

# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR

### ADD ON CERTIFICATE COURSE IN FASHION DESIGNING

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## ADD ON CERTIFICATE COURSE IN FASHION DESIGNING

**Paper-A**

**(THEORY)**

**Max. Marks.50**

**Time 3hrs.**

### **Instructions for paper setters:**

There will be a total of eight (8) questions. Candidate will be required to attempt any five (5) questions. All questions will have equal marks.

### **Unit-I**

- (I) Introduction to sewing machine.
  - a) Parts
  - b) Defects
  - c) Remedies
- (II) Equipment and supplies used in apparel construction.

### **Unit-II**

- (III) Basics of drafting and its importance.

### **Unit-III**

- (IV) Anthropometric
- (V) Wardrobe planning

### **References:**

1. Bhatnagar, P. "Decorative Design History in Indian Textiles and Costumes" Abhishek Publications.
2. Clarke, S. "Textile Design" Laurence King Publishing Limited, London.
3. Diamond, J.D. "The World of Fashion" Fairchild Publications, New York.
4. Tozer, J and Levitt, S. "Fabric of Society: A Century of People and their Clothes 1770-1870" Laura Ashley Publications.

  
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**Paper-B**

**(Practical)**

**Max. Marks.100**

**Time 3hrs.**

**Instruction for the paper setters:**

- (i) There will be two questions from unit I and one from unit II and one from unit-III
- ii) Students are allowed to use slopers for the adaptation.

**OBJECTIVES:**

**To impart knowledge about:**

- i) Various construction techniques.
- ii) Applying these techniques in garment construction

**Unit-I**

(I) Make sample of the following:

- a) Hand stitches: Hemming(visible, invisible), Basting( even, uneven, diagonal), running stitch, back stitch
- b) Seams: Plain, French, run and fell
- c) Decorative Seams: pleats(box, inverted), darts, pin tucks

(II) Embroidery Stitches: Button Hole stitch, Herring bone, stem, chain, satin, French knot

**Unit-II**

(III) Drafting& Construction:

- a) Child bodice block and sleeve block
- b) Sleeve: plain, puff, cap
- c) Collars: Chinese band, peter pan, sailor, cape collar

(IV) Drafting of the following Kid garments:

- a) Romper
- b) Sun suit
- c) A-line frock
- d) Gathered frock

**Unit-III**

(V) Construction of:

- a) Sun suit/romper
- b) Frocks:
  - i) A-line
  - ii) Gathered frock, yoke frock, low waist frock

**References:**

1. Gupta, L. "Textbook of Clothing", Kalyani Publishers.
2. Golden, H., and Golden, V."Art in Everyday Life". Oxford and IBH Publishing, Calcutta.
- 3.. Trueman. "Home Science" Dainik Publishing.

# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR CERTIFICATE COURSE IN BIOINFORMATICS

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# CERTIFICATE COURSE IN BIOINFORMATICS

## Scheme of Course

	<b>Title</b>	<b>Credits</b>	<b>Marks</b>
1.	Theory (5 hours/week)	7	75
2.	Practical (3 hours/week)	5	75
3.	Training	8	50
	<b>Total</b>	<b>20</b>	<b>200</b>



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## Paper – I Basic Bioinformatics

**Time: 5 hrs**

**Periods: 7**

**Max. Marks: 75**

**Time : 3 Hrs.**

**Note for examiner:**

Each question paper will consist of three sections.

Section A will have ten questions of one mark each. All questions will be compulsory.

Section B will be comprised of ten questions. Seven are to be attempted and each question will carry five marks.

Section C will contain four essay type questions, two are to be attempted and each question will carry fifteen marks.

### Unit –I

Definition, History of Bioinformatics, its future scope, Bioinformatics Glossary, Internet and Bioinformatics, World Wide Web, Knowledge Discovery and Data mining.

### Unit – II

Introduction to genes and Proteins : Genome sequences, Protein sequences, Protein structure : secondary, tertiary, quaternary, motifs and domains.

Sequence Formats : Genbank DNA Sequences Entry, FASTA Sequence Entry Format, EMBL Format.

### Unit – III

Sequences Alignment : Introduction, Local and Global Alignment Concepts & Algorithms, Dynamic Programming , Gap penalty, Significance of Alignments, Scoring matrices – PAM & BLOSUM, Statistics of Alignment score.

### Unit – IV

Sequence Information Sources : Database Searches for homologous sequences : BLAST & FASTA versions. Primary Databases : NCBI, EMBL, GENBANK, ENTREZ. Understanding the structure of each source and using it on the web.

Protein Classification Approaches : SCOP, CATH.

### Books Recommended: -

1. Bioinformatics: Sequences and Genome Analysis, D.W. Mount (2001) Cold Spring Harbor Laboratory Press.
2. Arthur M. Lesk (2002) “ Introduction to Bioinformatics” Oxford University Press.
3. T.K. Attwood & D.J Parry-Smith (2001), Introduction to Bioinformatics, Pearson Education Ltd. Low Price Edition

## Paper – II Practical

**Time: 3 hrs**

**Periods: 5**

**Max. Marks: 75**

1. To use Bioinformatics tool for sequence alignment : BLAST
2. To explore NCBI database and retrieve a sequence
3. To explore and use EMBL
4. GENBANK
5. ENTREZ
6. Protein classification database : SCOP
7. CATH
8. Protein Databank (PDB)
9. Pubmed in NCBI
10. SWISS-PROT

### **Book Recommended:**

1. S.Markel & D.Leon (2003): Sequence Analysis in a Nutshell: A Guide to common Tools & Databases “. O Reilly Press, Shroff Publishers & Distributors Pvt. Ltd. Mumbai.



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# SYLLABUS FOR

## CERTIFICATE COURSE IN COMMUNICATION SKILLS

### CERTIFICATE COURSE IN COMMUNICATION SKILLS IN ENGLISH (ADD ON COURSE)

Time: 3 Hours

Max. Marks: 100

Theory: 70

Practical: 30

**Instructions for the paper setters :**

**Testing:** The external paper setter appointed by Guru Nanak Dev University as per rules will set Seven questions of practical nature. Each question will carry 10 marks.

**Practical:** The practical/ oral examination will be conducted by the examiner appointed by G.N.D.U. as per rules. The examiner will test the listening and speaking skills of the examinees by holding (a) group discussion/ debate and by playing a recorded cassette or by reading out a passage himself/ herself and asking questions. The examiner may utter some words and/ or sentences and ask the examinees to write the same words/ sentences etc. same.

