

**FOUR YEAR UNDERGRADUATE PROGRAM (2024 – 28)**  
**Department of Home Science**  
**Course Curriculum**

<b>Part A: Introduction</b>			
Program: <b>Bachelor in Arts (Honors)</b>		Semester: VII	Session: <b>2024-2025</b>
1	Course Code	<b>HSSC – 07T</b>	
2	Course Title	ANATOMY PHYSIOLOGY AND HYGIENE	
3	Course Type	<b>DSC</b>	
4	Pre-requisite(if any)	<i>As per Program</i>	
5	Course Learning Outcomes (CLO)	At the end of this course, the students will be enable to- <ul style="list-style-type: none"> <li>• Explains the Basic of Human Body Structure.</li> <li>• Explains the Basic of Human Body Functioning.</li> <li>• Explains the Basic of Primary Health care.</li> <li>• Gives the Basic knowledge of First Aid.</li> <li>• Gives the Basic knowledge of Home Nursing.</li> </ul>	
6	Credit Value	<b>3 C</b>	<b>1 Credit = 15 Hours - learning &amp; Observation</b>
7	Total Marks	<b>Max. Marks: 100</b>	<b>Min Passing Marks : 40</b>

<b>Part B: Content of the Course</b>		
No. of Teaching-learning Periods (1 hour per period : 45 Period (45 hours))		
<b>Unit</b>	<b>Topics (Course Contents)</b>	<b>No. of Periods</b>
1	<ul style="list-style-type: none"> <li>• Structure &amp; functions: of cellular organelles and inclusions, General introduction of Tissue and their functions- Epithelial, Connective, Osseous, Cartilage, Nervous tissue.</li> <li>• Skeletal system - Types of bones- Dense and Spongy, Classification general structure &amp; function of bones. Muscular system - General Structure, types and function- Skeletal, Cardiac and Visceral.</li> </ul>	12
2	<ul style="list-style-type: none"> <li>• Circulatory system: General structure of organs and functions, Heart, Artery, Vein, Capillary. Composition of blood &amp; function: RBC, WBC and Platelets, Plasma. Respiratory system: General structure of organs and function, Lung, Alveoli, Diaphragm.</li> </ul>	11
3	<ul style="list-style-type: none"> <li>• Digestive system: General introduction of Nutrients, organs of digestion their general structure and function and Liver, Pancreas and spleen.</li> <li>• Excretory system- Organs of excretion, Kidney –Nephron, Malpighian body, Urinary Tubules, Urine formation and Composition.</li> <li>• Skin – Structure &amp; Function</li> <li>• Nervous system - Central nervous system structure and function, Brain and Spinal cord.</li> <li>• Senses and Sensory organs – Ear and Eye structure &amp; function.</li> </ul>	11



4	<ul style="list-style-type: none"> <li>Hygiene-Personal Hygiene, Social Hygiene, Environmental and Industrial Hygiene. Water - its importance and purification. Air - its importance and purification.</li> <li>First Aid Home Nursing -Fire Injury, Drowning, Accident, Fractures, Poisoning</li> </ul>	11
<p><b>Keywords:</b>Anatomy, Physiology, Cellular organelles, inclusions, Heart, Blood, Blood Pressure, Kidney, Urine, Hygiene, First Aid</p>		

<b>Part C: Learning Resources</b>	
Text Books. Reference Books, Other Resources	
<b>Text Book Recommended</b>	
<ol style="list-style-type: none"> <li>1. Anatomy, Physiology and Health Education- Rohini Agrawal, Neeraj Agrawal, 2016 Edition, CBS Publisher.</li> <li>2. Concise Textbook of Physiology – Indu Khurana, Arushi Khurana, 3rd Edition, ELSEVIER.</li> <li>3. Human Physiology- C.C. Chatterjee, 12th Edition, CBS Publisher.</li> <li>4. Principles of Physiology- Debasis Pramanik 6th Edition J. P. Brothers Medical Publishers.</li> <li>5. Textbook of medical physiology- Guyton A.C.-Hall. J.E. 9th edition, Prism Books Private Limited Bangalore.</li> <li>6. Human Physiology in Nutshell - Dr. A. K. Jain, 5th Edition, Arya Publications.</li> </ol>	
<b>Other Resources–</b>	
<ul style="list-style-type: none"> <li>Physiology of Adrenal Medulla <a href="https://youtu.be/RDIvpo4KKxc">https://youtu.be/RDIvpo4KKxc</a></li> <li>Physiology of Thyroid gland <a href="https://youtu.be/yv15bWx7a48">https://youtu.be/yv15bWx7a48</a></li> <li>Cellular respiration <a href="https://youtu.be/KBesLBnx968">https://youtu.be/KBesLBnx968</a></li> <li>Calcium transporters <a href="https://youtu.be/IsTaWVvYehXk">https://youtu.be/IsTaWVvYehXk</a></li> <li>Cardiac action potentials <a href="https://youtu.be/MVkcDIXj8Gc">https://youtu.be/MVkcDIXj8Gc</a></li> </ul>	

