**GENERIC ELECTIVES (GE)**

**Course Code: HSCH –GE 1101**

**Course Title: HUMAN NUTRITION (T)**

**Nature of the Course: GE (Theory)**

**Total Credit: 4 (L 48 +T 12)**

**LECTURES: 60**

**Unit I: Basic Concepts in Nutrition 20**

 Basic terms used in nutrition

 Understanding relationship between food, nutrition and health

 Functions of food-Physiological, psychological and social

 Basic food groups and concept of balanced diet

**Unit II: Nutrients 30**

Energy- Functions, sources and concept of energy balance.

Functions, Recommended Dietary Allowances, dietary sources, effects of deficiency and/ or excess consumption on health of the following nutrients:

 Carbohydrates and dietary fibre,

 Lipids

 Proteins

 Fat soluble vitamins-A, D,E and K

 Water soluble vitamins – Thiamin, Riboflavin, Niacin, Pyridoxine, Folate, Vitamin B12 and Vitamin C

 Minerals – Calcium, Iron, Zinc and Iodine

**Unit III: Nutrition during Lifecycle 30**

Physiological considerations and nutritional concerns for the following life stages:

 Adult man / woman

 Preschool children

 Adolescent children

 Pregnant woman

 Nursing woman and infant

**Course Code: HSCH – GE 1102**

**Course Title: HUMAN NUTRITION** **(P)**

**Nature of the Course: GE (Practical)**

**Total Credit: 2**

**PRACTICAL**

**1.Identifying Rich Sources of Nutrients 10**

- Energy ,Protein, Iron, Calcium, Fiber, Vita**m**in A, Ascorbic acid

**2. Introduction to Meal Planning 30**

 Basic food groups

 Use of food exchange list for planning nutritious diets /Snacks for

- Adult man / woman of different activity levels

- Pre school children

- Adolescent children

- Pregnant woman

- Nursing woman

**RECOMMENDED READINGS**

 Wardlaw and Insel MG, Insel PM (2004). Perspectives in Nutrition. Sixth Edition, McGraw Hill.

 Srilakshmi B (2012). *Nutrition Science.*4th Revised Edition, New Age Interntional Publishers.

 Khanna K, Gupta S, Seth R, Passi SJ, Mahna R, Puri S (2013). Textbook of Nutrition and Dietetics. Phoenix Publishing House Pvt. Ltd.

 ICMR(2010) Recommended Dietary Allowances for Indians. Published by National Institute of Nutrition, Hyderabad.

 Chadha R and Mathur P eds. (2015). Nutrition : A Lifecycle Approach. Orient Blackswan, New Delhi.

 Seth V and Singh K (2006). *Diet Planning through the Life Cycle: Part 1 Normal Nutrition. A Practical Manual.* Elite Publishing House Pvt. Ltd. New Delhi.

 Gopalan C, Rama Sastri BV, Balasubramanian SC (1989) *Nutritive Value of Indian Foods.* National Institute of Nutrition, ICMR, Hyderabad.

**Course Code: HSCH –GE 1115**

**Course Title: INTERIOR DESIGN (T)**

**Nature of the Course: GE (Theory)**

**Total Credit: 4 (L 48+T 12)**

**LECTURES: 60**

**Unit I: Design Fundamentals 40**

 Objectives of Art & Interior Design.

 Types of Design: Structural & Decorative.

 Elements of Content: Space, Point, Line, Shape, Form, Texture, Light & Color.

 Elements of Order: Scale, Similarity, Proximity, Sequence, Trends, Themes, Geometrical Organization.

 Principles of Composition – Rhythm, Balance, Proportion, Emphasis, Unity, (Variety, Simplicity/Economy, Suitability).

 Composition of a Drawing – Harmony, Clarity, Adequacy.

 Colour dimensions, systems, theories and harmonies

 Design Drawing – Drawing as a language to explore & communicate Ideas.

**Unit II: Furniture & Furnishings: Historical Perspectives & Contemporary Trends 40**

 Architectural Styles –based on themes and main periods, like post Renaissance and modern style.

 Contemporary Trends in Interior Design with respect to furniture, furnishings & accessories.

 Furniture – Types, Construction, Selection and purchase, Arrangement, Care and maintenance

 Furnishings – selection, care and maintenance of fabrics used for -

o Soft furnishings: curtains and draperies, upholstered furniture, cushions and pillows, etc.

o Floor coverings

 Accessories – Uses, Classification, Design, Selection & Arrangement.

 Traditional and Modern Surface Finishes – types and uses

o Furniture

o Wall

o Floor

o Ceilings

o Roofing

 Lighting applications (Energy efficient lighting design – number and type of lamps and luminaires for efficiency in lighting).

 Accessories – Uses, Classification, Design, Selection & Arrangement.

**Course Code: HSCH – GE 1116**

**Course Title: INTERIOR DESIGN (P)**

**Nature of the Course: GE (Practical)**

**Total Credit: 2**

**PRACTICAL**

 Drawing

Introduction to drawing instruments & tools (manual & computer tools) 10

- Drawing lines (freehand & with drawing instruments) - both 2-dimensional & 3-dimensional.

- Lettering.

- Sketching (figures, buildings, trees & plants, vehicles) - both 2-dimensional & 3-dimensional

- Rendering for different surfaces such as trees, brick, grass, water, wood, stone, earth, concrete using 10

 Water Colors.

 Stubbing.

 Pencil Colors.

 Preparation of catalogue comprising pictures denoting application of Art & Elements of Design; Color- Color Wheel, Dimension & Harmonies of Color.  **10**

 Floor plans with rendering (Theme based- Manual/Computer aided)

 Elevation & perspective plans with rendering (Manual/Computer aided)

 Furniture & furnishing plans of specific areas- Critical Analysis

 Preparation of portfolio on any one of the following  **10**

- Wall coverings & decorations (pictures, etc)

- Floor coverings & decorations.

- Window & door treatments.

- Lighting systems.

- Artifacts (sculptures, ceramics/terracotta, handicrafts, flower arrangements, etc.)

- Fittings and fixtures.

- Wood and its substitutes.

**RECOMMENDED READINGS**

 Lawrence M, (1987), Interior Decoration, New Jersey: Chartwell Books.

 Riley & Bayen., (2003), The Elements of Design, Mitchell Beazley

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