



Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	A070101T/S S107	Title of the Course	Introduction to Basic Concepts of Sociology	L	T	P	C
Year	1 ST	Semester	1 ST	5	1	0	6
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	This paper will introduce students to new concepts of Sociology discipline. These concepts will enhance the conceptual learning and understanding of the basic concepts used in Sociology. This paper will contribute in enriching the vocabulary and scientific temperament of the students. The course is designed to incorporate all the key concepts of sociology which would enable the learner to develop keen insights to distinguish between the commonsense knowledge and Sociological knowledge.						

Course Outcomes

CO1	To develop the understanding about the Sociology subject and its emergence
CO2	To Understand the relationship of sociology with other social sciences
CO3	Enhance Knowledge regarding basic concepts of sociology
CO4	Learn about social institutions
CO5	Learn about Socio-Cultural Processes
CO6	To understand about the social structure
CO7	Extend knowledge regarding Social stratification
CO8	To know the about the concept of Culture and Civilization

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Sociology	Meaning, Nature, Scope of Sociology, Sociology and Common Sense, Sociology as a Science, Humanistic Orientation in Sociology. History and Emergence of Sociology in India.	12	CO1
2	Sociology and other Social Sciences	(Anthropology, Economics, History, Psychology, Political Science).	12	CO2
3	Basic Concepts	Society, Community, Institutions, Association, Social Group, Human and Animal Society.	11	CO3
4	Social Institutions	Family, Kinship, Marriage, Education, State & Religion.	11	CO4
5	Socio-Cultural Processes	Cooperation, Conflict, Competition, Acculturation, Assimilation and Integration.	11	CO5
6	Social Structure	Social Structure, Status and Role, Norms, Folkways and Mores, Sanctions and Values.	11	CO6
7	Social Stratification	Meaning, Basis Gender, Class and Caste and Social Mobility: Meaning and Types.	11	CO7
8	Culture and Civilization	Culture and Civilization ,Pluralism, Multiculturalism ,Cultural Relativism	11	CO8

Reference Books:

Berger, P.1963.An Invitation to Sociology: A humanistic Perspective.

Bottomore, T.B.1973.Sociology: A guide to Problems and Literature, (Hindi version available).

Davis, Kingsley.1973.Human Society

Giddens.Anthony.2009.Introduction to Sociology

e-Learning Source:

IGNOU & Other centrally/state operated Universities / MOOC platforms such as "SWAYAM" in India and Abroad

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	3	2	3	1	3	1	1	1	3	1	1	3	3	3
CO2	3	1	2	1	2	2	1	3	3	3	1	3	3	3
CO3	3	-	-	2	1	2	1	3	3	3	-	2	3	3
CO4	3	1	-	3	3	-	2	3	3	3	2	-	2	3
CO5	3	2	2	2	2	1	2	3	3	3	3	2	2	2
CO6	3	-	3	3	3	2	3	3	3	1	3	-	3	3
CO7	3	-	3	3	2	3	3	3	3	3	3	-	3	3
CO8	3	-	2	3	2	3	-	3	3	3	3	-	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Anand Kumar
Dr. Anand Kumar
Name & Sign of Program Coordinator

Zeba Anil
Head
Sign & Seal of Head
Integral University, Lucknow



**Department of Environmental Science
Integral University, Lucknow**

Sociology

Effective from Session: 2022-2023

Course Code	ES115	Title of the Course	Fundamentals of Environmental Science	L	T	P	C
Year	1	Semester	I	3	1	0	4
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To study about the Environment and the Ecosystem. To study about the Natural Resources. To study about Biodiversity and Conservation. To study Environmental pollution, its policies and practices. To study Human Population and Environmental Ethics.						