<b>Part D: Assessment and Evaluation</b>		
Suggested Continuous Evaluation Methods:		
Maximum Marks: 100 Marks		
Continuous Internal Assessment (CIA): 30 Marks		
End Semester Exam (ESE): 70 Marks		
Continuous Internal Assessment(CIA): (By Course Teacher)	Internal Test / Quiz-(2): <b>20 +20</b> Assignment / Seminar - <b>10</b> Total Marks - <b>30</b>	Better marks out of the two Test / Quiz + obtained marks in Assignment shall be considered against <b>30</b> Marks
End Semester Exam (ESE):	<b>Two section – A &amp; B</b> Section A: Q1 Objective-10x1=10 Mark; Q2.Short answer type-5x4=20 Marks Section B: Descriptive answer type qts.1 out of 2 from each unit-4x10=40 Marks	

*Name and Signature of Convener & Members of CBoS:*



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PART- A: Introduction			
Program: Bachelor in Arts (Honors)		Semester -VII	Session: 2024-2025
1	Course Code	HSSC-07P	
2	Course Title	ANATOMY PHYSIOLOGY AND HYGIENE (PRACTICAL)	
3	Course Type	DSC	
4	Pre-requisite (if, any)	<i>As per requirement</i>	
5	Course Learning Outcomes (CLO)	<p>At the end of this course, the students will be enable to:</p> <ul style="list-style-type: none"> <li>• Explains the Basic knowledge of First aid.</li> <li>• To Make First aid Box.</li> <li>• How to Prepare Therapeutic Diet.</li> <li>• Home Nursing technology</li> </ul>	
6	Credit Value	1 Credits	1 Credit =30 Hours Laboratory or Field learning/Training
7	Total Marks	Max. Marks: 50	Min Passing Marks: 20
PART -B: Content of the Course			
<b>Total No. of learning-Training/performance Periods: 30 Periods (30 Hours)</b>			
<b>Module</b>	<b>Topics (Course contents)</b>		<b>No. of Period</b>
<b>Lab./Field Training/ Experiment Contents of Course</b>	<p>Making first aid box</p> <p>Therapeutic cooking for patient-</p> <ul style="list-style-type: none"> <li>• Vegetable soup/ dal ka soup</li> <li>• water of curdled milk</li> <li>• Boiled egg</li> </ul> <p>First aid</p> <ul style="list-style-type: none"> <li>• Different types of bandages</li> <li>• Wounds care</li> <li>• Artificial respiration</li> <li>• fracture care</li> </ul> <p>Home nursing</p> <ul style="list-style-type: none"> <li>• Temperature chart</li> <li>• Prepare cold &amp; hot water bag</li> <li>• Bed making</li> <li>• blood pressure measure</li> <li>• Prepare ORS solution</li> </ul>		<b>30</b>
<b>Keywords</b>	Anatomy, Physiology, Cellular organelles, inclusions, Heart, Blood, Blood Pressure, Kidney, Urine, Hygiene, First Aid		

*Handwritten signatures:*  
 A. Singh  
 M. K.

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 B. S.

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 S. Chaurasia  
 A. K.

*Handwritten signature:*  
 A. S. Singh

<b>PART-C: Learning Resources</b>
<b>Text Books, Reference Books and Others</b>
<p><b>Text Books Recommended –</b></p> <ol style="list-style-type: none"> <li>1. Anatomy, Physiology And Health Education- Rohini Agrawal, Neeraj Agrawal, 2016 Edition, CBS Publisher.</li> <li>2. Concise Textbook of Physiology – Indu Khurana, Arushi Khurana, 3rd Editin, ELSEVIER.</li> <li>3. Human Physiology- C.C. Chatterjee,12th Edition, CBS Publisher.</li> <li>4. Principles of Physiology- Debasis Pramanik 6th Edition J. P. Brothers Medical Publishers.</li> <li>5. Textbook of medical physiology- Guyton A.C.-Hall. J.E. 9th edition, Prism Books Private Limited Bangalore.</li> <li>6. Human Physiology in Nutshell - Dr. A. K. Jain, 5th Edition, Arya Publications.</li> <li>7. Human Anatomy and Physiology-Dr S H Rashid, 2 nd Edition, SIA Publishers.</li> <li>8. Text book of Human Physiology- H D Singh, 3rd Edition, S Chand &amp; Co. Ltd.</li> <li>9. Anatomical knowledge for nurses- Catherine Arms Strong.</li> </ol>
<b>Other Resources–</b>
<b>Online Resources–</b>
<ul style="list-style-type: none"> <li>• e-Resources / e-books and e-learning portals</li> </ul>

<b>PART -D: Assessment and Evaluation</b>		
<b>Suggested Continuous Evaluation Methods:</b>		
<b>Maximum Marks:</b>		<b>50 Marks</b>
<b>Continuous Internal Assessment(CIA):</b>		<b>15 Marks</b>
<b>End Semester Exam(ESE):</b>		<b>35 Marks</b>
<b>Continuous Internal Assessment(CIA): (By Course Teacher)</b>	Internal Test / Quiz-(2): <b>10 &amp; 10</b> Assignment/Seminar +Attendance - <b>05</b> Total Marks - <b>15</b>	Better marks out of the two Test / Quiz +obtained marks in Assignment shall be considered against <b>15</b> Marks
<b>End Semester Exam (ESE):</b>	<b>Laboratory / Field Skill Performance: On spot Assessment</b> A. Performed the Task based on lab. work - <b>20</b> Marks B. Spotting based on tools & technology (written) – <b>10</b> Marks C. Viva-voce (based on principle/technology) - <b>05</b> Marks	<b>Managed by Course teacher as per lab. status</b>

Name and Signature of Convener & Members of CBoS:

(Dr. Amita Singh)