilitation Perspectives

1. Education for independent living
2. Job opportunities
3. Housing & residential facilities
4. Gender issues and disabilities

Unit V

09 Hrs.

1. Integration – advantages and disadvantages
2. Prevention of disabilities- Techniques for pre natal assessment, chorionic villus sampling- fetoscopy, amniocentesis, ultrasound, maternal blood analysis, genetic counselling.
3. Counselling parents of children with special needs.

References

1. Gedkar, E. Disabled in India, somaiya, 1983.
2. Lilly Stephen, M. Children with Exceptional Needs, Holt, Rinehart, 1979.
3. Croock Shank, W.M. Psychology of Exceptional Children and youth, "New Jersey, Prentice Hall", 1958.
4. Baker, H.J., Introduction to exceptional children, New York, Macmillan Co., 1959.
5. Dunn, L.M. (ed) "Exceptional children in the schools", Holt Rinehart & Winston, 1963.
6. Kirk, S.A. Education "Exceptional children" Hinghton, Miffhir, 1962.
7. Heek, A.O., "Education of Exceptional children", New York, McGraw Hill, 1953.
8. Garrison, K.C. and Force, Dewy, G. the Psychology of Exceptional children, New York, fourth edition, the Ronals Press Co., 1965
9. Frampton and Rowell, Education of the handicapped.
10. Good enough, Florence, Exceptional children, New York, appleton century Lnafhs, 1956.
11. Ellis, N. (ed) Hand book of Mental deficiency Psychological theory & Research.



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DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Advance Diploma
Counselling Young Children (Theory)ECE 332

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 45

Objectives

This course will enable the students to :

- *Understand the meaning, nature and scope of guidance*
- *Understand the meaning of and the need for group guidance*
- *Appreciate the need for guidance*
- *Develop acquaintance with various techniques of group guidance*
- *Become acquainted with the skills and qualities of an effective counselor.*

Content

Unit I

09 Hrs.

1. Counseling: concept
2. Types of counseling
3. Personality and background of counselor
4. Ethical aspects of counseling

Unit II

09 Hrs.

1. Child in need of care and protection: meaning
2. Abused children
3. Counseling needs of above children

Unit III

09 Hrs.

1. Children's problems and their Identification- Behavioral Problems, Personality Disorders, Problems such as depression, low self esteem, anxiety etc
2. Defense mechanisms used by children

Unit IV

09 Hrs.


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1. Counseling strategies to build rapport and client dialogue
 - a. Attending and encouraging
 - b. Restating
 - c. Paraphrasing
 - d. Reflecting
 - e. Perception checking
 - f. Summarizing
2. Counseling strategies for data gathering
 - a. Questioning
 - b. Probing
3. Strategies to add depth and enhance relationship
 - a. Self disclosure
 - b. Confrontation
 - c. Responding to non-verbal Behaviour
 - d. Documentation

Unit V

09 Hrs.

1. Counseling interviews: Concept and meaning
 - a. Purpose of counseling interviews
 - b. Interviewing Behaviour: Verbal and Non-verbal
 - c. Interviewing process
 - d. Principles for effective interview
2. Group counseling

References

- Axline, V. M. (1947). Play therapy. New York: Ballantine Books.
- Brammer, L. M. (1985). The helping relationship: Process & skills. New Jersey: Prentice-Hall.
- Hackney, H. & Cormier, L. S. (1979). Counseling strategies and objectives. New Jersey: Prentice Hall.
- Thornburg, H.E. (1975). Contemporary Adolescence: Readings. Belmont: Wadsworth.
- Hetherington, E. M. & Parke, R. D. (1979). Child psychology: A contemporary viewpoint. N.Y.: McGraw-Hill.
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DEPARTMENT OF HOME SCIENCE
CAREER ORIENTED & SKILL DEVELOPMENT COURSE
IN
EARLY CHILDHOOD CARE AND EDUCATION
Advance Diploma
Counseling Young Children and Parents (Practical) ECE 333

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 120

Objectives

This course will enable the students to :

- *Identify the problems of young children.*
- *Communicate with parents.*
- *Plan counseling session.*

Content

1. Case study of a Child with special needs/children in need of care and protection
2. Interviewing parents to identify difficulties in rearing children with special need.
3. Preparing educational/informational material for children with special needs
4. Visits to institutions dealing with Children with special needs/ children in need of care and protection -Preparing a blue print
5. Planning counseling session for the family having Children with special needs

References

Axline, V. M. (1947). Play therapy. New York: Ballantine Books.
Brammer, L. M. (1985). The helping relationship: Process & skills. New Jersey: Prentice-Hall.
Hackney, H. & Cormier, L
. S. (1979). Counseling strategies and objectives. New Jersey: Prentice Hall.
Thornburg, H.E. (1975). Contemporary Adolescence: Readings. Belmont: Wadsworth.
Hetherington, E. M. & Parke, R. D. (1979). Child psychology: A contemporary viewpoint. N.Y.: McGraw-Hill

CERTIFICATE IN EARLY CHILDHOOD CARE AND EDUCATION

Paper code - ECE 133
Paper name - Practical in Child Development
Max Marks - 100 (CA-30, AEE-70)
Time Duration - 3 Hrs

Major Planning Daily/Weekly activity p for children and executing any on activity Planning and Preparing teaching a and materials for teaching childre	35 marks
Minor School readiness: Prepare Worksheets and cards for 3R's concepts. Prepare materials for toddlers for their visual, auditory and motor stimulation	20 marks
Viva voice	15 marks
Total	70 marks


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DIPLOMA IN EARLY CHILDHOOD CARE AND EDUCATION

Paper code - ECE 233

Paper name - Developmental Activities for children

Max Marks -100 (CA-30, AEE-70)

Time Duration - 3 Hrs

Major 1. Preparing blueprint of centers of early childhood education-organizational structure, physical and human infrastructure and finance 2. Planning & Organizing a parent Education program-workshop, PTM, Counseling session	35 marks
Minor 1. Content analysis of various IEC material for development messages 2. Writing scripts on selected developmental issues for radio, and T.V programmes.	20 marks
Viva voice	15 marks
Total	70 marks


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ADVANCE DIPLOMA IN EARLY CHILDHOOD CARE AND EDUCATION

Paper code - ECE 333

Paper name - Counseling Young Children and Parents

Max Marks -100 (CA-30, AEE-70)

Time Duration - 3 Hrs

Major Preparing educational/informational material for children with special needs Planning counseling session for the family having Children with special needs •	35 marks
Minor difficulties of parents in rearing children with special need.	20 marks
Viva voice	15 marks
Total	70 marks


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DEPARTMENT OF HOME SCIENCE
(FOODS & NUTRITION)

CREDIT TEMPLATE
AND
OUTLINE OF THE SYLLABUS

FOOD SCIENCE AND QUALITY CONTROL

(COSD ADD ON)

(2019-2022)


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Department of Home Science
IIS (deemed to be University)
SFS, Mansarovar, Jaipur




CREDIT TEMPLATES

**CERTIFICATE COURSE IN FOOD SCIENCE AND QUALITY CONTROL
(2019-2022)**

Paper Code	Paper Title	Type of Paper	Contact Hrs/Week	Credits	Max. Marks	Min. Marks
FSQ 131	Food Science I	THEORY	3	3	100	40
FSQ 132	Food Science II	THEORY	3	3	100	40
FSQ 133	Food Science and Preservation	PRACTICAL	8	4	100	40
TOTAL				10	300	120




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DIPLOMA COURSE IN FOOD SCIENCE AND QUALITY CONTROL

Paper Code	Paper Title	Type of Paper	Contact Hrs/Week	Credits	Max. Marks	Min. Marks
FSQ 231	Food Microbiology and Safety	THEORY	3	3	100	40
FSQ 232	Food Processing and Technology	THEORY	3	3	100	40
FSQ 233	Food Analysis	PRACTICAL	8	4	100	40
	TOTAL			10	300	120



ADVANCED DIPLOMA COURSE IN FOOD SCIENCE AND QUALITY CONTROL

Paper Code	Paper Title	Type of Paper	Contact hrs per week	Credits	Max. Marks	Min. Marks
FSQ 331	Product Formulation	THEORY	3	3	100	40
FSQ 332	Food Quality Control	THEORY	3	3	100	40
FSQ 333	Product Formulation	PRACTICAL	8	4	100	40
TOTAL				10	400	160


