

SRR & CVR Government Degree College (A) :: Vijayawada

Life Skills Courses 2021-22

Syllabi

No. of Students Appeared/Enrolled & Passed

SRR & CVR GOVERNMENT DEGREE COLLEGE (A), VIJAYAWADA-52004
An autonomous college in the jurisdiction of Krishna University, Machilipatnam. A.P.
SEMESTER-III COURSE CODE:

LIFE SKILL COURSE- HEALTH AND HYGIENE

No. of teaching hours/week-2

No. of credits: 2

On successful completion of this course, the students

- CO1:** Will be able to understand healthy diet and importance of Proteins, carbohydrates, fats, vitamins and minerals, major and micro elements and water
- CO2:** Will be able to utilise available information to optimize diet
- CO3:** knowledge on Health Policies, schemes, organizations, key health indicators and assess the impact of policies on health and hygiene and awareness on Health measures
- CO4:** Knowledge on Disaster management and responsiveness of public in pandemic and epidemic diseases
- CO5:** Create Awareness in public through digital media viz., mobile apps

Unit I: Basics of Nutrition

10 Hrs.

1. Nutrition – definition, importance, Good nutrition and mal nutrition;
Balanced Diet: Basics of Meal Planning
2. Carbohydrates –functions, dietary sources, effects of deficiency.
3. Lipids –functions, dietary sources, effects of deficiency.
4. Proteins –functions, dietary sources, effects of deficiency.
5. Brief account of Vitamins- functions, food sources, effects of deficiency,
6. Macro and micro minerals –functions, effects of deficiency; food sources of Calcium, Potassium and Sodium; food sources of Iron, Iodine and Zinc
7. Importance of water– functions, sources, requirement and effects of deficiency.

Unit II: Health

10 Hrs.

8. Health - Determinants of health, Key Health Indicators, Environment health & Public health; Health-Education: Principles and Strategies
9. Health Policy & Health Organizations: Health Indicators and National Health Policy of Govt. of India-2017; Functioning of various nutrition and health organizations in India viz., NIN (National Institution of Nutrition), FNB (Food and Nutrition Board), ICMR (Indian Council of Medical

- Research), IDA (Indian Dietetics Association), WHO-India, UNICEF-India
10. National Health Mission: National Rural Health Mission (NRHM) Framework, National Urban Health Mission (NUHM) Framework
11. Women & Child Health Care Schemes: Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+); Janani Shishu Suraksha Karyakaram (JSSK); Rashtriya Bal Swasthya Karyakram (RBSK); India Newborn Action Plan (INAP); Adolescent Health- Rashtriya Kishor Swasthya Karyakram (RKSK)
12. Disaster Management – Containment, Control and Prevention of Epidemics and Pandemics – Acts, Guidelines and Role of Government and Public

Unit III: Hygiene

10 Hrs.

13. Hygiene – Definition; Personal, Community, Medical and Culinary hygiene; WASH (Water, Sanitation and Hygiene) programme
14. Rural Community Health: Village health sanitation & Nutritional committee (Roles & Responsibilities); About Accredited Social Health Activist (ASHA); Village Health Nutrition Day, Rogi Kalyan Samitis
15. Community & Personal Hygiene: Environmental Sanitation and Sanitation in Public places
16. Public Awareness through Digital Media - An Introduction to Mobile Apps of Government of India: NHP, Swasth Bharat, No More Tension, Pradhan Mantri Surakshit Mantritva Abhiyan (PM Suman Yojana), My Hospital (Mera aspaatal), India fights Dengue, JSK Helpline, Ayushman Bhava, Arogya Setu, Covid 19AP

REFERENCES

1. **Bamji, M.S., K. Krishnaswamy & G.N.V. Brahmam (2009)** *Textbook of Human Nutrition* (3rd edition) Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi
2. **Swaminathan (1995)** *Food & Nutrition* (Vol I, Second Edition) The Bangalore Printing & Publishing Co Ltd., , Bangalore
3. **Vijaya Khader (2000)** *Food, nutrition & health*, Kalyan Publishers, New Delhi
4. **Srilakshmi, B., (2010)** *Food Science, (5th Edition)* New Age International Ltd., New Delhi

Weblinks:

<https://nhm.gov.in/>
National Rural Health Scheme:
<https://nhm.gov.in/index1.php?lang=1&level=1&sublinkid=969&lid=49>
National Urban Health Scheme:

AP State Council of Higher Education

Revised Syllabus under CBCS Pattern
(w.e.f. 2020-'21 Academic Year)

A Mandatory Course for BA/BCom/BSc etc.