Course Outcomes

CO1	Gain knowledge about environment and ecosystem.
CO2	Students will learn about natural resource, its importance and environmental impacts of human activities on natural resource.
CO3	Gain knowledge about the conservation of biodiversity and its importance.
CO4	Aware students about problems of environmental pollution, its impact on human and ecosystem and control measures.
CO5	Students will learn about increase in population growth and its impact on environment.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Environment and Ecosystems	Environment, its components and segments, Multidisciplinary nature of Environmental studies Scope and Importance, Concept of Sustainability and sustainable development, Environmental movements (Chipko and Bishnois etc.), Ecosystem, Structure, Function and types, Energy flow in the Ecosystem, Food chains, Food webs, Ecological Pyramids and Ecological Succession.	12	CO1
2	Natural Resources	Energy Resources: Renewable and non-renewable energy sources, Soil erosion and desertification, Deforestation its causes and impacts, Impact of Modern Agriculture activities on Environment, Impact of Mining Activities on Environment, Water: Use and over exploitation of surface and ground water, Impacts of large Dams (Advantages and Disadvantages), Case studies.	12	CO2
3	Biodiversity and Conservation	Levels of biological diversity (Genetic, Species and Ecosystem diversity), Hot spots of biodiversity (Indian /Global), India as a Mega Diversity Nation, Endangered and endemic species of India, Threats to Biodiversity: Habitat Loss, Poaching of Wildlife, Man-Wildlife Conflicts, Conservation of Biodiversity: In-situ and Ex-situ conservation of biodiversity, Ecosystem and biodiversity services (Ecological, Consumptive, Productive, Social, Ethical, Aesthetic, National and Option values).	12	CO3
4	Environmental Pollution, Policies and Practices	Environmental pollution: types, causes, effects and controls, Solid waste management (urban and industrial waste), Ill effects of fireworks, Climate change, Ozone layer depletion, acid rain and impacts on human communities and Environment, Environmental Laws: Environment Protection Act, Air (Prevention & Control of pollution) Act, Water (Prevention & Control of pollution) Act, Wildlife protection Act, Forest conservation Act, International agreements: Montreal and Kyoto protocols and convention on Biological Diversity (CBD), Tribal rights, Human wildlife conflicts in Indian context	12	CO4
5	Human Population and the Environment Population and the Environment	Human population growth: Impacts on environment, human health and welfare, Resettlement and rehabilitation of project affected persons, case studies, RR, EIA, Environmental ethics: Role of Indian and other religions and cultures in environmental conservation, Environmental communication and public awareness, case studies.	12	CO5

Reference Books:

- 1) Agarwal, K.C. 2001 Environmental; Biology, Nidi Pub. Ltd. Bikaner.
- 2) Bharucha Erach, The Biodiversity of India, Mapin Pub. Pvt. Ltd., Ahmedabad-380, India.
- 3) Brunner R.C. 1989. Hazardous waste incineration, Mc Graw Hill

e-Learning Source:

- <https://byjus.com/biology/difference-between-environment-and-ecosystem>
- <https://www.youtube.com/watch?v=dRPI4TB8w7k>
- <https://www.youtube.com/watch?v=3fbEVyJyJcK>
- <https://www.vedantu.com/biology/conservation-of-biodiversity>

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO2	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO3	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO4	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-
CO5	1	1	1	1	1	1	2	1	-	-	-	-	1	1	1	1	1	-

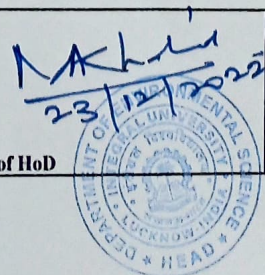
1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Subject Teacher : Dr. MOHD KASHIF KHAN

Dr. Riyazuddeen Khan

Name & Sign of Program Coordinator

Sign & Seal of HoD





Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	B150101T/BM186	Title of the Course	Fundamentals of Management	L	T	P	C
Year	First	Semester	First	3	1	0	4
Pre-Requisite	None	Co-requisite	None				
Course Objectives	The course objective is to make students undergo the effective use of principles of management and also learn the effective methods of management and its principles.						

Course Outcomes	
CO1	To demonstrate management this combines the features of both science and art.
CO2	To enable the students to learn various function of management.
CO3	To explain the various this laid the foundation of management.
CO4	To examine the importance of the planning, Organizing & Control.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction of Management	Introduction and Nature of Management, Definition & Meaning, Management as an Art, Science and Profession, Distinction between Administration and Management, Importance & Functions of Management.	15	CO1
2	Evolution of Management	Evolution of Management- Thought, Pre-Scientific Management era, Scientific Management & Contribution of F. W. Taylor, Process Management & contribution of Henri Fayol, HR movement - Hawthorne experiments.	15	CO2
3	Planning and its feature	Nature & Definition of Planning, Importance and limitations Planning process, Types of Plans- on the basis of use, functions, time (meaning only), Meaning of Decision making, Steps in decision making.	15	CO3
4	Organizing and its effect	Meaning & Definition- Organizing - Nature, Purpose & Principles, Types of Organization (Formal & Informal), Types of Authority relationships- Line, Functional, Line& staff. Controlling: Concept, Types of Control, Methods: Pre-control: Concurrent Control: Post control	15	CO4