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EVALUATION SCHEME

IIS (deemed to be UNIVERSITY), JAIPUR

FOOD SCIENCE AND QUALITY CONTROL (FSQC) COURSES
(2019-2022)

Evaluation System

Evaluation for semester-based programmes shall be done through Continuous Assessment (CA) and Annual End Examinations (AEE). The weightage of the two types of evaluation is as given below -

Scheme of Evaluation for Continuous Assessment (CA)

Test I	II component			Total (A)
15 Marks	Home Assignments (5 marks)	Attendance (5 marks)	Class Activity (5 Marks)	30 marks

Practical Papers (30%)				
Test	Practical Record	III component		Total
10 marks	10 Marks	Viva Voice (5 marks)	Attendance (5 marks)	30 marks

Scheme of Evaluation for Annual End Examination (AEE)

Theory Papers (70%)		
Section A	Objective type of Questions(Multiple Choice Questions/Fill in the Blanks/One word answer/ True or False/ Match the following etc.)	1mark x10 =10 marks

Section B	5 Questions of 4 marks each with internal choice. Students are required to attempt all five questions (observing the internal choice) in 150-200 words.	4 marks x 5 = 20 marks
Section C	5 Essay Type Questions of 10 marks each. Students are required to attempt any 4 questions in 600-700 words.	10 marks x 4 = 40 marks
Final Outcome		70 marks

Practical Papers (70%)			
Major Problem	Minor Problem	Viva Voice	Total
35 marks	20 marks	15 marks	70 marks

Note :

- Time duration of Internal tests will be Forty Five Minutes
- Home assignments shall be given on descriptive questions
- Time duration of AEE will be three hours for each paper
- Pass percentage in continuous assessment and semester end exam is 40 % in each paper.



SYLLABUS

IIS (deemed to be UNIVERSITY), JAIPUR

FOOD SCIENCE AND QUALITY CONTROL (FSQC) COURSES

These are add-on courses, which a regular student in UG or PG programme can pursue simultaneously. The certificate holder or a graduate in B.Sc. – Home Science shall be eligible for admission to the Diploma and the Diploma holder or a post graduate in M.Sc. – Food and Nutrition shall be eligible for admission to the Advanced Diploma course. Candidates who have passed 10+2 examination from a recognized board shall be considered eligible for admission to the Certificate Course.

Nomenclature of the Course	Duration	Eligibility Criteria
Certificate in Food Science and Quality Control	1 academic year.	10+2 of any recognized Board.
Diploma in Food Science and Quality Control	1 academic year	Certificate in Food Science and Quality Control or Graduate in B.Sc.- Home Science
Advanced Diploma in Food Science and Quality Control	1 academic year	Diploma in Food Science and Quality Control or Post Graduate in Food and Nutrition

Teaching Schedule

The classes shall be conducted in the morning hours. Apart from the regular faculty, senior professionals from the Quality Control units of various Food Industries, Food Technologists, Food Analysts and Agriculture Scientists shall be invited to offer guidance on the contemporary and technical aspects of the subjects under study.

Pedagogical Strategies

Apart from classroom lectures, activities and assignments, students shall be given opportunities to present and participate in seminars and symposia.

Annual Scheme of Examination

1. The number of papers and the minimum passing and maximum marks for each paper shall be shown in the syllabus. Each theory paper will be of three hours duration and the duration of practical examination shall be as prescribed in the syllabus.
2. There shall be 3 sections in the question paper. Section 1 shall consist of objective type questions, section 2 shall consist of definitions/short answers type questions and section 3 shall consist of long essay type questions.
3. Result categorization: Pass with credits - 75% and above, First division - 60% and Pass - 40% in the aggregate of all papers.
4. To pass the examination, a candidate is required to obtain at least 40% marks in each paper (theory & practical separately as prescribed in the syllabus).
5. Candidate needs to clear all papers in order to be eligible for promotion to the next level of courses. A candidate securing less than 40% marks in maximum of one paper shall be allowed to take the exam not later than the successive academic year only.
6. Internal assessment will constitute 30% marks of the maximum marks for each paper (theory and practical separately) based on internal examination and regularity in attendance.
7. A candidate passing the Certificate course shall only be admitted to the Diploma course.
8. A candidate passing the Diploma course shall only be admitted to the Advanced Diploma course.
9. A candidate with B.Sc. Home Sc. shall be eligible for direct admission to Diploma and M.Sc. Home Sc. (Foods & Nutrition) shall be eligible for direct admission to Advanced Diploma course.
10. The Certificate/ Diploma/ Advanced Diploma shall be awarded by the College.



IIS (deemed to be UNIVERSITY), JAIPUR
CERTIFICATE COURSE
FOOD SCIENCE AND QUALITY CONTROL

FSQ – 131: Food Science I

THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/ year	-45

Objectives

This course will enable the students:

- *To understand the definition, concepts and functions of food and nutrition.*
- *To learn structure, composition and nutritional contribution of various food products.*
- *To understand the effect of processing on food products.*

CONTENTS

Unit – I

Functions of Food

9 Hrs

Basic food groups

- Balanced diets.
- Dietary guidelines for Indians.

Food preparation

- Different methods of cooking

Unit-II

9 Hrs

Carbohydrate cookery and types of carbohydrate in foods

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- Cereal and cereal cookery: Structure, Composition, Process done before cooking - milling, polishing, parboiling, flaking, parching, roasting, fermentation, malting.
- Starch: Structure, Composition, properties- Dextrinization, Gelatinisation, gel formation
- Pectin and Pectic substances their role in preparation of jams and jelly.

Unit – III

9 Hrs

Sugar: Different forms of sugar- Table sugar, Honey, Jaggery, Bura, Preparations of Sugar Syrup, Properties- Caramelisation, Inversion, Crystallization, functions in cooking.

Fats and Oils. Structure, composition, effect of heat and storage temperature, hydrogenation process, refining process (concept), rancidity of fats.

Unit IV

9 Hrs

Milk and Milk Products

Composition, nutritive value, various types of processed milk, home care of milk, curd formation, cheese preparation, effect of cooking, grading of milk.

Egg

Structure, composition, nutritive value, effects of cooking, functions of eggs in cookery, quality testing.

Unit -V

9Hrs

Meat, fish, poultry

Structure, composition, nutritive value, ripening, factors affecting tenderness of meat, effects of cooking.

Legumes and Pulses.

Composition, nutritive value, methods of cooking-soaking, germination fermentation.

Nuts and Oils seeds

Composition, nutritive value.



Books Recommended:

1. Srilakshmi.B. Food Science.New - Age International (P) Ltd. Publishers, New Delhi, 1997.
2. Swaminathan M. Food Science Chemistry and Experimental foods, The Bangalore Printing and Publishing Co. Ltd., Mysore, Banaglore 1990.
3. Potter, N.N. Food Science, 3rd Ed CBS Publishers and Distributors. Delhi, 1987

Essential Readings:

1. Bennion, M. Introductory Foods. Eight edition. Macmillan Publishing Company, New York. 1985.
2. Drummond K.E and Brefer L.M. Nutrition for foodservice and Culinary Professionals.John Wiley & Sons, Inc. Fourth Edition. 2011
3. Winton &Winton.Milk and Milk Products.Agro Botanical Publishers. 1998.
4. Bogstrom, G. Principles of Food Science, Vol I and II, TheMacmillian Co., New York, 1968.
5. Charly, H. Food Science. John Wiley and Sons Inc, New York, Second edition 1970
6. Lowe, B. Experimental Cookery. John Wiley and Sons Inc, New York.
7. Manay, N.S. and Shadaksharaswamy M. Food Facts and Principles.Second edition, New Age International Publisher, New Delhi 2001.
8. Meyer. L.H. Food Chemistry, CBS Publishers and Distribution, Delhi, 1987.

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CERTIFICATE COURSE

FOOD SCIENCE AND QUALITY CONTROL

**FSQ-132:
Food science II**

THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	45

Objectives

This course will enable the students:

- *To understand the basic principles of food preservation*
- *To get familiarized with food adulteration and prevention acts*

CONTENTS

Unit-I

9Hrs


Protective foods

Vegetables

Classification, composition, significance, color, pigments, compounds responsible for flavour, buying and care, changes that occur during cooking, minimize nutritional losses during preparation and cooking.