<b>I. Communication</b> <ul style="list-style-type: none"><li>• Defining Communication</li><li>• Types of Communication</li><li>• Meaning of Communication Skills</li><li>• Types of Communication Skills</li></ul>	10
<b>II. Grammar and Language Skills</b> <ul style="list-style-type: none"><li>• Use of Tenses</li><li>• Use of Voice and Narration</li><li>• Use of Punctuation</li><li>• Use of Determiners and Prepositions</li></ul>	20
<b>III. Writing Skills</b> <ul style="list-style-type: none"><li>• Application</li><li>• Personal Letters</li><li>• Resume Writing</li></ul>	10
<b>IV. Reading Skills</b> <ul style="list-style-type: none"><li>• Meaning and Types of Reading</li><li>• Comprehension</li></ul>	10
<b>V. Listening Skills</b> <ul style="list-style-type: none"><li>• Listening to T.V. News/ Audio Cassettes</li><li>• Note Taking</li></ul>	10
<b>VI. Speaking</b> <ul style="list-style-type: none"><li>• Group discussion</li><li>• Debate</li></ul>	10

**Books Recommended:**

1. *A Course in Grammar and Composition* by Geetha Nagaraj, Foundation Books, 2006.
2. *A Course in Listening and Speaking-I* by V. Sasikumar et. al, Foundation Books.



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## SYLLABUS FOR CERTIFICATE COURSE IN COSMETOLOGY (Semester I & II)

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# Certificate Course in Cosmetology

## Semester-I

**Duration – 30 Hrs**

**Marks - 100**

**Theory 40**

**Practical -60**

**Instructions for the examiner:** Eight questions of equal marks (specified in the syllabus) are to be set, two in each of the four sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section. Practical Paper will be set on the spot by the examiner

### SECTION-A

- Threading
- Waxing
- Bleaching

### SECTION-B

- Massage
- Basic manipulations of massage
- Facial

### SECTION-C

- Principles of hair styling
- Thermal hair styling
- Self makeup

### SECTION-D

- Introduction to hair cuts
- Tools handling
- Haircuts – Straight, U,V

### References:

*Milady, "Standard Text book of Cosmetology"*

*Veena Pitre, "A Professional Guide to Hair Dressing and Beauty Therapy"*

*Mary Healy, "Text book of Cosmetology", Prentice- Hall of India Private Limited, New Delhi.*

## Certificate Course in Cosmetology

### Semester-II

**Duration – 30 Hrs**

**Marks - 100**

**Theory 40**

**Practical -60**

**Instructions for the examiner:** Eight questions of equal marks (specified in the syllabus) are to be set, two in each of the four sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each section. The fifth question may be attempted from any section. Practical Paper will be set on the spot by the examiner

#### SECTION-A

- Manicure
- Pedicure

#### SECTION-B

- Mehendi
- Nail art

#### SECTION-C

- Hair styling : Braids, Basic Buns
- Party makeup

#### SECTION-D

- Introduction to hair cuts
- Tools handling
- Haircuts-Layers, Steps.

#### References:

*Milady, "Standard Text book of Cosmetology"*

*Veena Pitre, "A Professional Guide to Hair Dressing and Beauty Therapy"*

*Mary Healy, "Text book of cosmetology" Prentice- Hall of India Private Limited, New Delhi.*

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## SYLLABUS FOR CERTIFICATE COURSE IN ENVIRONMENT PROTECTION

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## Certificate Course in Environment Protection

**Theory :100 marks**

**30 hours**

**Instructions for paper setters:** In each theory paper, the question paper will consist of eight questions. Candidates are required to attempt five questions in all. All the questions will carry equal marks.

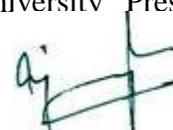
- 1. Hydrosphere:** Global water balance, Hydrological cycle, Evapotranspiration
- 2. Physical water quality parameters:** Suspended solids, turbidity, colour, taste, odour and temperature
- 3. Chemical water quality parameters:** Total dissolved solids, alkalinity, acidity, hardness metals, organic and nutrients
- 4. Water treatment:** Sedimentation, coagulation, filtration and chlorination, water quality standards with reference to ISI0500: 1991.
- 5. Microbiology of water:** Types and classification of micro organisms, MPN test, Coliform bacteria
- 6. Biodiversity:** Biogeography zones of India, Diverse flora and fauna of India, Conservation of Biodiversity, Conservation strategies, Wild life of India, National parks and Sanctuaries.

### Projects

1. Project Regarding Management of Biodiversity/Future strategies
2. Still Model/Working Model of water treatment.
3. Visit to study Biodiversity
4. Viva Voce

### Books Recommended:

1. Abbasi, S. A. and Ramasami, E. (1999). Biotechnological methods of pollution control, Universities Press, Hyderabad.
2. Garg, S. K., Garg, R. and Garg, R. (2007). Environmental Science and Ecological Studies. Khanna Publishers, New Delhi.
3. Tambrell, J (2005). Introduction to Toxicology. Taylor and Francis, London.
4. Pantra, S. C. (2005). Environmental Science, New Central Book Agency (P) Ltd., Kolkata.
5. Bailey, N.T.J. (1995), Statistical Methods in Biology. Cambridge University Press, Cambridge.



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# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR CERTIFICATE COURSE IN FASHION DESIGNING (Semester I )

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# CERTIFICATE COURSE IN FASHION DESIGNING (SEMESTER I)

## PAPER 101 - PATTERN MAKING

(Practical)

Time: 4 Hours

Max. Marks: 150

Instructions to the Examiner: Question paper will have one question from each unit. Each question will carry equal marks.

### Module I

**Basics of Pattern Making:** What is pattern making, Basic points on body, How to take measurements, Basic bodice and basic sleeve of kids (2 yrs.)