ENVIRONMENTAL EDUCATION

(Total hours of Teaching – 30 Hrs. @ 02 Hrs. per Week)

Course objective: A Generic Course intended to create awareness that the life of human beings is an integral part of environment and to inculcate the skills required to protect environment from all sides.

Learning outcomes: On completion of this course the students will be able to

1. Understand the nature, components of an ecosystem and that humans are an integral part of nature.
2. Realize the importance of environment, the goods and services of a healthy biodiversity, dependence of humans on environment.
3. Evaluate the ways and ill effects of destruction of environment, population explosion on ecosystems and global problems consequent to anthropogenic activities.
4. Discuss the laws/ acts made by government to prevent pollution, to protect biodiversity and environment as a whole.
5. Acquaint with international agreements and national movements, and realize citizen's role in protecting environment and nature.

Unit 1: Environment and Natural Resources

06 Hrs.

1. Multidisciplinary nature of environmental education; scope and importance.
2. Man as an integral product and part of the Nature.
3. A brief account of land, forest and water resources in India and their importance.

4. Biodiversity : Definition; importance of Biodiversity - ecological,consumptive, productive, social, ethical and moral, aesthetic, and option value.
5. Levels of Biodiversity: genetic, species and ecosystem diversity.

Unit-2: Environmental degradation and impacts

10Hrs

1. Human population growth and its impacts on environment; land use change, land degradation, soil erosion and desertification.
2. Use and over-exploitation of surface and ground water, construction of dams, floods, conflicts over water (within India).
3. Deforestation: Causes and effects due to expansion of agriculture, firewood, mining, forest fires and building of new habitats.
4. Non-renewable energy resources, their utilization and influences.
5. A brief account of air, water, soil and noise pollutions; Biological, industrial and solid wastes in urban areas. Human health and economic risks.
6. Green house effect - global warming; ocean acidification, ozone layer depletion, acid rains and impacts on human communities and agriculture.
7. Threats to biodiversity: Natural calamities, habitat destruction and fragmentation, over exploitation, hunting and poaching, introduction of exotic species, pollution, predator and pest control.

Unit 3: Conservation of Environment

10 Hrs

1. Concept of sustainability and sustainable development with judicious use of land, water and forest resources; afforestation.
2. Control measures for various types of pollution; use of renewable and alternate sources of energy.
3. Solid waste management: Control measures of urban and industrial waste.
4. Conservation of biodiversity: In-situ and ex-situ conservation of biodiversity.
5. Environment Laws: Environment Protection Act; Act; Wildlife Protection Act; Forest Conservation Act.
6. International agreements: Montreal and Kyoto protocols; Environmental movements: Bishnois of Rajasthan, Chipko, Silent valley.

Suggested activities to learner: (4 hours)

1. Visit to an area to document environmental assets: river/ forest/ flora/fauna, etc
2. Visit to a local polluted site-Urban/Rural/Industrial/Agricultural site.
3. Study of common plants, insects, birds and basic principles of identification.
4. Study of simple ecosystems-forest, tank, pond, lake, mangroves etc.
5. Case study of a Forest ecosystem or a pond ecosystem.

Suggested text book :

- ErachBarucha (2004) *Text book of Environmental Studies for Undergraduate courses* (Prepared for University Grants Commission) Universities Press.
- PurnimaSmarath (2018) *Environmental studies* Kalyani Publishers, Ludhiana

Reference books :

- Odum, E.P., Odum, H.T. & Andrews, J. (1971) *Fundamentals of Ecology*. Philadelphia: Saunders.
- Pepper, I.L., Gerba, C.P. & Brusseau, M.L. (2011). *Environmental and Pollution Science*. Academic Press.
- Raven, P.H., Hassenzahl, D.M. & Berg, L.R. (2012) *Environment. 8th edition*. John Wiley & Sons.
- Singh, J.S., Singh, S.P. and Gupta, S.R. (2014) *Ecology, Environmental Science and Conservation*. S. Chand Publishing, New Delhi.
- Sengupta, R. (2003) *Ecology and economics: An approach to sustainable development*. OUP.
- Wilson, E. O. (2006) *The Creation: An appeal to save life on earth*. New York: Norton.
- Groom, Martha J., Gary K. Meffe, and Carl Ronald Carroll (2006) *Principles of Conservation Biology*. Sunderland: Sinauer Associates,

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Machavaram, Vijayawada - 4, A. P.
Allotment of LIFE SKILLS (L. S.) Subjects for the Academic Year : 2021 - 2022
L. S. Paper: PERSONALITY ENHANCEMENT AND LEADERSHIP - III Semester
Date: 23-11-2021.