Fruit and fruit preparation

Classification (juicy, pulpy, citrus other), composition, nutritional contribution flavour constituents, changes that occur during ripening,


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Unit II

9Hrs

Spices and condiments

Composition, nutritive value, role in cooking.

Beverages and appetizers, preparation involved in Tea, Coffee, Cocoa, Chocolate. Types of beverages.

Unit III

9Hrs

Introduction to quality aspects related to food and food products- physical, chemical and microbiological aspects .

Unit-IV

9Hrs

Food adulteration: definition, incidental and intentional adulteration, common adulterants in food and simple tests for detection of food adulterants

Food laws: voluntary and mandatory- national and international

Role of voluntary agencies and legal aspects of consumer protection

Food standards: PFA, FPO, AGMARK and others

Unit-V

9Hrs

Sources of contamination and aseptic handling of foods

House hold based methods of food preservation along with principles of food preservation.

Classification of methods-

- Preservation by dehydration
- High temperature
- Low temperature
- Chemical preservatives
- Sugar, salt, oil and spices



Essential Readings

1. Srilakshmi. Food science. New Age International Pvt. Ltd. New Delhi, 1997
2. Manay. Food, facts and principles. New Age International Pvt. Ltd. New Delhi 2000
3. Frazier. Food microbiology. McGraw Hill, New York, 1998.
4. VanGrade S.J and Woodburn M. Food Preservation and Safety Principles and Practice. Surabhi Publications. Jaipur. 1999.

Books Recommended

1. Sivasankar. B. Food Processing and Preservation. Prentice Hall of India Private Limited, New Delhi, 2008
2. PFA Act, 1954
3. Egan, Kiv, Sawyer. Pearson's chemical analysis of foods. Addison Wesley England, 1991.
4. Joslyn. Methods in food analysis.
5. Jacob. Chemical methods in food analysis. CBS Publications and Distributors, Delhi, 1999



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CERTIFICATE COURSE

FOOD SCIENCE AND QUALITY CONTROL

FSQ – 133: Food Science and Preservation

(PRACTICAL)

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 120 hrs

Objectives

This course will enable the students to understand:

- *The basic terms and methods used in cooking.*
- *Various food preparations and the principles involved in food preparations.*
- *The portion size and nutritional quality of food product.*

CONTENTS

1. Weights and measures, basic terms used in cookery, methods of cooking and table settings.
2. Food preparation, understanding the principles involved, nutritional quality and portion size.
 - **Beverages-** Tea, coffee, mocktails, sodas, sundaes and milk shakes.
 - **Cereal cookery-** porridge, gruels, puri, chapatti, paratha, pastas, pancakes, sandwiches and various rice preparations.
 - **Legumes and pulses-** whole, dehusked, sprouted. Fermented products of various legumes and pulses.
 - **Vegetables-** salad, curried and dry vegetable preparation.
 - **Fruits-** Salads and desserts.
 - **Milk and it's products-** Indian and western desserts, preparation of paneer, khoa, chhenna and curds (Processes).
 - **Eggs-** boiled, poached, fried, scrambled, omelettes, soufflés, custards



- **Soups-** clear and cream including Indian soups.
- **Snacks-**
 - Baked, (cakes, biscuits),
 - Steamed (Direct and indirect)
 - Fried (shallow and deep)
- **Food adulteration:** Test involving identification of common adulterants present in food products.

3. Preservation of food using different methods:

- Preservation by use of drying and dehydration
- Preservation by use of high temperature
- Preservation by use of low temperature
- Preservation by use of chemical preservatives
- Preservation by use of sugar and salt
- Preservation by use of oils and spices

Books Recommended:

1. Srilakshmi. B. Food Science. New - Age International (P) Ltd. Publishers, New Delhi, 1997.
2. Swaminathan M. Food Science Chemistry and Experimental foods, The Bangalore Printing and Publishing Co. Ltd., Mysore, Banaglore 1990.
3. Potter, N.N. Food Science, 3rd Ed CBS Publishers and Distributors. Delhi, 1987.

Essential Readings:

1. Bennion, M. Introductory Foods. Eight edition. Macmillan Publishing Company, New York. 1985.
2. Sivasankar. B. Food Processing and Preservation. Prentice Hall of India Private Limited, New Delhi, 2008
3. Bogstrom, G. Principles of Food Science, Vol I and II, The Macmillan Co., New York, 1968.
4. Charly, H. Food Science. John Wiley and Sons Inc, New York, Second edition 1970.
5. Frazier, W.C. Food Microbiology. Mc Graw Hill book Co., New York, 1968.



6. Griswald, R.M. The Experimental study of foods. Houghton Mifflin Co. Boston, 1962.
7. Hughes, Osee. Introduction Foods. The Mac Millan Co, New York, 1962.
8. Hester R.E. and Harrison, R.M. Food Safety and Food Quality: Issues in Environmental Science and Technology. Royal Society of Chemists, Cambridge, 2001.
9. Lowe, B. Experimental Cookery. John Wiley and Sons Inc, New York.
10. Manay, N.S. and Shadaksharaswamy M. Food Facts and Principles. Second edition, New Age International Publisher, New Delhi 2001.
11. Meyer. L.H. Food Chemistry, CBS Publishers and Distribution, Delhi, 1987.
12. Agarwal, Gupta and Khuteta, Food and Nutrition, Ajmer book Company, Jaipur 2001, Singh Varnda (in Hindi)
13. Aina U, Kashyap S.K. Narula, V., Thomas, S., Suvira, Vir, S and Chopra, S., Complete Manual, Orient Longma Pvt. Ltd., New Delhi, Third edition, 2002.
14. Gupta. S., Seth, R., Khana, K. and Mahna, R. Art and Science of Cooking- A Student's Manual, Blaze Publishers and Distributors Pvt. Ltd., new Delhi 1991.
15. Mathur, M., Goyle, A., Gupta, P. and Magon, A Book of Recipes. Indian Book House, Jaipur, 1995.



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DIPLOMA COURSE
FOOD SCIENCE AND QUALITY CONTROL

FSQ-231: Food Microbiology and Safety
THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	45

Objectives

This course will enable the students to:

- *Gain deeper knowledge of micro organisms in humans and environment*
- *Understand the importance of microorganisms in food spoilage and to learn advanced techniques used in food preservation.*
- *Understand the latest procedures adopted in various food operations to prevent food borne disorders and legal aspects involved in such cases.*
- *Become aware of the food quality determinants and their estimation methods*

CONTENTS

Unit I

9Hrs

- General morphology, classification, growth and reproduction of micro-organism bacteria, fungi.
- Factors affecting growth: pH, water activity, oxygen availability, temperature, nutrients, O-R potential and others

Unit II

9Hrs

- Microbiology of different foods. Definition of spoilage and contamination



Unit III

9Hrs

- Microbial intoxication and infections : Name of diseases and causal organisms.
- Beneficial effects of micro-organisms (Concept of fermentation.) Various types of fermented products.

Unit IV

9Hrs

- Importance of sanitation and hygiene - personal hygiene of food handler-habits, clothes, illness, education of food handler in handling and serving food.
- Sanitation-kitchen equipment and systems-structure and layout of food premises maintaining clean environment, cleaning of equipment / utensils

Unit V

9Hrs

- Waste product handling- planning for waste disposal, solid wastes and liquid wastes
- Control of infestation: rodent control, vector control and use of pesticides

Books Recommended

1. Principles of food sanitation – II Edition. AVI Book. Van Nostrand Reinhold, New York.
2. Kawata, K. (1963). Environmental Sanitation in India, Lucknow Publishing House.
3. Longree, K. (1967). Quantity Food Sanitation, Interscience Publishers, New York.

Essential Readings

4. Principles of food sanitation – II Edition. AVI Book. Van Nostrand Reinhold, New York.
5. Kawata, K. (1963). Environmental Sanitation in India, Lucknow Publishing House.
6. Longree, K. (1967). Quantity Food Sanitation, Interscience Publishers, New York.