### Module II

**Infant's Garment Patterns:** Pattern making, Layout and cutting of Jhabla, bloomer, romper, Aline frock.

### Module III

Pattern making, layout and cutting of boy's bushirt, boy's shorts

### Module IV

**Casual Wear:** To make patterns of a casual dress for girl aged 2 to 3 years, To make patterns of a casual dress for boy aged 2 to 3 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### Module V

**Night Wear:** To make patterns of a night dress for girl aged 5 to 6 years, To make patterns of a night dress for boy aged 5 to 6 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### Module VI

**Party Wear:** To make patterns of a party wear dress for girl aged 7 to 8 years, To make patterns of a party wear dress for boy aged 7 to 8 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### References:

1. Carr Harold & Latham Barbara, "The technology of clothing manufacture", Oxford Pub. USA.
2. Cooking G, "Introduction to clothing manufacture", Blackwell Science, UK.

3. "Complete Guide to Sewing", Reader Digest

4. Mullick, Prem Lata. "Garment construction skills", Kalyani Publishers, New Delhi

5. Winfred Aldrich. "Metric pattern cutting". Blackwell Science, UK



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## PAPER 102- GARMENT CONSTRUCTION

(Practical)

**Time: 4 Hours**

**Max. Marks:150**

**Instructions to the examiner: Students are required to construct any one garment. Basic foundation pattern can be used.**

### Module I

**Basic Stitches and Machine Practice:** Hand stitches: Running, Hemming, Slip stitch, Fastener attachment: Button, Button hole, Hook, Eyelet, Snap fastner, Sewing practice with seams.

### Module II

Stitching of Jhabla, Bloomer, A line frock

### Module III

Stitching of boy's bushirt, boy's shorts

### Module IV

**Casual Wear:** Layout, cutting and stitching of a casual dress for girl aged 2 to 3 years, Layout, cutting and stitching of a casual dress for boy aged 2 to 3 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### Module V

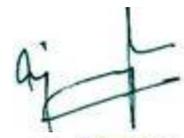
**Night Wear:** Layout, cutting and stitching of a night dress for girl aged 5 to 6 years, Layout, cutting and stitching of a night dress for boy aged 5 to 6 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### Module VI

**Party Wear:** Layout, cutting and stitching of a party wear dress for girl aged 7 to 8 years, Layout, cutting and stitching of a party wear dress for boy aged 7 to 8 years, The dress to be designed by the student. It should be picked up from the collection of illustration work.

### References:

1. Carr Harold & Latham Barbara, "The Technology of Clothing Manufacture", Oxford Pub. USA, 1994.
2. Cooking G, "Introduction to Clothing Manufacture", Blackwell Science, UK, 1991.
3. Winfred Aldrich, Metric Pattern Cutting, Blackwell Science, UK



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## PAPER 103 - BASICS OF DESIGN

(Practical)

**Time: 4 Hours**

**Max. Marks: 150**

**Instructions to the Examiner:** Question paper will have one question from each unit. Each question will carry equal marks.

### Module I

**Sketching:** Line drawing – rendering in 3 tones, Simple object Drawing: cubes, cuboid, common objects etc., Perspective drawing : Interiors, exteriors, any large object, nature, trees, landscape, Textures in Pencil rendering and colours

### Module II

**Elements of Design:** Make motifs of 6 inch by 6 inch using lines, Positive and negative, Form, Space, Composition, Colours, Colour wheel, Colour interaction, Colour composition

### Module III

**Illustration Kids:** Kids croquis boy and girl, Make poses, face, arms, legs, hands, hair style, features, feet.

### Module IV

**Designing of Kids Wear:** Dress rendering on croquis, Use of various design details and learn how to sketch on croquis.

### Module V

**Baby Textures and Rendering:** Bring fabrics from market and learn to render them, Create your own baby textures.

### Module VI

**Board Formation:** Mood board, Presentation sheets, fabric samples

### References:

1. Peacock John, "Fashion Accessories - Men", Thames and Hudson, London.
2. Peacock John, "The Complete 20" Century Source Book", Thames and Hudson, London.

## PAPER 104 - CONCEPT OF FASHION AND TEXTILES

(Theory)

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions for the Paper Setters:-** Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four Sections (A-D). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

### Module I & II

**Design Idea :** Knowledge of different types of necklines, collars, skirts, silhouettes, trouser and trimmings.

### Module III & IV

**Basics of Textiles:** Knowledge of different fabric making techniques: weaving, knitting, non woven's, braids and laces. Traditional textiles : ikat, patola, kalamkari, sanganeri, brocades, baluchari, poonam, pitambhar, kota, chanderi, maheshwari, paithani, and baluchari.

### Module V & VI

**Fashion Terminology & Concepts:** Fad, classics, ready to wear, haute couture, style, trend, prêt a porter, and silhouette. Fashion principles.

### References:

1. Ajgaonkar D B, "Knitting Technology", University Publishing Co-operation, Mumbai.
2. Brackenbury Terry, "Knitting Clothing Technology", Blackwell Science, UK.
3. Spancer David J, "Knitting Technology", Pergeman Press



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## PAPER 105 - COMPUTERS

(Practical)

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions to the Examiner:** Question paper will have one question from each unit. Each question will carry equal marks

### Module I

**Basics of Information Technology :** Development in the computers, History of computers, Modem history- Type and computer generations, Shapes/Types of computers (Super computers, Mainframe Computers, Minicomputer's, Workstations, Personal Computers, Variants of Personal Computers), RAM and ROM, Peripheral device:-Input devices, Output devices- Computer classification- Digital, Analog.

Introduction to computer and associated terms; Computer; Input devices, Output devices, CPU - Central Processing Unit, Secondary storage devices, Hardware, Peripheral devices or peripherals, Terminal, Port, Advantages of a computer.

**Ms-Windows:-**Introduction-Windows, Multi-tasking;, Arranging the open application Windows; Cut and paste, Object linking and embedding; Finding files and folders; My computer; Windows explorer; Creating a folder, Using Recycle Bin; Taskbar settings

Display properties; Recycle Bin; Pre- Viewing the document with a quick view; Paths for window Accessories; Icon properties, Using the taskbar features; IMAGING, Saving folder display option; Web View; Using the web view wizard.

### Module II and III

**MS Word:** System requirements, Working with word, Parts or MS-Word screen, Creating a document, moving around the document, File operations, Editing the text; Formatting the text; Change case, Moving the text, Copying the text;, Undo, Redo and Repeat, Function icon and shortcut keys, Some shortcut keys for formatting, Exiting Word-Formatting; Paragraph options, Drop cap, Borders and shading; Bullets and numbering, Tab stop, Find, Replace and Go To; Spelling and Grammar; AutoText, AutoCorrect, Word count, Text background, Breaks, Columns-Tables, Inserting objects & Page design, Table; Inserting objects, Header /Footer; Footnotes and Endnotes, Mail merge, Views; Printing & creating styles, Mail merge, Views, Full screen, Ruler, Zooming; Information, Printing and protecting the document; protecting

document; Style, Template.