Reference Books:

- Koontz & Weirich Essential of Management, TMH, Mar22
- Griffin, Texas A & M University, Cengage Publication, Edition Mar2013.
- Chuck Williams, Butler University, Principle of Management, Cengage Publication Latest edition Jan 2013
- Ron willson, Texas A&M University, Cengage Publication, Edition Mar2015.
- Koontz & Weirich Essential of Management, TMH, Mar21

e-Learning Source:

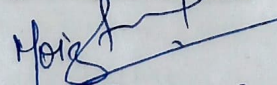
- Principles of Management - I, IIT Kanpur, Prof. Raghunandan Sengupta - NPTEL
- Management and Organization, Dr. N.Venkateshwarlu Indira Gandhi National Open University- SWAYAM
- Principles of Management, Prof. Susmita Mukhopadhyay, Prof. S. Srinivasan, IIT-Kharagpur via Swayam
- Principles of Management, Prof. Usha Lenka, IIT Roorkee via Swayam

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO1	1	1	1	2	2	1	1	1	1	1	1
CO2	1	1	1	2	1	1	1	1	1	1	1
CO3	2	2	2	1	1	2	1	2	1	2	1
CO4	2	1	1	2	1	2	1	1	1	1	1

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Name & Sign of Program Coordinator


 Dr. MOHIT ARORA

Sign & Seal of HoD





Integral University, Lucknow

Effective from Session: 2022-23

Course Code	HUV101	Title of the Course	Psychology of Health and Wellbeing (Vocational)	L	T	P	C
Year	I	Semester	I	4	0	0	4
Pre-Requisite	10+12	Co-requisite					
Course Objectives	<ul style="list-style-type: none"> To develop the concept and definition of health, explain the perspectives of health and Knowledge about psychological health. Basic concept of structures and functions and process to describe the psychology of health - Illness, well-being of varied perspectives, and will be able to apply them in their own and in others' lives. Provide Insights to the learner a clear understanding of the concepts like health, illness, Physical and mental health. Structuring the goals to describe, explain, predict and change the behavior. 						

Course Outcomes

CO1	Basic Understanding, Perspective & dimensions of Physical and Mental Health, health, Concept & facets of Wellbeing and Relation between health and well-being.
CO2	Basic knowledge of structural and functional, Concept of holistic health, its principles and importance, Misconceptions about holistic health approach. Indian, Western & Eastern Perspective on Health.
CO3	Basic tools of Medical, Holistic, Biopsychosocial, Social model of Health and Illness. Enriching Wellbeing. Advantages and disadvantages of Biopsychosocial model, Biomedical model v/s Bio-Psychosocial model.
CO4	Enhancement of mental health and Identification of Physical and Mental Health Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Introduction to Health and Wellbeing:	Concept and Definition of Health (Physical and Mental Health), dimensions of health, Historical Perspective of Mental Health, Cross-cultural Perspectives of Health, Concept of well-being, Various facets of well-being, Relation between health and well-being.	15	1
2	Cross-Cultural Perspectives On Health:	Concept of holistic health, its principles and importance, Misconceptions about holistic health, approach, Western Perspective, Eastern Perspective on Health, Indian Perspective on Health	15	2
3	Models of Health and Illness:	Illness: Medical Model of Health and Illness. Holistic Model of Health, Biopsychosocial Model, Social Model of Health, Concept of Wellbeing. Advantages and disadvantages of Bio psychosocial model, Biomedical model v/s Bio-Psychosocial model.	15	3
4	Identification of Physical and Mental Health:	Physical Illness Experiences, Illnesses Related to Food, Diet, Obesity. Problems Related to Sexual Health. Acute and Chronic Pain, Chronic Illnesses, Depression. Anxiety. Psychosomatic Illnesses, Substance Use.	15	4

Reference Books:

1.	Brockovich, E. (1993). Health and illness-related cognitions among Brazilian students: a cross-cultural contribution (Doctoral dissertation, University of Southern California).
2.	Hahn, D. B., Payne, W. A., & Mauer, E. (1991). Focus on health. Mosby Year Book.
3.	Ojha, S, Srivastava, U.R, Joshi, S (2010). Health and Well-Being Emerging Trends: New Delhi, first edition: Global Vision publishing Co. Pvt. Ltd.
4.	Silva, P. (2005). An introduction to Buddhist psychology. Springer.
5.	Beauchamp, T., Childress J., (1979) Principles of Biomedical Ethics. New York, Oxford University Press
6.	Galotti, K.M. (2014). Cognitive Psychology: In and Out of the Laboratory (5th ed.). New Delhi: Sage.
7.	Suggestive digital platforms web links- http://heecontent.upsdc.gov.in/Home.aspx http://www.apa.org
e-Learning Source: Suggestive digital platforms web links- Ezyankosh, NCERT	