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DIPLOMA COURSE

FOOD SCIENCE AND QUALITY CONTROL

FSQ-232: Food Processing and Technology

THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	-45

Objectives

This course will enable the students:

- *To be aware of food processing technologies*
- *To understand various changes occurring in food components during processing*

CONTENTS

Unit I

9Hrs

- Cereals and legumes: processing (milling) of wheat to obtain flour and legumes to obtain dhal.
- Oilseeds: processing of oilseeds to obtain oil (extraction and purification)

Unit II

9Hrs

- Fruits and vegetables: processing to increase shelf life of raw fruits and vegetables. (Blanching, freezing, canning and irradiation)
- Milk: Types of milk, and processing of milk to increase shelf life of raw milk (Pasteurization, sterilization, drying)

Unit III

9Hrs



- Eggs and poultry: processing to increase shelf life of eggs and poultry (drying of egg yolk, freezing and irradiation)
- Meat and fish: processing to increase shelf life of meat and fish. (Smoking, freezing, canning and irradiation)

Unit IV

9Hrs

- Extrusion Technology
 - Classification of extruders- Batch type and continuous type
 - Purpose of extrusion
 - Extrusion process
 - Merits and Demerits of Extrusion
 - Extruded products

Unit V

9Hrs

- Methods of improving properties and nutritional composition of foods (definition and concept)
 - Tissue culture
 - Genetic engineering
 - Fermentation
 - Germination
 - Enrichment
 - Fortification
- Additives

Books Recommended

1. Fellows PJ. Food Processing Technology : Principles and Practice, II edition, CRC Woodhead Publishing Ltd. Cambridge.
2. Desrosier N W: Elements of Food Technology, Connecticut, USA: AVI Publishing Company.
3. Srilakshmi. B. Food Science. New - Age International (P) Ltd. Publishers, New Delhi, 1997.
4. Swaminathan M. Food Science Chemistry and Experimental foods, The Bangalore Printing and Publishing Co. Ltd., Mysore, Bangalore 1990.
5. Potter, N.N. Food Science, 3rd Ed CBS Publishers and Distributors. Delhi, 1987.

Essential Readings:

1. Fellows PJ. Food Processing and Technology. Principles and Practice. Woodhead Publishing LTD. Third Edition. 2008.
2. Tressler DK and Joslyn MA : Fruit and Vegetable juice production, Connecticut, USA: AVI Publishing Company.

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3. S Dey : Outlines of Dairy Technology, Oxford University Press, Delhi.
4. Sachrow & Griffin, Food Packing – AVI Publications.
5. Stanley & Sachrow , Food Packaging.
6. Bhatia SC., Canning and Preservation of Fruits and Vegetables, - New Delhi India



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DIPLOMA COURSE

FOOD SCIENCE AND QUALITY CONTROL

FSQ-233: Food Analysis

(PRACTICAL)

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 120

Objectives

This course will enable the students to understand:

- *To gain knowledge regarding modern methods of food analysis*
- *To gain insight into techniques used for analysis microbial quality of foods*

CONTENTS

- Titratable acidity & pH
- Estimation of Proximate composition – moisture, fat, carbohydrate, crude protein, fibre, ash.
- Quantitative estimation of vitamin-C
- Quantitative estimation of minerals – calcium, iron and phosphorus
- Different methods of sterilization and disinfections
- Preparation of media
- Bacterial staining
- Fungal Staining
- Water potability tests
- Standard Plate Count for water and foods

Books Recommended

1. Bewitt. Microbiological assay
2. Joslyn.. methods in food analysis
3. Jacob. Chemical methods in food analysis
4. Egan and Sawyer. Pearson's chemical analysis of foods
5. Kirk R.S and Sawyer R. Pearson's Composition and Analysis of Foods, Addison Wesley Longman, Inc. 1999.
6. ISI Handbook of Food Analysis Parts I, II, III & IV. Indian Standard Institutes. 1984.

Essential Readings

1. Lee. Elementary principles of lab instruments



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**ADVANCE DIPLOMA
FOOD SCIENCE AND QUALITY CONTROL**

FSQ-331: Product Formulation

THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	-45

Objectives

- *To develop ability to use sensory evaluation as an analytical tool*
- *To make students aware of food packaging functions*
- *To enable students to develop new food products and entrepreneurial abilities*

CONTENTS

Unit I

9 Hrs

- Quality evaluation of food –
 - Subjective methods
 - Objective methods

Unit II

9Hrs

- Fundamental rules for scoring and grading
- Procedure of grading
- a) Panel selection
 - b) Screening and training of judges
 - c) Requirement of sensory evaluation
 - d) Factors influencing sensory measurement
- Ranking, scoring and Hedonic scale

Unit III

9Hrs

- Entrepreneurship, plant location, investment, financing of project

Unit IV

9Hrs

- Food Packaging:
 - Objectives,
 - Basic packaging material and their protective quality,
 - Effect of packaging on nutritive value of foods.

Unit V

9Hrs

- Shelf life studies
 - Biochemical tests
 - Nutritional analysis
 - Organoleptic tests
 - Microbial Analysis

Books Recommended

1. Fundamentals of Quality Control for Food Industry – 3rd Ed. Vol. 1, Kramer A & Twigg B.A AVI Publishing Co.. Westpot C.T
2. Principles of Sensory Evaluation of Foods. Amerine, Pangborn and Roessler Academic Press New York (1965)
3. Developments in Food Analysis Techniques Vol. 2. Brannan J.G. Elsevier Applied Science Publisher London (1980)
4. Food Analysis – Theory & Practice 3rd Edition. Pomeranz & Clifton E. Meloan, CBS Publishers & Distributors (1996)
5. Guidelines for Sensory Analysis in Food Product Development and Quality Control. Lyon, Francombe, Hasdell & Lawson. Chapman & Hall New York (1992)
6. Quality Assurance of Food : Ingredients Processing & Distribution : Foods & Nutrition Press, Westpot C.T. (1988)

Essential Readings

1. Rheology & texture in Food Quality. Deman, Voisey and Rasper, AVI Publishing Co. Westpot C.T. (1976)
2. Food Structure – Its creation and evaluation. Blanshard, Hutton & Walters. Butterworths, London (1989)
3. Physical Properties of Food (Jowitt, Esher, Kent, Rogues, Elsevier Applied Science, London & New York (1987)



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**ADVANCE DIPLOMA
FOOD SCIENCE AND QUALITY CONTROL
FSQ-332: Food Quality Control**

THEORY

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	-45

Objectives

- *To make the students understand various aspects of quality*
- *To make them aware of various quality criteria*

CONTENTS

Unit I

9 Hrs

- Naturally occurring toxins

Unit II

9Hrs

- Residual chemicals used in food production: chemical preservatives, pesticides, heavy metals, hormones, colors, antioxidants, stabilizers

Unit III

9Hrs

- Quality criteria (chemical and biological) for
 - milk and milk products,
 - oils and fats,
 - spices and condiments

Unit IV

9Hrs

- Quality criteria (chemical and biological) for
 - flours,
 - canned foods,
 - fruits and vegetables,

Unit V

9Hrs

- Quality criteria (chemical and biological) for

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- flesh foods,
- sugars and preserves,
- beverages

Books Recommended

- ISI publications
- PFA Act, 1954
- Jacob. Chemical methods in food analysis. CBS publications and distributors, New Delhi, 1999.
- Miller. Toxicological aspects of foods. Elsevier applied sciences, London.

Essential Readings

- Walker. Nutritional and toxicological aspects of food processing
- Manuals of food quality control

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**ADVANCE DIPLOMA
FOOD SCIENCE AND QUALITY CONTROL**

FSQ-333: Product Formulation

PRACTICAL

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 120

Objectives

This course will enable the students to:

- *Understand and know various aspects of food product development including food science & technology, marketing and consumer research, finance and communication.*
- *Develop products which meet consumer needs, and are nutritionally and commercially viable.*
- *Recognize the potential for entrepreneurship through marketing.*

CONTENTS

- Physical and chemical tests to determine quality and detect adulterants in the following:
 - milk and milk products,
 - oils and fats,
 - spices and condiments,
 - food grains,
 - flours,
 - canned foods,
 - fruits and vegetables
 - baked foods
 - beverages
- Sensory evaluation of various foods.
- Product Development (Project)

Books Recommended

- Paine. Modern processing, packaging and distribution system. Blackie, Glasgow, 1987


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- Raphael and Olson. Package production management AVI publ. Co. Inc. Connecticut, 1976.
- Food and packaging interaction. Hotchikess American Chemical Society
- ISI publications
- PFA Act, 1954
- Jacob. Chemical methods in food analysis. CBS publications and distributors, New Delhi, 1999.