**MS PowerPoint-** Introduction to PowerPoint:-invoking Microsoft PowerPoint; The initial screens, The standard toolbar; The formatting toolbar; The drawing palette, Getting ahead with PowerPoint, Slide layouts, Getting more familiar with PowerPoint, Editing a slide, Working with slides, Slide back ground, Applying templates, PowerPoint views, Built-in wizards, Working with objects, Inserting the clip art picture into slide, Slide show; Using slide transitions, Text build, Graphics, Creating tables; Organization chart, Animation, Inserting sound in powerpoint; printing

\*Prepare a PowerPoint presentation based on the project report.

**Internet-**Introduction to internet, What is internet? Connecting to the internet, Web browsers, how does the Internet work? What you can do with the Internet, History of internet;-WWW; World Wide Web, search engines, Advantages of electronic mail, E-mail addresses and mail boxes, How E-mail works?; E-mail options, E-mail software, Micro-Soft outlook express.

### **References**

1. Taylor, P. “Computers in the Fashion Industry”, Heinemann Publications.
2. Veisinet, D.D. “Computer Aided Drafting and Design – Concept and Application”.
3. Winfred, A., “CAD in Clothing and Textiles”, Blackwell Science.



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**PAPER 106 - WORKSHOP**

**(Practical)**

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions to the examiner:** The examiner will set one question from each module. Questions may have sub-parts

**Module I**

**Workshop on External:** Basic Stitches of Hand Embroidery

**Internal:** Weaving

**Module II**

**Workshop on External:** Machine demonstration

**Internal:** Yarn craft

**Module III**

**Workshop on External :** Knitting technology

**Internal:** Rendering techniques.

**Module IV**

**Workshop on External:** T shirt designing of kids age group (0-14)

**Internal:** Collage making

**Module V**

**Workshop on External:** Fabric study

**Internal:** Hand knitting and crochet

**Module VI**

**Workshop on External: Stitching** of knits

**Internal:** accessory designing for kids

**References**

1. Anand M.R.. "Textiles and Embroideries of India", Marg Publications, Bombay.
2. Naik S. "Traditional Embroideries of India", APH Publishing Corporation, New Delhi.
3. Mathew A. "Vogue Dictionary of Crochet Stitches", David and Charles, London.
4. Snook B. ."Creative Art of Embroidery", Numbley Pub. Group Ltd., London.

## PAPER 107- COMMUNICATION SKILLS – I

(Theory)

**Time: 3 Hours**

**Max. Marks: 100**

### **Instructions for the examiner**

The question paper will consist of objective (40 marks) and subjective (60 marks) questions carrying 100 marks in total.

Two objective questions from part-1 (Communication ) and part -2 (Comprehension) will be set carrying 20 marks, 10 each

Six questions will be set from part 2,3 and 4 i.e. Reading skills, Writing skills and Grammar carrying 30 marks 5 marks each

**Communication:** Introduction, Basic forms of communication, Barriers.

**Reading Skills:** Introduction, Reading purposes- Kinds of purposes, Guidelines for reading skills, Writing skills, Introduction, Guidelines for effective writing, Business letters, Personal letters, Making point- wise notes on a given speech, Précis.

**Grammar:** Voice, Narration, Tenses

## PAPER 108- PUNJABI/BASIC PUNJABI

Theory

**Time: 3 Hours**

**Max. Marks: 100**

  
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## SYLLABUS FOR CERTIFICATE COURSE IN FRENCH LANGUAGE

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# CERTIFICATE COURSE IN FRENCH LANGUAGE

## PAPER-I (Theory)

**M.M.: 50 marks**

**Time: 3 hours**

### **Instructions to Paper Setter:**

**Theory-** Eight questions will be set from entire syllabus. Candidates are required to attempt any five questions. Each Question carries ten marks.

### **Unit- I**

- Greeting and Usage: Les Salutations
- Vocabulaire Verbe etre, avoir et aller
- Les nombres cardinaux Presentez-vous Translation

### **Unit- II**

- Grammaire: Les articles; Les adjectifs; Les adjectifs demonstratifs
- Vrebes ER, IR et RE; Verbe pronominal; L imperatif Sentence Construction and Dialogue Articles partitifs et contractes
- Interrogation La negation Les nationalites; Les jours de la semaine; Les moins de 1 annee Les couleurs; Les professions Time

## Paper- II (Theory)

**M.M.: 50 marks**

**Time: 3 hours**

### **Instructions to Paper Setter:**

**Theory-** Eight questions will be set from entire syllabus. Candidates are required to attempt any five questions. Each Question carries ten marks.

- Composition
- Paragraph writing
- Unseen comprehension
- Civilisation (France, monuments, lieux, fetes etc)

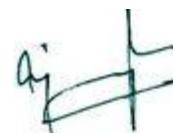
## **Paper III (Practical)**

**M.M.: 50 marks Viva Voce**

Speaking and listening skills

### **Recommended Books:**

1. Connexions / Le nouveau sans frontie res
2. Merieux Regine, "CONNEXIONS-II" Yves Loiseau, Published by Didier.
3. Philippe Dominique & Jacky Girardet, "Nouveau Sans Frontières II"



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**SYLLABUS FOR  
CERTIFICATE COURSE IN REPORTING, ANCHORING AND NEWS  
READING**

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**Certificate course in Reporting, Anchoring and News Reading**

**Theory**

**Time: 3 Hours**

**Max. Marks: 50**

**Instructions for the paper setters:**

**There will be 8 questions. Candidate will have to attempt any 5 questions. All questions will carry equal marks.**

**Unit-I**

What is news? Different types of news; emergencies, politics, crime, local and national, government, planning and developments, conflict and controversy, pressure groups, industry, health, human interest.

**Unit –II**

Personalities, sport, seasonal news, special local interest, weather  
Elements of news

**Unit-III**

News sources: reporters, contacts, newsroom diary, files, check calls, news agency services, news from politicians, pressure groups.

**Unit-IV**

Principles of writing news stories; articles and opinions for different media

Reporting: Qualities and responsibilities of a news anchors and presenters, the talent, anchor versus newsreaders, qualities of a newscaster.