SNo	Groups	Staff Member to Teach	Dept.	Signature
1	B. Com. (GEN) EM	Dr. P. L. N. Dasu.	English	<i>P.L.N. Dasu</i>
2	B. Com. (GEN) TM	Dr. Ch. Chandra Sekhar.	English	<i>Ch. Chandra Sekhar</i>
3	B. Com. C.A. - A	Sri P. Ramakrishna Das.	English	<i>P. Ramakrishna Das</i>
4	B. Com. C.A. - B	Dr. D. Rajyalakshmi	English	<i>D. Rajyalakshmi</i>
5	B. B. A. & Banking	Mrs. D. Samatha (with B.O.S)	English	<i>D. Samatha</i>
6	B. A. (EHP EM, PPP, SHP, HET)	Sri K. Nageswara Rao.	English	<i>K. Nageswara Rao</i>
7	B. A. (EHP TM, Psychology, EPJ)	Mrs. L. Sunitha.	English.	<i>L. Sunitha</i>
8	B. A. (EHP UM)	Afroz Begum.	Urdu.	<i>Afroz Begum</i>

L. S. Paper Title: HEALTH & HYGIENE - III SEMESTER

SNo	Groups	Staff Member to Teach	Dept.	Signature
1	B.Sc. (BZC EM & TM, MBC, BFC, ATZO)	Dr. Ch. Srinivas Reddy (with B.O.S.)	Botany	<i>Ch. Srinivas Reddy</i>

LIFE SKILLS Paper Title: ANALYTICAL SKILLS

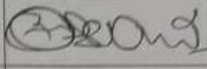
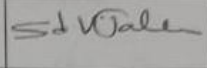
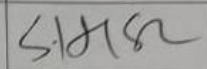
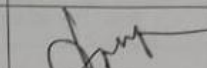
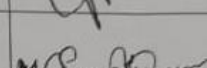
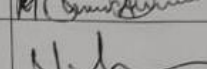
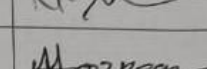
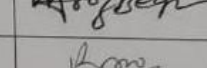
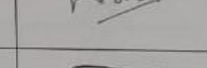
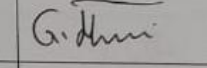
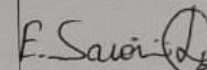
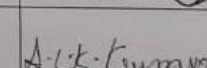
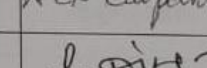
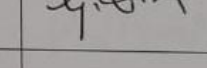
SNo	Groups	Staff Member to Teach	Dept.	Signature
1	MCCS & MPC	Dr. K. Rajani Kanth (with B.O.S)	Maths	<i>K. Rajani Kanth</i>
2	MECS	Dr. S. Sajana	Maths	<i>S. Sajana</i>
3	MSCS	Dr. M.D. Masthan	Maths	<i>M.D. Masthan</i>
4	MPCS & DSCS	Mr. P. Ramesh	Statistics	<i>P. Ramesh</i>

Margaret
Life Skills Co-ordinator: Dr. N. Anitha Margaret.

Members : 1. Mrs. J. Kavitha. 2. Dr. G. Divya.

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(Autonomous)
Machavaram, VIJAYAWADA - 520004

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Machavaram, Vijayawada - 4, A.P.
Allotment of Life Skills Subjects for the Academic Year : 2021 - 2022
ENVIRONMENTAL EDUCATION : III Sem - MANDATORY L.S. by APSCHE
Life Skills Paper Title: Environmental Education