Essential Readings

- Graf E and Saguy SI. Food Product Development. From Concept to Market Place. CBS Publishers & Distributers. First Indian Edition. 1998.
- Hayes. Food engineering data handbook. Longman scientific and technical, New York, 1987
- Sacharow and Griffir. Food packaging. AVI publishing Co.
- Briston and Neil. Packaging management. Gower press


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MARKING INSTRUCTIONS FOR ANNUAL END PRACTICAL EXAMS
CERTIFICATE IN
FOOD SCIENCE AND QUALITY CONTROL

Paper code - FSQ 133

Paper name - FOOD SCIENCE AND PRESERVATION

Max Marks -100 (CA-30, AEE -70)

Time Duration - 3 hrs

Major Exercise <ul style="list-style-type: none">• Planning and preparation of dishes using various cooking methods	35 marks
Minor Exercise <ul style="list-style-type: none">• Preparation of dish / detection of adulterant.	20 marks
Viva voice	15 marks
Total	70 marks


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DIPLOMA IN FOOD SCIENCE AND QUALITY CONTROL

Paper code - FSQ 233

Paper name - FOOD ANALYSIS

Max Marks -100 (CA-30, AEE-70)

Time Duration - 4Hrs

Major Qualitative estimation of major nutrients/ Microbial methods	35 marks
Minor Titration / Staining	20 marks
Viva voice	15 marks
Total	70 marks

ADVANCED DIPLOMA IN FOOD SCIENCE AND QUALITY CONTROL

Paper code - FSQ 333

Paper name - PRODUCT FORMULATION


Max Marks -100 (CA-30, AEE-70)

Time Duration - 6 Hrs


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Major Physical and chemical tests to determine quality and detect	35 marks
Minor Sensory evaluation methods	20 marks
Viva voice	15 marks
Total	70 marks


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DEPARTMENT OF HOME SCIENCE

C.O.S.D. COURSES

**SCHEME OF EXAMINATION
AND COURSES OF THE STUDY
FOR**

**CLINICAL NUTRITION AND DIETETICS
FOOD SCIENCE AND QUALITY CONTROL
EARLY CHILDHOOD CARE AND EDUCATION**

**SYLLABUS APPLICABLE FOR THE STUDENTS SEEKING ADMISSION TO
THE C.O.S.D (HOME SCIENCE) COURSE IN THE ACADEMIC YEAR
2019-2022**


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SFS, GURUKUL MARG, MANSAROVAR, JAIPUR**

**DEPARTMENT OF HOME SCIENCE
(FOODS & NUTRITION)**

**CREDIT TEMPLATE
AND
OUTLINE OF THE SYLLABUS**

Clinical Nutrition and Dietetics

(COSD ADD ON)

(2019-2022)


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CREDIT TEMPLATES

**CERTIFICATE COURSE IN CLINICAL NUTRITION AND DIETETICS
(2019-2020)**

Paper Code	Paper Title	Type of Paper	Contact Hrs/Week	Credits	Max. Marks	Min. Marks
CND 131	Human Physiology	THEORY	3	3	100	40
CND 132	Basic Nutrition and Meal Management	THEORY	3	3	100	40
CND 133	Basic Nutrition and Meal Management	PRACTICAL	8	4	100	40
TOTAL				10	300	120


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DIPLOMA COURSE IN CLINICAL NUTRITION AND DIETITICS

Paper Code	Paper Title	Type of Paper	Contact Hrs/Week	Credits	Max. Marks	Min. Marks
CND 231	Clinical Nutrition and Dietetics-I	THEORY	3	3	100	40
CND 232	Problems in Human Nutrition	THEORY	3	3	100	40
CND 233	Clinical Nutrition and Dietetics-I	PRACTICAL	8	4	100	40
TOTAL				10	300	120


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ADVANCED DIPLOMA COURSE IN CLINICAL NUTRITION AND DIETITICS

Paper Code	Paper Title	Type of Paper	Contact Hrs/Week	Credits	Max. Marks	Min. Marks
CND 331	Clinical Nutrition and Dietetics-II	THEORY	3	3	100	40
CND332	Community Nutrition	THEORY	3	3	100	40
CND333	Community Nutrition	PRACTICAL	8	4	100	40
TOTAL				10	300	120



[Signature]
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EVALUATION SCHEME

IIS(deemed to be UNIVERSITY), JAIPUR

CLINICAL NUTRITION AND DIETETICS (CND) COURSES (2019-2022)

Evaluation System

Evaluation for semester-based programmes shall be done through Continuous Assessment (CA) and Annual End Examinations (AEE). The weightage of the two types of evaluation is as given below -

Scheme of Evaluation for Continuous Assessment (CA)

Test I	II component			Total (A)
15 marks	Home Assignments (5 marks)	Attendance (5 marks)	Class activity (5 Marks)	30 marks

Practical Papers (30%)				
Test	Practical Record	III component		Total
10 marks	10 Marks	Viva Voice (5 marks)	Attendance (5 marks)	30 Marks

Scheme of Evaluation for Annual End Examination (AEE)

Theory Papers (70%)		
Section A	Objective type of Questions(Multiple Choice Questions/Fill in the Blanks/One word answer/ True or False/ Match the following etc.)	1mark x10 =10 marks
Section B	5 Questions of 4 marks each with internal choice. Students are required to attempt all five questions (observing the internal choice) in 150-200 words.	4 marks x 5 = 20 marks
Section C	5 Essay Type Questions of 10 marks each. Students are required to attempt any 4 questions in 600-700 words.	10 marks x 4 = 40 marks
Final Outcome		70 marks

Practical Papers (70%)			
Major Problem	Minor Problem	Viva Voice	Total
35 marks	20 marks	15 marks	70 Marks

Note :

- Time duration of Internal tests will be 45 Minutes
- Home assignments shall be given on descriptive questions
- Time duration of AEE will be three hours for each paper
- Pass percentage in continuous assessment and semester end exam is 40 % in each paper.


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SYLLABUS

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CLINICAL NUTRITION AND DIETETICS (CND) COURSES

These are add-on courses, which a regular student in UG or PG programme can pursue simultaneously. The certificate holder or a graduate in B.Sc. – Home Science shall be eligible for admission to the Diploma and the Diploma holder or a post graduate in M.Sc. (Food and Nutrition) shall be eligible for admission to the Advanced Diploma course. Candidates who have passed 10+2 examination from a recognized board shall be considered eligible for admission to the Certificate Course.

Nomenclature of the Course	Duration	Eligibility Criteria
Certificate in Clinical Nutrition And Dietetics	1 academic year.	10+2 of any recognized Board.
Diploma in Clinical Nutrition And Dietetics	1 academic year	Certificate in Clinical Nutrition and Dietetics Or Graduate in B.Sc.- Home Science
Advanced Diploma in Clinical Nutrition And Dietetics	1 academic year	Diploma in Clinical Nutrition and Dietetics Or Post Graduate in Food and Nutrition

Teaching Schedule

The classes shall be conducted in the morning hours. Apart from the regular faculty, senior professionals from the Quality Control units of various Hospitals and Health Centers, experienced doctors and dietitians shall be invited to offer guidance on the contemporary and technical aspects of the subjects under study.

Pedagogical Strategies

Apart from classroom lectures, activities and assignments, students shall be given opportunities to present and participate in seminars and symposia.

Annual Scheme of Examination

1. The number of papers and the minimum passing and maximum marks for each paper shall be shown in the syllabus. Each theory paper will be of three hours duration and the duration of practical examination shall be as prescribed in the syllabus.

2. There shall be 3 sections in the question paper. Section 1 shall consist of objective type questions, section 2 shall consist of definitions/short answers type questions and section 3 shall consist of long essay type questions.
3. Result categorization: Pass with credits - 75% and above, First division - 60% and Pass - 40% in the aggregate of all papers.
4. To pass the examination, a candidate is required to obtain at least 40% marks in each paper (theory & practical separately as prescribed in the syllabus).
5. Candidate needs to clear all papers in order to be eligible for promotion to the next level of courses. A candidate securing less than 40% marks in maximum of one paper shall be allowed to take the exam not later than the successive academic year only.
6. Internal assessment will constitute 30% marks of the maximum marks for each paper (theory and practical separately) based on internal examination and regularity in attendance.
7. A candidate passing the Certificate course shall only be admitted to the Diploma course.
8. A candidate passing the Diploma course shall only be admitted to the Advanced Diploma course.
9. A candidate with B.Sc. Home Sc. shall be eligible for direct admission to Diploma and M.Sc. Home Sc. (Foods & Nutrition) shall be eligible for direct admission to Advanced Diploma course.
10. The Certificate/ Diploma/ Advanced Diploma shall be awarded by the University.