Women newscasters, more than just a newsreader, professionalism, voice modulation.

**Practicals:**

**Max. Marks: 50**

1. Write 20 news stories of your own.
2. Recording 5 bulletins of Radio news.
3. Recording 5 bulletins of TV news.
4. EFP (Electronic field Production)
5. How to gather Electronic News? (ENG)
6. How to face the camera? (Anchoring)
7. Conducting Camera facing exercises.

**References:**

1. J. Kumar, Kewal “Mass Communication in India” ,Jaico Publications, Mumbai.
2. Lyver, Das “Basics of Video Sound”, Focal Press.
3. Kamath, M.V., ”Professional Journalism”, Vikas Publications.

# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR

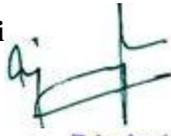


## SYLLABUS FOR

## DIPLOMA COURSE IN BIONFORMATICS

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## **DIPLOMA COURSE IN BIOINFORMATICS**

	<b>Title</b>	<b>Credits</b>	<b>Marks</b>
1.	Theory (5 hours/week)	7	75
2.	Practical (3 hours/week)	5	75
3.	Training	8	50
	<b>Total</b>	<b>20</b>	<b>200</b>

## Paper – I Computational Biology and Biological Databases

Time : 3 hrs

Periods: 7

Marks: 75

### Instructions to paper setter:

#### Each question will consist of three sections:

Section A will have ten questions of one mark each. All questions will be compulsory. Section B will be comprised of ten questions. Seven are to be attempted and each question will carry 5 marks.

Section C will contain four essay type questions, two are to be attempted and each question will carry 15 marks.

### Unit – I

Introduction to Computational Biology

Multiple Sequence Alignment

Progressive alignment – Clustal W, T-Coffee, Position specific Scoring Matrices (PSSM)

Probabilistic Models : Markov Chain, Hidden Markov Models, Role of HMMs in Gene Prediction, training HMMs, HMM Scoring Algorithms.

### Unit – II

Protein Classification and Structure Visualisation:

Overview of Protein structure, PDB and MMDB databases

Protein Structure Visualisation Databases and Tools – Cn3D, Swiss-PDB viewer, Rasmol Protein structure alignment: VAST, DALI

### Unit – III

Protein structure prediction:

Use of Sequence patterns for protein structure prediction

Prediction of Protein structure from amino acid sequence

Motifs, Profiles, Patterns

### Unit – IV

Biological Databases: Introduction, Importance of biological databases,

Types of biological databases

Sequence databases :- Grnbank, EMBL

Protein databases:- PDB, SWISS-PROT, TrEMBL

Genome databases – KEGG

Organism databases – Flybase, Ecoli



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### **Books Recommended:**

1. Bioinformatics: Sequence and genome analysis, D.W. Mount (2001) Cold Spring Harbor Laboratory Press.
2. D.Baxenian and F.Oulette, (2002) "Bioinformatics: A Practical guide to the analysis of genes and proteins" Wiley Indian Edition.
3. Watermann M.S (Eds). Introduction to computational Biology, Chapman and Hill. London (1995)
4. Bishop M.J (Eds). DNA and Protein Sequence Analysis, A Practical Approach, IRL Press Oxford. (1997).
5. Suhai(Eds). Theoretical and computational methods in genome research, Plenum Press, N.York(1997).

### **Paper – II Practical**

**Time: 3 hrs**

**Max. marks : 75**

1. Multiple sequence alignment tool: Clustal W
2. Multiple sequence alignment tool: T-Coffee
3. Protein Visualisation tool : Rasmol
4. To use tool: Swiss-PDB viewer
5. To use tool Cn-3D.
6. To use and explore database: PDB
7. To use and explore database: SWISS-PROT & TrEMBL
8. To use and explore database: KEGG
9. To explore genome database: Flybase

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## SYLLABUS FOR DIPLOMA COURSE IN ENVIRONMENT PROTECTION

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## Diploma Course in Environment Protection

**Theory: 100**

**30 hours**

**Instructions for paper setters:** In each theory paper, the question paper will consist of eight questions. Candidates are required to attempt five questions in all. All the questions will carry equal marks.

**1. Sewage Treatment:** Waste water characteristics, Classification, Primary, Secondary and Final treatment concepts of dissolved oxygen, BOD, COD, final disposal of sewage.

**2. Bioremediation:** Types of bioremediation, Use of fungi, Algae and bacteria in biosorption, Precautions for using bioremediations, Phytoremediation and a bioaccumulation of metals using plants.

**3. Environment Ethics and Laws:** State laws regarding the protection of environment pollution, 42<sup>nd</sup> Constitutional Amendment and issue of Environment Protection 1976, Indian constitutional provisions regarding environmental protection, Factories Acts, 1948 (Amended in 1987), Wild Life Protection Act, 1972 (Amended in 1995), Water Protection and Pollution Control Act, 1974 (Amended in 1998), establishment of the department of Environment and forest 1985, Air Prevention and Control of Pollution Act, 1981 (Amended in 1987), Motor vehicle Act, 1938 (Amended in 1988), Kyoto meet on climate change, Kyoto Protocol (1977).

**4. Pesticides and their effect on Health:** Introduction of some common pesticides, effect of DDT, BHC, Parathion, Carbary, Aldrin and their persistence in soil, biological magnification, mode of poisoning of pesticides, Degradation and mobility of pesticides, prevention measures.

**5. Rain water Harvesting:** Conservation of ground water and its budgeting, Rainwater harvesting, its need and advantages, Recharge to ground water (Natural and Artificial), Sources of water recharge, methods of artificial recharge to ground water.

**6. Future Strategies:** Sustainable development earth charter, Rio declaration, population problem and suggested solutions, conservation of renewable resources, conservation of forests, conservation of ozone layer and global warming control.