SNo	Group	Staff Member to Teach	Dept.	Signature
1	B. Com. GEN (T M)	Dr. K. Chandra Sekhar.	Economics	
2	B. Com. GEN (E M)	Ms. S. V. Tahaseen (with B.O.S)	Bio- Chemistry	
3	B. Com. (C A - A)	Mr. S. Harsha Sadgun.	Psychology	
4	B. Com. (C A - B)	Mr. K. Narasimha Rao.	Political Science	
5	B. B. A. & Banking	Mr. M. Sudheer Kumar.	Psychology	
6	B. A. (E. H. P. E M)	Ms. N. Suneetha.	Zoology	
7	B. A. (E. H. P. U M)	Afroz Begum.	Urdu.	
8	B. A. (E.H.P.T.M & Psychology)	Dr. K. Ramesh.	Political Science	
9	B. A. (H E T & S H P)	Dr. G. Jhansi.	Economics	
9	B. Sc (M P Cs & M C Cs)	Ms. E. Sarojini Devi.	Bio- Chemistry	
10	B. Sc. (B Z C E M, TM, MBC, BFC, ATZC)	Ms. A. L. K. Krupavaram.	Zoology	
11	B. A. (PPP & EPJ)	Dr. G. Divya.	English	
12	B.Sc. (M. Scs & D.Sc.s)	Mrs. J. Kavitha.	English	
13	B.Sc (MPC EM & M E Cs)	Dr. K. Anuradha.	Food & Technology	

Life Skills Co-ordinator: Mrs. Anitha Margaret.

Members : 1. Mrs. J. Kavitha.

2. Dr. G. Divya.

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Machavaram, VIJAYAWADA - 521002

**S.R.R. & C.V.R. GOVT.DEGREE COLLEGE(AUTONOMOUS) VIJAYAWADA-4**

NAAC B+(III CYCLE WITH CGPA:2.60)-ESTD:1937

Machavaram, Vijayawada -520004, Andhra Pradesh, India

FEBRUARY-2022, Regular Paper wise Pass Percentage

THEORY

III Semester

Sl.N o.	Subject Code	Paper Title	Regular		
			Tot Appeared	Tot Passed	%
1	ENG N-3001	English-III (A Course in Conversational Skills)	645	587	91.01
	ENG V-3213	English-III (A Course in Conversational Skills)	27	25	92.59
2	HIN N-3004	Hindi-III	161	146	90.68
	SAN N-3003	Sanskrit-III	132	92	69.70
	TEL N-3002	Telugu - III	328	296	90.24
	URD N-3005	Urdu-III	15	15	100.00
3	AQT V-3317	Hatchery Technology in Aquatic Organisms	14	12	85.71
	LS N-3016	Personality Enhancement & Leadership	414	359	86.71
	LS N-3017	Health & Hygiene	58	56	96.55
	LS N-3018	Analytical Skills	181	171	94.48
	WM V-3216	Warehouse Management	13	9	69.23
4	ITB N-3214	IT for Business	13	12	92.31
	LS N-3015	Environmental Education	666	647	97.15
5	AQT V-3318	Fishing Methods	14	11	78.57
	IM V-3219	Inventory Management	13	2	15.38
	SD N-3045	Online Business	259	251	96.91
	SD N-3046	Financial Markets	153	151	98.69
	SD N-3048	Poultry Farming	58	55	94.83
	SD N-3049	Environmental Audit	177	167	94.35
6	AA N-3207	Advanced Accounting	235	144	61.28
	AQT V-3319	Fisheries Extension, Economics & Marketing	14	12	85.71
	BBA N-3277	Organizational Behaviour	37	19	51.35
	BOT N-3321	Anatomy and Embryology of Angiosperms, plant Ecology and Biodiversity	28	22	78.57
	DCSC N-3307	Big Data Technology	13	11	84.62
	HIS N-3102	Modern Indian History & Culture (1764-1947A.D)	108	79	73.15
	MAT N-3301	Abstract Algebra	167	121	72.46
	MB N-3324	Molecular Biology and Microbial Genetics	29	26	89.66
	PLY N-3108	Western Philosophy	17	16	94.12
	PSY N-3155	Social Psychology -I	29	25	86.21
7	BBA N-3278	Financial Management	37	20	54.05
	BC N-3325	Enzymology, Bioenergetics & Intermediary Metabolism	29	19	65.52
	BS N-3208	Business Statistics	233	125	53.65
	ECO N-3101	Development Economics	90	79	87.78
	ELE N-3303	Analog Circuits and Communication	36	28	77.78
	JOU N-3106	Journalism Writing Skills	24	22	91.67