ADD ON COURSE-CERTIFICATE

CND131

HUMAN PHYSIOLOGY

(THEORY)

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	-45

Objectives:

To enable the students

- *To acquire knowledge regarding the human body*
- *To know in detail about various systems of body*

CONTENTS:

Unit I

Cell and Tissue –Structure of cell, Types of tissues

9Hrs

Cardiovascular System

- Blood – Composition and Functions, Erythropoiesis, Blood groups & Blood banks
- Heart – Structure, Cardiac cycle, Cardiac output & Effect of exercise, Blood Pressure & Hypertension
- Circulation of Blood – Systemic, Pulmonary, Portal and Coronary circulation & Heart Attacks

Lymphatic System

- Structure & Functions of Lymph, Lymph vessels and Lymph nodes
- Importance in diseases

Unit II

Skeletal System

9Hrs

- Structure & Formation of Bones. Osteoporosis

Digestive System

- Structure & Functions of Stomach, Small Intestine, Large intestine, Pancreas, Islets of Langerhans, Liver & Gall Bladder
- Digestion & Absorption of Carbohydrates, Proteins & Fats

Unit III

Urinary System

9Hrs

- Structure & Functions of Kidneys
- Formation of Urine


Head



- Factors affecting urinary excretion

Respiratory System

- Structure & Functions of Lungs
- External & Internal Respiration
- Control of Respiration – Nervous & Chemical
- Vital Capacity

Unit IV

Endocrine System

9Hrs

- Functions of Pituitary, Thyroid, Parathyroid & Adrenal Glands

Reproductive System

- Structure & functions of Male Reproductive Organs – Testes, Vas Deferens & Vasectomy, Seminal Vesicles, Prostate & Urethra
- Structure & functions of Female Reproductive Organs – Uterus, Vagina, Fallopian tubes & Tubectomy, Ovaries, Fertilization including invitro. Menstrual Cycle
- Physiology of Pregnancy, Parturition, Lactation and Menopause

Unit V

Nervous System

9Hrs

- Structure of Neurons
- Meninges and Cerebro-Spinal fluid
- Structure & Functions of Brain and Spinal cord

Sense Organs

- Structures and Functions – Tongue, Nose, Eyes, Ears, Skin

Essential Readings

1. Anatomy and Physiology for Nurses-Evelyn Pearce, J P Brothers, Medical Publishers Ltd.
2. Anatomy and physiology in Health and Wellness; Anne Waugh & Allison Grant, 11th ed, Churchill Livingstone Elsevier.

Books Recommended

1. A Text Book of Medical Physiology: Guyton Holt Saunder & Co.
2. Anatomy & Physiology for Nurses-Kathleer Armstrong 2nd Edition- Balliere Tindall, 1st Anne's Road East bowne, East Sussex London.
3. Anatomy & Physiology for Nurses and students of Human Biology-Fourth Edition W.Gordon Sears-London Edward Arnold Publishers Ltd.
4. Human Anatomy & Physiology: Elaine N. Marieb The Benjamin/ Cummings Publishing Company.Inc.
5. Principles of Anatomy & Physiology Fourth Edition – Gerard J. Tortora and Nicholas P. Anagnostakos – Harper & Row Publishers, New York.



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ADD ON COURSE-CERTIFICATE

CND132

Basic Nutrition and Meal Management

(THEORY)

Credits	-3
Max Marks	-100 (CA-30, AEE-70)
Total Hrs/year	-45

Objectives:

To enable the students: -

- *To understand the relationship between nutrition and human well being*
- *To acquire knowledge regarding principles of planning diets for various stages of life cycle and diseases.*
- *To understand the general structure and functions and various systems and organs in the body*

CONTENTS:

Unit I

9Hrs

Introduction to nutrition – definition of nutrition, nutrients and health

Basic 5 food groups, food guide, food pyramid

Macro nutrients – carbohydrates, fats and proteins

- Composition, classification, food sources, functions, requirements, deficiency and storage in body

Unit II

9Hrs

Micro nutrients – minerals, fat soluble vitamins and water soluble vitamins

- Composition, classification, sources, functions, requirements, deficiency and Storage

Water – functions, requirements, sources and balance

Introduction to meal management - balanced diet

Basic principles and steps in meal planning



Unit III

9Hrs

Nutrition during the life cycle

- Pregnancy
- Lactation
- Infancy
- Pre-school

Unit IV

9 Hrs

Nutrition during the life cycle

- School age
- Adolescence
- Adult
- Old age

Role of dietitian and Nutritionist

Basic concept of diet therapy

Unit V

9Hrs

Therapeutic adaptation of normal diet

Obesity – causes, prevention and dietary modification

Underweight – causes and Dietary modifications

Etiology, symptoms and diet in gastro Intestinal diseases – diarrhea (acute and chronic), constipation (atonic and spastic)



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ADD ON COURSE-CERTIFICATE

CND133

**Basic Nutrition and Meal Management
(PRACTICAL)**

Credits- 04

Contact Hours : 4

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 120

Objectives:

To enable the students:

To learn planning and preparation of different types of diets


CONTENTS:

1. Planning and preparation of nutritious recipes during pregnancy, lactation, school age, adolescence and old age.
2. Planning and preparation of recipes for obesity, underweight and GI diseases.

Essential Readings:

1. Chadha R. and Mathur P. Nutrition: A lifecycle approach. Orient Black Swan Pvt. Ltd., 2015.
2. Robinson C.H., Lawler M.R. 'Normal and Therapeutic Nutrition'. Macmillan Publishing Company. 17th Edition. 1986.
3. Krause, M.V. Food, Nutrition and Diet Therapy, W. B. Saunders Co. Philadelphia.
4. Khanna K, Gupta S, Passi Jain S, Sethi R , Mahna R and Puri S. Text book of Nutrition and Dietetics Elite Publishing House Pvt Ltd, 2005

Books Recommended:


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1. Joshi S.A. Nutrition and Dietetics. Tata Mc Graw- Hill Publishing Company Limited. Second Edition. Reprint 2004.
2. Chatwal G. Dictionary of Foods and Nutrition. Food Nutrition and Dietetics. Himalaya Publishing House. 1999.
3. Guthrie H.A. 'Introductory Nutrition' Mosby Publications. 1988
4. Drummond K.E and Brefere L.M. Nutrition for foodservice and Culinary Professionals. John Wiley & Sons, Inc. Fourth Edition. 2011
5. Insel.P, Ross D, McMahon K and Bernstein M. Nutrition. Jones and Bartlett Publishers, LIC. 2011.
6. Burtis G, Davis J and Martin S. Applied Nutrition and Diet Therapy. W.B Saunders Company. 1988.
7. Sharma JL and Caralli S. A Dictionary of Food and Nutrition. CBS Publishers & Distributors, 2004
8. Williams S.R. Essentials of Nutrition and Diet Therapy. Times Mirror/ Mosby college Publishing. Tenth Edition, 1995.
9. Sharlin J and Edelstein S. Essentials of Life Cycle Nutrition. Jones and Bartlett Publishers, 2011
10. Whitney E.N and Rolfes S.R. Understanding Nutrition. West/Wadsworth An International Thomson Publishing Company. Eighth Edition. 1999.
11. Mudambi S.R. and M.V. Rajgopal. 'Fundamentals of Food & Nutrition' II Edition. Wiley Eastern Limited. 1990.
12. Antia F.P. 'Clinical Dietetics and Nutrition'. III Edition. Oxford University Press. Bombay, 1989.
13. Modern Nutrition in Health and Disease. Shils, M.E. and Young V.R. Bombay K.M. Varghese Company (vi edition 1988)
14. Kinder, F. Meal Management Truswell, A.S. and Mann, J. Essentials of Human Nutrition. Oxford University Press
15. Sharma, S. Human Nutrition and Meal Planning . Jnanada Prakashan (P&D), New Delhi



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ADD ON COURSE- DIPLOMA

CND 231

Clinical Nutrition and Dietetics-I

(THEORY)

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 45

Objectives:

This course shall enable the students -

- *To acquire knowledge regarding effect of various diseases on nutritional status*
- *To gain knowledge in diet counseling and educating patients*

CONTENTS:

Unit I

9Hrs

- Dietary Counseling
- Special feeding methods (enteral, parenteral) feeding the patients and psychology of feeding.
- Classification, metabolism and diet in fevers (acute & chronic).