### Project

1. Project Regarding Management of Waste water/future strategies
2. Still Model/Working Model of waste water Management.
3. Visit to sewage treatment plant.
4. Viva Voce

  
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**Books Recommended:**

1. Abbasi, S.A. and Ramasami, E. (1999). Biotechnological methods of pollution control, Universities Press, Hyderabad.
2. Alexander, M. (1999). Biodegradation and Bioremediation, Academic Press, San Diego.
3. Alloway, B. and Ayres, D.C. (1997). Chemical Principle of Environmental Pollution. Blakie Academic and Professional, London.
4. Bailey, N.T.J. (1995), Statistical Methods in Biology. Cambridge University Press, Cambridge.
5. Patnaik, P. (1999). A Comprehensive Guide to the Hazardous Properties of Chemical Substances, Wiley, New York.
6. Wild, A. (1993), Soils and Environment. Cambridge University Press, Cambridge.
7. Pantra, S. C. (2005). Environmental Science, New Central Book Agency (P) Ltd., Kolkata.
8. Tambrell, J (2005). Introduction to Toxicology. Taylor and Francis, London.



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# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## FACULTY OF FASHION DESIGNING

### SYLLABUS FOR

## DIPLOMA COURSE IN FASHION DESIGNING

(Semester II )

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**DIPLOMA COURSE IN FASHION DESIGNING  
(SEMESTER II)**

**PAPER-109- PATTERN DEVELOPMENT**

**(Practical)**

**Time: 4 Hours**

**Max. Marks: 150**

**Instructions to the examiner:** The examiner will set one question from each unit. Questions may have sub-parts.

**Distribution of marks**

File Submission      50 marks (internal)

Exam 100 marks (external)

<b>Module I: Basics of Pattern Making</b> <ul style="list-style-type: none"><li>• Pattern making tools and their use</li><li>• How to take measurements</li><li>• Basic bodice front and back</li><li>• Basic sleeve</li></ul>	<b>Module IV: collars</b> <ul style="list-style-type: none"><li>• Peterpan</li><li>• Sailors</li><li>• Mandrin</li><li>• Shirt</li><li>• Convertible</li><li>• Shawl</li></ul>
<b>Module II: Dart manipulation by slas and spread and pivot method</b> <ul style="list-style-type: none"><li>• Two dart</li><li>• Single dart</li><li>• Darts to flare</li><li>• Darts to princess line</li><li>• Darts to yoke</li><li>• Dart to multiple darts</li></ul>	<b>Module V and VI</b> <ul style="list-style-type: none"><li>• Basic skirt</li><li>• Casual dress</li><li>• Salwar suit</li></ul>
<b>Module III: sleeve variation</b> <ul style="list-style-type: none"><li>• Puff</li><li>• Leg o mutton</li><li>• Tulip</li></ul>	

<ul style="list-style-type: none"> <li>• Lantern</li> <li>• Raglan</li> </ul>	
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**References**

1. “Complete Guide to Sewing”, Reader Digest.
2. Mullick, Prem Lata, “Garment Construction Skills”, Kalyani Publishers, New Delhi.
3. Winfred Aldrich, Metric Pattern Cutting, Blackwell Science, UK

**PAPER 110 - GARMENT CONSTRUCTION**

**(Practical)**

**Time: 4 Hours**

**Max. Marks: 150**

**Instructions to the examiner:** Students are required to construct any one garment with atleast 4 design features. Basic foundation pattern can be used.

**Distribution of marks:**

Garment Submission 50 marks (Internal)

Exam 100 marks (External)

Practical paper will be set on the spot by the examiner

<p><b>Module I: Basics</b></p> <ul style="list-style-type: none"> <li>• Samples of <ul style="list-style-type: none"> <li>○ bias facing</li> <li>○ bias binding</li> <li>○ shaped facing</li> <li>○ placket</li> <li>○ darts</li> <li>○ basic sleeve and its attachment to bodice</li> </ul> </li> </ul>	<p><b>Module IV: Skirt</b></p> <ul style="list-style-type: none"> <li>• Slim skirt</li> <li>• Skirt with yoke and gathers/ pleats</li> </ul>
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<b>Module II: Collars</b> <ul style="list-style-type: none"> <li>• Peter pan collar</li> <li>• Convertible</li> <li>• Shawl collar</li> <li>• Shirt collar</li> </ul>	<b>Module V: Western Casual Dress</b> Stitching of any one self designed casual dress
<b>Module III: Sleeves</b> <ul style="list-style-type: none"> <li>• Puff</li> <li>• Leg o mutton</li> <li>• Shirt sleeve with cuff and placket</li> <li>• Petal sleeve</li> </ul>	<b>Module VI: Suit and Salwar</b> Stitching of casual suit and basic salwar.

### References

1. “Complete Guide to Sewing”, Reader Digest.
2. Mullick, Prem Lata, “Garment Construction Skills”, Kalyani Publishers, New Delhi.
3. Winfred Aldrich, Metric Pattern Cutting, Blackwell Science, UK

**PAPER 111- FASHION ILLUSTRATION**

**(Practical)**

**Time: 4 Hours**

**Max. Marks: 150**

**Instructions to the examiner:**

The examiner will set one question from each unit. Questions may have sub-parts.

**Module I and II**

**Female Croquis:** Female basic block 12 and ½, Fleshing, Pose formation,

**Module III and IV**

**Features:** Hair styles, Features, Arms, Legs, Hands, Feet.

**Module V and VI**

**Draping and Rendering :** Sports wear, Casual wear, Formal wear

**References**

1. Allen and Seaman, "Fashion Drawing – The Basic Principles", B.T. Batsford, London
2. Elisabetta Drudi, T.Paci, "Figure Drawing for Fashion", The Pepin Press.
3. Ireland, Patrick John, "Fashion Design Drawing and Presentation", B.T. Batsford,



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## PAPER 112- WARDROBE PLANNING

(Theory)

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions for the Examiners/Paper Setters:** There will be 8 questions in all. Students are required to attempt 5 questions (20 Marks each).

### **Distribution of marks:**

Total 8 questions to be set.

Attempt any 5 questions.

Subjective 30 marks

Objective 20 Marks (40 % paper to be objective type)

### **Course Contents**

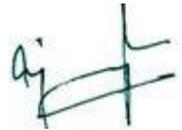
<b>Module I: Selection of Suitable Fabric for Family</b> <ul style="list-style-type: none"><li>• Age</li><li>• Climate</li><li>• Occupation</li><li>• Occasion</li><li>• Figure</li><li>• Fashion</li></ul>	<b>Module IV: Design</b> <ul style="list-style-type: none"><li>• Principles and elements of design</li></ul>
<b>Module II: General Principles of Clothing Construction</b> <ul style="list-style-type: none"><li>• Study of body measurements in relation to height and age.</li><li>• Importance of drafting and making patterns</li><li>• Placing and cutting of paper patterns in relation to texture and design of fabric</li><li>• Calculating the amount of material required for the different garments.</li></ul>	<b>Module V: Intelligent Buying of Ready Made Garments</b> <ul style="list-style-type: none"><li>• Appearance – Size, design, line and colour</li><li>• Fabric – Durability and serviceability</li><li>• Workmanship – cutting, sewing, finishing and fitting</li><li>• cost</li></ul>

**Module III: Fitting**

- Common fitting problems and how to remedy the fitting defects.