PO- PSO CO	PO1	PO2	PO3	PO4	PSO1	PSO2	PSO3	PSO4
CO1	2	3	3	2	3	2	2	1
CO2	3	2	2	3	2	3	2	3
CO3	3	2	2	2	2	3	2	2
CO4	2	2	3	2	3	2	3	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

<p>Dr. Vandana Mishra</p> <p>Vandana</p> <p>Name & Sign of Program Coordinator</p>	<p>Xeba</p> <p>Humanities & Social Science</p> <p>Integral University, Lucknow</p> <p>Sign & Seal of HoD</p>
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Integral University, Lucknow

Effective from Session: 2022-23							
Course Code	Z010101T	Title of the Course	Food, Nutrition, and Hygiene	L	T	P	C
Year	I st	Semester	I st	2	0	0	2
Pre-Requisite	Intermediate	Co-requisite	None				
Course Objectives	To learn the basic concept of food, nutrition, hygiene, and common diseases prevalent in society along with 1000 days nutrition concept						

Course Outcomes	
CO1	To learn the basic concept of the Food and Nutrition, and meal planning
CO2	To learn about macro and micronutrients and their RDA, sources, functions, deficiency, and excess.
CO3	To learn 1000 days Nutrition Concept and study the nutritive requirement during special conditions like pregnancy and lactation.
CO4	To study common health issues in the society and to learn the special requirement of food during common illness.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Concept of Food and Nutrition	(a) Definition of Food, Nutrients, Nutrition, Health, balanced Diet (b) Types of Nutrition- Optimum Nutrition, under Nutrition, Over Nutrition (c) Meal planning- Concept and factors affecting Meal Planning (d) Food groups and functions of food	8	CO1
2	Nutrients: Macro and Micro RDA, Sources, Functions, Deficiency and excess of	(a) Carbohydrate (b) Fats (c) Protein (d) Minerals Major: Calcium, Phosphorus, Sodium, Potassium Trace: Iron, Iodine, Fluorine, Zinc (e) Vitamins (Water soluble vitamins: Vitamin B, C), (Fat soluble vitamins: Vitamin A, D, E, K) (f) Water (g) Dietary Fiber	7	CO2
3	1000 days Nutrition	(a) Concept, Requirement, Factors affecting growth of child (b) Prenatal Nutrition (0 - 280 days): Additional Nutrients' Requirement and risk factors during pregnancy (c) Breast / Formula Feeding (Birth - 6 months of age) Complementary and Early Diet (6 months - 2 years of age)	8	CO3
4	Community Health Concept	(a) Causes of common diseases prevalent in the society and Nutrition requirement in the following: Diabetes Hypertension (High Blood Pressure) Obesity Constipation Diarrhea Typhoid (b) National and International Program and Policies for improving Dietary Nutrition (c) Immunity Boosting Food	7	CO4

Reference Books:

Singh, Anita, "Food and Nutrition", Star Publication, Agra, India, 2018.

Sheel Sharma, Nutrition and Diet Therapy, Peepee Publishers Delhi, 2014, First Edition.

1000Days-Nutrition_Brief_Brain-Think_Babies_FINAL.pdf

<https://pediatrics.aappublications.org/content/141/2/e20173716>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5750909/>

e-Learning Source:

<https://www.udemy.com/course/internationally-accredited-diploma-certificate-in-nutrition> Diploma in Human Nutrition-Revised Offered by Alison

Course Articulation Matrix: (Mapping of COs with POs and PSOs)

PO-PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4	PSO5
CO1	1	1	1	2	2	2	3	3	2	2
CO2	1	1	1	3	2	2	3	3	2	2
CO3	1	1	1	3	3	3	3	1	1	2
CO4	1	1	3	3	3	3	3	3	2	3

1-Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Dr. Vandana Mishra Vandana Name & Sign of Program Coordinator	Zeba Akmal Humanities & Social Science Sign & Seal of HoD Lucknow
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Integral University, Lucknow

Effective from Session: 2022-23						
Course Code	A050102T/HH 108	Title of the Course	Minor Elective Course- Freedom fighter-M. K. Gandhi (Minor)	L	T	P
Year	I	Semester	I	3	1	0
Pre-Requisite	10+12	Co-requisite	None			
Course Objectives	Students will get acquainted with the life of some great personalities of India who worked for the country without any of expectation that they will be remembered like this.					