Unit II

9Hrs

Incidence, etiology, pathology and metabolic aberrations, clinical manifestations, complications and dietary management and counseling for the following diseases-

- GIT Diseases – peptic ulcer, ulcerative Colitis, Malabsorption Syndrome – Carbohydrate and Fat intolerance – Sprue, Celiac disease
- Liver disease – Hepatitis, Cirrhosis
- Diseases of Pancreas and Gall bladder


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Unit III

9Hrs

- Incidence, etiology, pathology and metabolic aberrations, clinical manifestations, complications and dietary management and counseling for Heart diseases-
- Cardiovascular diseases – Hypertension, Hyperlipidemia, Coronary Heart diseases

Unit IV

9Hrs

Incidence, etiology, pathology and metabolic aberrations, clinical manifestations, complications and dietary management and counseling for Diabetes-

- Diabetes mellitus (Juvenile and adult onset types), Type of insulin and their action, Oral hypoglycemic drugs

Unit V

9Hrs

- Incidence, etiology, pathology and metabolic aberrations, clinical manifestations, complications and dietary management and counseling for Renal diseases-
- Renal diseases – Glomerulonephritis, Nephrotic Syndrome

ADD ON COURSE- DIPLOMA

CND 232

Problems in Human Nutrition

(THEORY)

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 45

Objectives:

This course shall enable the students to :

- *Making students aware of the nutrition related problems in the community and the resources to prevent or cure them*
- *Evaluating and interpreting parameters of nutritional status assessment*

CONTENTS:

Unit I

9 Hrs

Macronutrient deficiency diseases- prevalence, etiology, biochemical and clinical manifestations, preventive and therapeutic measure for the following nutritional problems.

- Protein Energy Malnutrition (PEM)
- Rickets, Osteomalacia and Osteoporosis
- Fluorosis
- Scurvy

Unit II

9Hrs

Micronutrient deficiency diseases-prevalence, etiology, biochemical and clinical manifestations, preventive and therapeutic measure for the following nutritional problems.

- Iron Deficiency Anemia (IDA)
- Iodine Deficiency Disorder (IDD)
- Vitamin A Deficiency (VAD)

Unit III

9Hrs

Inborn errors of metabolism

- Disorders of Amino Acid metabolism – Phenylketonuria, hypertyrosinemia, hypervalinemia, hyperhistidinemia, hyperlysinemia, homocystinuria.
- Disorders of carbohydrate metabolism – Galactosemia, Pentosuria.
- Disorders of lipid metabolism – Hyperchylomicronemia, hypercholesterolemia – pure and mixed.



Unit IV

9Hrs

Food contamination

- Naturally occurring and anti nutritional factors causing Lathyrism, Epidemic dropsy.
- Non nutritional component of diet with potential health effects - polyphenols, oxalic acid, phytates, tannins, carcinogenic substances, lectins, saponins.
- Chemical contamination of food- heavy metal and pesticide residue.
- Fungal contamination – Aflatoxic hepatitis, enterogotism and mycotoxicoses.

Unit V

9Hrs

Food Safety

- Food safety and importance of safe food, factors affecting food safety.
- HACCP
- Food laws and standards (BIS, FSSAI, CODEX, ALIMENTARIUS, AGMARK, ISO etc.)

Essential Readings:

1. Bamji, M.S., Rao, P.N. and Reddy, V. (Eds) (1996) : Textbook of Human Nutrition, Oxford & IBH Publishing Co. Pvt. Ltd.

Books Recommended:

1. McCollum, E.V. (1957) : History of Nutrition, Houghton Mifflin Co.
2. Waterlow, J.C. (1992) Protein Energy Malnutrition, Edward Arnold, A Division of Hodder & Stoughton.
3. Bauernfeind, J. Christopher (Ed.) (1986) : Vitamin and its Control, Academic Press.
4. WHO (1970) : Fluorides and Human Health.
5. Rajiv Gandhi National Drinking Water Mission. (1993) : Prevention and Control of Fluorosis Ministry of Rural Development.
6. Beaton, G.H. and Bengoa, J.M. (Eds) (1976) : Nutrition in Preventive Medicine, WHO.
7. Gopalan, C. (Ed) (1993) Recent Trends in Nutrition, Oxford University Press.
8. DeMaeyer, E.M. (1989) : Preventing and Controlling Iron Deficiency Anaemia through Primary Health Care, WHO.
9. Sachdeva, H.P.S., Chaudhary, P. (Eds) (1994) : Nutrition in Children Developing Country Concerns, Dept. of Pediatrics, Maulana Azad Medical College, New Delhi.
10. Shils, M.E., Olson, J.A., Shike, N. and Ross, A.C. (Ed) (1999) : Modern Nutrition in Health & Disease, 9th Edition, Williams and Wilkins.
11. Mahan, L.K. & Ecott-Stump, S. (2000) : Krause's Food, Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Pvt. Ltd.
12. Publications of the International Life Science Institute.
13. UNICEF's State of the World's Children.
14. World Health Organizations Reports, Monographs and Technical Report Series.
15. McLaren, D.S. (1992) A Colour Atlas and Text of Diet-Related Disorders.



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ADD ON COURSE- DIPLOMA

CND 233

Clinical Nutrition and Dietetics –I

(PRACTICAL)

Credits- 04

Contact Hours : 4

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 120

Objective:

This course will enable the students to:

- *To plan and prepare diets for patients suffering from various diseases covered in theory.*

CONTENTS :

Planning and preparation of diets in the following diseases-

- GIT Diseases –Peptic ulcers, Ulcerative Colitis
- Liver disease –Hepatitis, Cirrhosis
- Heart disease – Hyperlipidemia, Hypertension (with obesity, diabetes)
- Pancreatitis
- Diabetes mellitus (with obesity/hypertension/hyperlipidemia)
- Diseases of Gall bladder (with obesity)
- Renal diseases – Glomerulonephritis, Nephrotic Syndrome
- Special feeding methods (Market survey of enteral, parenteral and oral feeds)

Essential Readings:

1. Robinson C.H., Lawler M.R. 'Normal and Therapeutic Nutrition'. Macmillan Publishing Company. 17th Edition. 1986. Khanna K, Gupta S, Passi Jain S, Sethi R , Mahna R and Puri S. Text book of Nutrition and Dietetics Elite Publishing House Pvt Ltd, 2005



2. Khanna K, Gupta S, Passi Jain S, Sethi R , Mahna R and Puri S. Text book of Nutrition and Dietetics Elite Publishing House Pvt Ltd, 2005

Books Recommended:

1. Joshi S.A. Nutrition and Dietetics. Tata Mc Graw- Hill Publishing Company Limited. Second Edition. Reprint 2004.
2. Chatwal G. Dictionary of Foods and Nutrition. Food Nutrition and Dietetics. Himalaya Publishing House. 1999.
3. Shils, M.E. and Young V.R. (vi edition 1988) Modern Nutrition in Health and Disease. Bombay K.M. Varghese Company Whitney E.N and Rolfes S.R. Understanding Nutrition. West/Wadsworth An International Thomson Publishing Company. Eighth Edition. 1999. Insel.P, Ross D, McMahon K and Bernstein M. Nutrition. Jones and Bartlett Publishers, LIC. 2011.
4. Burtis G, Davis J and Martin S. Applied Nutrition and Diet Therapy. W.B Saunders Company. 1988.
5. Insel.P, Ross D, McMahon K and Bernstein M. Nutrition. Jones and Bartlett Publishers, LIC. 2011.
6. Burtis G, Davis J and Martin S. Applied Nutrition and Diet Therapy. W.B Saunders Company. 1988.
7. Whitney E.N and Rolfes S.R. Understanding Nutrition. West/Wadsworth An International Thomson Publishing Company. Eighth Edition. 1999.
8. Antia, F.P and Abraham P. Clinical Dietetics and Nutrition. Oxford University Press, Bombay, Fouth Edition. 1997.
9. Thomas B and Bishop J. Manual of Dietetic Practice. Blackwell Publishing. Fourth Edition. 2009.
10. Przytulski and Lutz. Nutrition and Diet Therapy. F.A Davis Company , Philadelphia. 1997.
11. Passmore, P. and M.A. Eastwook. (1986). Human Nutrition and Dietetics. ELBS, Churchill, Livingstone, 8th Edition
12. Mahan, L.K. & Ecott-Stump, S. (2000) : Krause's Food, Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Pvt. Ltd



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ADD ON COURSE-ADVANCED DIPLOMA

CND 331

Clinical Nutrition and Dietetics - II

(THEORY)

Credits- 03

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 45

Objectives:

This course shall enable the students -

- *To understand the body composition and pattern of growth and its relationship with nourishment level*
- To develop skills and techniques in planning and preparation of advanced therapeutic diets.