**References:**

1. Ajgaonkar, D. B. “Knitting Technology”, University Publishing Co-operation, Mumbai.
2. Brackenbury Terry, “Knitting Clothing Technology”, Blackwell Science, UK.
3. Spancer David J, “Knitting Technology”, Pergeman Press



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## PAPER 113- COMPUTERS

(Practical)

**Time: 3 Hours**

**Max. Marks: 100**

**Instruction to the Examiner:** Two questions to be set from syllabus.

### Distribution of marks:

Project submission	25 marks (Internal)
Exam	65 Marks (External)
Viva	10 Marks (External)

### Module I, II, III:

**Corel Draw:-**Introduction-What is CorelDraw? Starting with CorelDraw; Working with CorelDraw;-Creating Graphic Objects and Drawing:-Drawing Objects; Drawing Spirals; Drawing Lines and curves with the freehand tool; Lines and curves using the Bezier Tool; selecting an object; moving the objects; shaping the objects; working with colors; filing; outlining

Working With Text:-Adding paragraph Adding paragraph text to fixed sized frames; Adding paragraph text to automatic sized frames; Text Conversion; Artistic text to paragraph text; Artistic text to curves; Adding; modifying and removing the text; Line thickness; Distance between line and text; Superscript; Subscript; Text Case; Text spacing; spacing after paragraph; text alignment Transformation:-Categories of transformation; skewing; mirroring; welding; blending; transparency; contouring; lenses; perspective; power clips; formatting; import dialogue box options Object Organization:-Cloning; grouping and ungrouping; combining and breaking; locking and unlocking; object manager; layer manager

New features of Corel Draw IO:-Customization; tools; text handling; image optimizer; color and printing.

Corel draw:designing& rendering fashion details showing like:

- (A) Collars
- (B) Sleeves
- (C) Skirts
- (D) Trousers

  
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**References:**

- Veisinet DD, “Computer Aided Drafting and Design – Concept and Application’, 1987.
- Taylor P, “Computers in the Fashion Industry”, Heinemann Pub., 1990.
- Winfred Aldrich, “CAD in Clothing and Textiles”, Blackwell Science 1994.

**PAPER 114- WORKSHOP**

**(Practical)**

**Time: 3 Hours**

**Max. Marks: 100**

**Instructions for the Examiner:** The examiner will set one question covering the whole syllabus. The question will have Sub parts.

**Module I**

**Workshop on External: CAD**

**Internal:** Accessory design: hand bags

**Module II**

**Project on Following:**

Source file of different types of buttons, trims, tags and labels available in the market along with rates. A study on different types of machines available in the industry for weaving and knitting fabrics. Basic fabric folder of woven fabrics for the purpose of studying fabric type

**Module III**

**Workshop on External :** Presentation techniques

**Internal:** Embellishment techniques

- Quilting
- Applique
- Pom-Poms
- fringes
- Mirror work

  
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## **Module IV**

### **Project on Following:**

To study different types of casual, formal and semi-formal wear for kids with survey of malls and shops along with price range and fabric type.

Basic fabric folder of knitted fabrics for the purpose of studying different types of knits available and varieties of combination available.

## **Module V**

**Workshop on External:** Digital Printing

**Internal:** Smocking

## **Module VI**

### **Project on Following:**

Basic fabric folder of non-woven and open weave fabrics available in the market along with the whole sale retail rate, for the purpose of studying fabric type.

A survey study of an Indian and an international designer and find where its products are available along with details and pictures

### **References:**

1. Anand M.R.. “Textiles and Embroideries of India”, Marg Publications, Bombay.
2. Naik S. “Traditional Embroideries of India”, APH Publishing Corporation, New Delhi.
3. Mathew A. “Vogue Dictionary of Crochet Stitches”, David and Charles, London.
4. Snook B. .“Creative Art of Embroidery”, Numbly Pub. Group Ltd., London.



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## PAPER 115 - COMMUNICATION SKILLS-II

**Time: 3 Hours**

**Max. Marks: 100**

**Theory Marks: 75**

**Practical Marks: 25**

### **Instructions for the Examiner**

The question paper will consist of objective (40 marks) and subjective (60 marks) questions carrying 100 marks in total.

Two objective questions from part-1 (Communication ) and part -2 (Comprehension) will be set carrying 20 marks , 10 each

Six questions will be set from part 2,3 and 4 i.e. Reading skills, Writing skills and Grammar carrying 30 marks 5 marks each

### **Theory:**

**Communication :** Introduction , Channels of communication, Barriers.

**Listening Skills:** Introduction, Types, Barriers , Feedback skills, Note taking.

**Writing Skills:** Covering letters, Resume, Notice, Memo.

### **Grammar:**

Subject – Verb agreement, Combination of two simple sentences into one, Tenses.

Practical: 25 marks.

General introduction

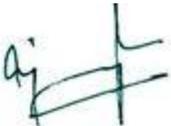
General interview

Listening comprehension

### **References:**

1. Singh R. Vandana, “The written words”, Oxford University Publication.
2. Sharma R.C., “Business Correspondence and Report Writing”, McGraw Hills Publishers.
3. Korlahalli J.S., “Essentials of good Communication”, Sultan Chand and Sons Publishers.

1)

  
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# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR ADVANCED DIPLOMA IN ENVIRONMENT PROTECTION

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## Advanced Diploma in Environment Protection

**Theory:100**

**30 hours**

**Instructions for paper setters:** In each theory paper, the question paper will consist of eight questions. Candidates are required to attempt five questions in all. All the questions will carry equal marks.

**1. Lithosphere:** Composition of rocks and minerals, magmas, igneous rocks, weathering, elastic and non elastic sediments and sedimentary rocks, metamorphic rocks, Earth's interior and crust, Lithosphere and asthenosphere, continents and ocean basins, earth's relief features, geological time scale, plate tectonics, Continental drift, tectonic system, earth's internal energy systems.