Course Outcomes	
CO1	To make the students aware of Gandhiji's Life and his early Career
CO2	To make the students aware of Gandhian ideology and the freedom movement
CO3	To make the students aware of Fundamental concepts in Gandhian Thought
CO4	To make the students aware of Gandhiji's struggle to achieve India's Freedom
CO5	Inculcate patriotism among students

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	Biography	Birth and parentage - Childhood – Tragedy stealing and atonement, Glimpses of religion – preparation for England – Acquaintance with religions – Barrister, South Africa - Pretoria event – some Experiences, National Indian Congress- The three-pound tax. - Comparative study of religions – In India.	12	1
2	Gandhian Ideology and freedom movement	Gandhi and freedom movement non – violence and freedom. Gandhi and nationalism, social reformation and freedom – American freedom movement. Gandhi and revolution – equality, Human rights, and Gandhi. French revolution. Gandhi and communist revolution Gandhi and Marx. Gandhi and capitalism. Gandhi and the Indian freedom movement – Non – co – operation, Civil disobedience, and Satyagraha	12	2
3	Fundamental concepts in Gandhian thought	Sadhya-sadhana Shuchita- Meaning of the term, Emphasis on the purity of means and its relevance in day-to-day life. Ahimsa- Meaning of the concept, Ahimsa as a means in dealing with conflict and its importance today. Satya- Meaning and explanation, Experiments of Satyagraha in the Indian freedom struggle and its relevance in today's world	12	3
4	Social economic problems and Gandhi	Gandhi as a social reformer unsociability. Problem of hierarchical society and Gandhian views of equality. Gandhian economics – Swadeshi. Small scale, cottage and village industries. Gandhi and modern technology.	12	4
5	Presentation on Mahatma Gandhi	Presentation on Mahatma Gandhi Preparation of PPT & Presentation on Mahatma Gandhi	12	5

Reference Books:

- Bhave, Vinoba. SwarajSastra. Akhil Bharat Sarva-Seva-Sangh Pub., 1955.
- Dalton, Dennis. Mahatma Gandhi: Nonviolent power in action. Columbia University Press, 2012.
- Fischer, Louis. The essential Gandhi: his life, work, and ideas: an anthology. Random House Inc, 1962.
- Fox, Richard Gabriel. Gandhian utopia: Experiments with culture. Boston, MA: Beacon Press, 1989.
- Gangal, Anurag. "The Gandhian concept of Human security and peace." 2007.
- Vinoba. SwarajSastra. Akhil Bharat Sarva-Seva-Sangh Pub., 1955.
- angurde, K.D. "Gandhi's Autobiography: Moral Lessons", Gandhi Smriti and Darshan Samiti, New Delhi.
- Gandhi, Mahatma. Towards new education. Ed. Bharatan Kumarappa. Ahmedabad: Navajivan Publishing House, 1953.
- Gandhi, Mahatma. Village swaraj. Ahmedabad: Navajivan Publishing House, 1963.
- Gandhi, Mohandas Karamchand. Village industries. Ahmedabad: Navajivan Publishing House, 1960.
- Gandhi, M. K., and Jitendra T. Desai. "Ruskin: Unto This Last." A Paraphrase, translated from the Gujarati by Valji Desai (Ahmedabad: Navajivan, 1989) (1956).
- Gandhi, Mohandas Karamchand. Trusteeship. Navajivan Publishing House, 1960.

e-Learning Source: Suggestive digital platforms web links- Egyankosh, NCERT

PO- PSO CO	PO1	PO2	PO3	PO4	PO5	PSO1	PSO2	PSO3	PSO4
CO1	3	2	3	3	3	2	3	1	2
CO2	3	3	3	3	3	2	2	3	2
CO3	3	3	3	3	3	2	2	3	2
CO4	3	3	2	2	3	2	1	2	3
CO5	3	3	2	3	3	2	2	2	3

1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

 Dr. Vandana Mishra Name & Sign of Program Coordinator	 Zeba Anil Sign & Seal of HoD
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Humanities & Social Sciences
Integral University, Lucknow