CONTENTS:

Unit I

9 Hrs

Body composition, measurement and significance

- Biochemical composition
- Lean body weight and fat free body weight ,Body Cell Mass

Unit II

9Hrs

Growth and development

- General aspects of physical growth, cellular growth, adjustment at birth
- Prenatal and postnatal malnutrition
- Gerontology ageing process

Unit III

9Hrs

Energy metabolism



- Units of energy
- measurement of energy expenditure by direct and indirect calorimetry
- Basal metabolic rate, respiratory quotient, specific dynamic action
- Factors effecting BMR
- Prerequisites of measuring BMR and RMR
- Specific dynamic action of food
- Regulation of energy balance

Unit IV

9Hrs

Incidence, etiology, pathology, clinical manifestations, complications, dietary management and counseling in:

- Surgery
- Burns
- Allergy
- Cancer

Unit V

9Hrs

Incidence, etiology, pathology, clinical manifestations, complications, dietary management and counseling in:

- Dental caries
- Gout
- Eating disorders – anorexia, bulimia
- Infection (AIDS)

Essential Readings:

1. Pike and Brown: Nutrition – An integrated approach – John Wiley and sons, New York



2. Robinson C.H., Lawler M.R. 'Normal and Therapeutic Nutrition'. Macmillan Publishing Company. 17th Edition. 1986.

Books Recommended:

1. Joshi S.A. Nutrition and Dietetics. Tata Mc Graw- Hill Publishing Company Limited. Second Edition. Reprint 2004.
2. Chatwal G. Dictionary of Foods and Nutrition. Food Nutrition and Dietetics. Himalaya Publishing House. 1999.
3. Antia F.P. 'Clinical Dietetics and Nutrition'. III Edition. Oxford University Press. Bombay, 1989. Modern Nutrition in Health and Disease. Shils, M.E. and Young V.R. Bombay K.M. Varghese Company (vi edition 1988) Insel.P, Ross D, McMahon K and Bernstein M. Nutrition. Jones and Bartlett Publishers, LIC. 2011.
4. Burtis G, Davis J and Martin S. Applied Nutrition and Diet Therapy. W.B Saunders Company. 1988.
5. Insel.P, Ross D, McMahon K and Bernstein M. Nutrition. Jones and Bartlett Publishers, LIC. 2011.
6. Passmore, P. and M.A. Eastwood. (1986). Human Nutrition and Dietetics. ELBS, Churchill, Livingstone, 8th Edition
7. Shils, M.E. and Young V.R. (1988). Modern Nutrition in Health and Disease. Bombay K.M. Varghese Company (VI edition)
8. Mahan, L.K. & Ecott-Stump, S. (2000). Krause's Food, Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Pvt. Ltd.
9. Pike and Brown: Nutrition – An integrated approach – John Wiley and sons, New York
10. Robinson C.H., Lawler M.R. 'Normal and Therapeutic Nutrition'. Macmillan Publishing Company. 17th Edition. 1986.

ADD ON COURSE-ADVANCED DIPLOMA

CND 332

Community Nutrition

(THEORY)

Credits- 03

Contact Hours : 02

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours : 45

Objectives:

This course shall enable the students

- *To recognize the solutions for overcoming problems of malnutrition in the community.*

CONTENTS:

Unit I

9Hrs

- Introduction to community health, health care, health delivery systems
- Causes of malnutrition, Impact of malnutrition, Dual Burden of Malnutrition
- Economics of malnutrition

Unit II

9Hrs

- Determinants of food consumption and nutritional status of community
- Nutrition and Behaviour
- Modern methods of improvement of nutritional quality of foods
- Fortification, Mutual Supplementation, Fermentation, Enrichment, Germination, Probiotics

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Unit III

9Hrs

- Assessment of Nutritional Status
 - Anthropometry
 - Dietary Survey
 - Clinical Examination
 - Biochemical Estimations
- Nutritional surveillance and monitoring

Unit IV


9Hrs

- Nutrition Education Objectives, Principles, Scope
- National and International agencies (UNICEF, WHO, etc)
- Programme Planning

Unit V

9Hrs

- An overview of ongoing programmes in health and nutrition sector (State and central level)
- National Nutrition Policy & Plan of Action
- National Health Policy & Plan of Action


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ADD ON COURSE-ADVANCED DIPLOMA

CND 333

Community Nutrition
(PRACTICAL)

Credits- 04

Max. Marks : 100 (CA 30; SEE 70)

Total Contact Hours/year : 120

Objectives:

This course shall enable the student :

- *To develop low cost recipes-weaning foods for infants and supplementary foods for all ages.*
- *Identification of the problem, planning and implementation of several community based projects*

CONTENTS:

1. Development of low cost nutritional recipes suitable for various vulnerable sections.
2. Identifying, Planning and conducting nutrition education programmes for community using different extension methods and audio visual aids.
3. Development of skills in conducting dietary, anthropometry and clinical assessment of various age groups.

Essential Readings:

1. Park K . Park's Textbook of Preventive and Social Medicine;. M/s Banarsidas Bhanot. Publishers. Twentieth Edition. 2009.
2. Bamji, M.S, Rao P.N and Reddy V . Textbook of Human Nutrition. Oxford & IBH Publishing Co. PVT. LTD, New Delhi & Calcutta
3. Wadhwa, A and Sushma, S. A Textbook of Nutrition in the Community. Elite Publishing House Pvt. Ltd, New Delhi.



Books Recommended:


1. Shukla P.K. (1982) Nutritional Problems of India – Prentice Hall of India Pvt. Ltd., New Delhi.
2. Jelliffe D.B. (1966). The Assessment of Nutritional Status of the Community. WHO Monograph series no. 53. Geneva.
3. McLarea D.S. (Ed) 1983. Nutrition in the Community. John Wiley & Sons



CERTIFICATE IN CLINICAL NUTRITION & DIETETICS

Paper code - CND 133
Paper name - BASIC NUTRITION & MEAL MANAGEMENT
Max Marks - 100 (CA-30, AEE-70)
Time Duration - 3 Hrs

Major <ul style="list-style-type: none">Planning and preparation of nutritious recipes during various stages of life cycle.	35 marks
Minor <ul style="list-style-type: none">Planning and preparation of therapeutic recipes for different therapeutic conditions.	20 marks
Viva voice	15 marks
Total	70 marks


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DIPLOMA IN CLINICAL NUTRITION & DIETETICS

Paper code - CND 233
Paper name - CLINICAL NUTRITION & DIETETICS I
Max Marks -100 (CA-30, AEE-70)
Time Duration - 3 Hrs

Major <ul style="list-style-type: none">Planning , calculation and preparation of therapeutic diet for a patient	35 marks
Minor <ul style="list-style-type: none">Planning and calculation of modified RDAs and dietary counseling for different therapeutic conditions	20 marks
Viva voice	15 marks
Total	70 marks


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ADVANCE DIPLOMA IN CLINICAL NUTRITION AND DIETETICS

Paper code - CND 333
Paper name - COMMUNITY NUTRITION
Max Marks -100 (CA-30, AEE-70)
Time Duration - 3 Hrs

Major <ul style="list-style-type: none">• Planning and execution of nutrition education with the help of Audio-Visual Aids	35 marks
Minor <ul style="list-style-type: none">• Preparation of low-cost recipes	20 marks
Viva voice	15 marks
Total	70 marks


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