**2. World Soils:** Comprehensive soil classification system, diagnostic horizons, Important Soil types of Punjab.

**3. Waste Management:** Solid waste management by Biotechnology, Land filling, ocean dumping, Disposal of medical waste, Immunization waste.

**4. Polymer Waste Management:** Electronic waste, Problem and management, Plastics, Biodegradation and non-biodegradable waste, problem of water resistance to degradation, Microbial degradation of polymers.

**5. Hazardous Waste:** Types of radioactive wastes, Disposal methods of radioactive waste, Reprocessing of spent uranium fuel and its disposal converting radio waste to solid form, Radioactive waste detector.

**6. Vermicomposting:** Introduction, Vermiculture conditions and maintenance, Vermicomposting techniques, Comparison of natural compost manure and vermicompost, Waste to manure, Advantages of vermicompost over chemical fertilizers.

### Project

1. Preparation of compost from waste leaves of campus.
2. Project Regarding Management of Polymer Waste.
3. Still Model/Working Model of Solid Waste Management
4. Visit to Solid waste Management Plant.
5. Viva Voce.

### **Books Recommended:**

1. Patnaik, P. (1999). A Comprehensive Guide to the Hazardous Properties of Chemical Substances, Wiley, New York.
2. Rao, C.S. (1995), Environmental Pollution Control Engineering, Wiley Eastern, New Delhi.
3. Wild, A. (1993), Soils and Environment. Cambridge University Press, Cambridge.
4. C. Lu. Frank and Kacew, Sam (2002). Lu's Basic Toxicology: Fundamentals, target organs and risk assessment; 4<sup>th</sup> Edition, Taylor and Francis, London.
5. Tambrell, J (2005). Introduction to Toxicology. Taylor and Francis, London.



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# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR SHORT TERM COURSE IN HUMAN VALUES

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## SHORT TERM COURSE IN HUMAN VALUES

### मानवीय मूल्य

कुल अंक - 50

समय - 3 घण्टे

#### प्रश्न पत्र बनाने वाले के लिए निर्देश -

क. भाग 'क' में कुल सात प्रश्न डाले जाएंगे और विद्यार्थी के लिए किन्हीं पांच प्रश्नों का उट्टार देना अनिवार्य होगा। प्रत्येक प्रश्न छः अंकों का होगा। सभी इकाईयों को एक समान महत्त्व दिया जाए।

ख. भाग 'ख' में कुल तीन प्रश्न दस-दस अंकों के डाले जाएंगे। विद्यार्थी को उनमें से किन्हीं दो का उट्टार देना अनिवार्य होगा।

#### इकाई - I

- (i) मानवीय मूल्यों से संबंधित विभिन्न परिभाषाएं एवम् मत।
- (ii) सार्वभौमिक रूप से सुख-समृद्धि का आधार मानवीय मूल्य।

#### इकाई - II

- (i) वर्तमान युग में मानवीय मूल्यों की आवश्यकता।
- (ii) नैतिकता का मूलाधार विषयक चिन्तन।

#### इकाई - III

- (i) पारिवारिक सद्भाव और मानवीय मूल्य।
- (ii) सार्वभौमिक मानवीय आकांक्षाएं सुख और समृद्धि।

#### इकाई - IV

- (i) सामूहिक कार्य और स्वयंसेवी धारणा, अधिकार और कर्तव्य।
- (ii) नैतिक दृष्टिकोण - पर्यावरण के प्रति, समाज के प्रति, वृद्धों के प्रति, शारीरिक एवम् मानसिक अक्षम के प्रति।

#### इकाई - V

- (i) मूल्यपरक शिक्षा और संस्कृत ग्रंथ।
- (ii) आध्यात्मिकता, साकारत्मक दृष्टिकोण एवम् वैज्ञानिक सद्भाव।

#### संबन्धित पुस्तकें

- (i) त्रिपाठी - मानवीय मूल्य - न्यू ऐज पब्लिशर्स, नई दिल्ली।
- (ii) आर.आर. सांगल - मानवीय मूल्य - एटिसेल पब्लिशर्स, नई दिल्ली।
- (iii) डॉ. सरला भारद्वाज - संस्कृत साहित्य में मानवीय मूल्य - पंजाब हिन्दी साहित्य अकादमी, जालन्धर।
- (iv) जय श्री सुरेश और बी.एस. राघवन - मानवीय मूल्य और पेशेवर नैतिकता - एम. चांद पब्लिशर्स, नई दिल्ली।

# HANS RAJ MAHILA MAHA VIDYALAYA, JALANDHAR



## SYLLABUS FOR SHORT TERM COURSE IN SELF DEFENCE

- Note:** (i) Copy rights are reserved. Nobody is allowed to print it in any form. Defaulters will be prosecuted.
- (ii) Subject to change in the syllabi at any time. Please visit the college website time to time.

## SHORT TERM COURSE IN SELF DEFENCE

**Time: 3 Hours**

**Max. Marks: 50**

### **Instructions for the Paper Setters:-**

Eight questions of equal marks (Specified in the syllabus) are to be set, two in each of the four UNIT (1-4). Questions may be subdivided into parts (not exceeding four). Candidates are required to attempt five questions, selecting at least one question from each Section. The fifth question may be attempted from any Section.

### **UNIT 1- GENDER**

- GENDER- UNDERSTANDING GENDER
- EMERGING ISSUES AND CHALLENGES
- CONSTITUTIONAL AND LEGAL PERSPECTIVES

### **UNIT 2- PERSONAL SAFETY AND SELF DEFENCE**

- CONCEPTS AND STRATEGIES
- TYPES OF THREATS- BULLYING, MUGGING, EVE TEASING, DOMESTIC VIOLENCE, SEXUAL ABUSE, HOSTILE ENCOUNTERS
- ROLE AND SIGNIFICANCE OF SELF DEFENCE TRAINING

### **UNIT 3- MARTIAL ARTS**

- IMPORTANCE, CONCEPTS AND TECHNIQUES
- PRACTICAL TRAINING

### **UNIT 4- HEALTH NUTRITION AND LIFE STYLE**

- CONCEPT
- BALANCED DIET AND ITS IMPORTANCE IN HEALTHY LIFE STYLE



Principal  
Pans Raj Mahila Maha Vidyakaya  
Jalandhar City