



Integral University Lucknow
Department of Commerce
STUDY & EVALUATION SCHEME

Bachelor of Hotel Management														Semester -III										
S.No	Course code	Course Title	Type of Paper	Period Per Hr/week/sem			Evaluation Scheme				Sub. Total	Credit	Total Credits	Attributes										
				L	T	P	CT	TA	Total	ESE				Employability	Entrepreneurship	Skill Development	Gender Equality	Environment & Sustainability	Human Value	Professional Ethics	Sustainable Development Goal			
1	BHM201	Food Production operations I (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√		√						SDG-4,8,9		
2	BHM201P	Food Production operations I (Practical)	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√		SDG-4,6,9		
3	BHM 202	Food & Beverage Service Operations I (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√	√	√				√		SDG-3,4,9		
4	BHM 202P	Food & Beverage Service Operation I	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√		SDG-2,8,9		
5	BHM203	Accommoda tion & Front Office operations I (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√		√						SDG-4,8,9		
6	BHM203P	Accommodation & Front Office operations I (Practical)	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√		SDG-4,7,8		
7	C010305T/CA241	Essentials of Python	(Any one) minor	4	0	2	15	10	25	75	100	4:2:0	6		√				√	√		SDG-6,8		
	CM205	Digital Transformation & its Impact on Society																						
8	BHM205	Bar Management	(Any one) Vocational	2	1	0	0	0	0	100	100	2:1:0	3	√	√	√		√		√		SDG-4,8,9,17		
	I150308T/ ES226	Environment and Sustainability																√						
9	H040304T/LN230	Regional Language (Functional Hindi)	(Anyone) Co- Curricular	2	0	0	15	10	25	75	100	2:0:0	2	√	√	√			√	√		SDG-3,7,8		
	H040305T/LN231	Regional Language (Urdu Zaban–o-Adab ka Taaruf)		2	0	0	15	10	25	75	100	2:0:0	2	√	√	√			√	√		SDG-3,7,8		
Total				17	1	8	120	80	200	700	900		23											



Integral University, Lucknow

Effective from Session: 2025-26

Course Code	BHM 201	Title of the Course	Food Production Operations I (Theory)	L	T	P	C
Year	II	Semester	III	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To manage the planning, factors, and types of menus, one needs to understand the points to be considered while planning the menu.						

Course Outcomes

CO1	To understand definitions uses and types of menus with standard recipe formulation and its format use in the hotel industry. Different types of breakfast.
CO2	To understand production, by-products, and uses of common commodities used in the kitchen like milk, and cheese.
CO3	To learn about salads its origin, types, and dressing.
CO4	To learn basic knowledge of Indian curry, gravies, breads, sweets & accompaniments.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Menu planning recipe formulation	Factors affecting menu planning standard recipes: definition, writing, format, and costing. Basic principles of menu planning – recapitulation, nutritional factors for the above. Principles of indenting for volume feeding, quantity purchase & storage.	10	CO1
2	Commodities	Milk and milk products: composition of milk, storage, types of milk, cream, butter, curd cheese: Production of Cheese, classification of cheese, cheese from different countries. Vegetables: Classification, selection, effects of heat. Fruits: classification, selection, uses in Cookery. Nuts & seeds: definition, use.	10	CO2
3	Salads	Introduction, composition of salads, types of salad, salad dressing, emerging trends in salad Making, and salient features of preparing good salads.	10	CO3
4	Basic Indian Cookery	Introduction to Indian spices & vegetables, role of spices in Indian cookery. Masalas, blending of spices, different masalas used in Indian Cookery (wet & dry masalas), Composition of different masalas, varieties of masalas available in regional areas, special Masala blends, Introduction to Indian Cookery: - a) historical background b) culture c) religion d) equipment e) staple diets	15	CO4

References Books:

Food Production Operations by Chef Parvinder S. Bali

Practical Professional Cookery by Cracknell and Kaufmann

Catering Management by Mohini Sethi & Surjeet Malhan

Indian Food: A Historical Companion by Achaya KT & Food: A Culinary History by Jean-Louis Flandrin

Hygiene and Sanitation by S. Roday

e-Learning Source:

<https://whatscookingamerica.net/glossary/>

<http://www.foodsubs.com/>

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM 201P	Title of the Course	Food Production Operations I (Practical)	L	T	P	C
Year	II	Semester	III	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To manage the planning, factors, and types of menus, one needs to understand the points to be considered while planning the menu.						

Course Outcomes	
CO1	To understand Practical application in menu preparation.
CO2	To identify various methods of preparation.
CO3	To understand different types of salad making.
CO4	To understand the preparation of basic Indian cookery.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Menu planning recipe formulation	Types of menu presentation, Different menu preparation, Indents writing for the menu according to the recipe.	8	CO1
2	Commodities	Milk preparation, Items to prepare include cheese, Menu according to category.	7	CO2
3	Salads	Different types of salad preparation including international and national salad.	8	CO3
4	Basic Indian cookery	Basics preparation of Indian cookery.	7	CO4

References Books:											
Food Production Operations by Chef Parvinder S. Bali											
Practical Professional Cookery by Cracknell and Kaufmann											
Catering Management by Mohini Sethi & Surjeet Malhan											
Indian Food: A Historical Companion by Achaya KT & Food: A Culinary History by Jean-Louis Flandrin											
Hygiene and Sanitation by S. Roday											
e-Learning Source:											
https://whatscookingamerica.net/glossary/											
http://www.foodsubs.com/											

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26

Course Code	BHM202	Title of the Course	Food & Beverage Service Operation I (Theory)	L	T	P	C
Year	II	Semester	III	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To impart the working procedures and skills required in managing this department of food and beverage related to wines and beer.						

Course Outcomes

CO1	To understand the making process of beer.
CO2	To understand the wine law of wine-producing countries.
CO3	To understand the making process of beer.
CO4	To understand the food & beverages outlets operation control system.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Classification of Alcoholic Beverage	Beer-History (A brief description of how beer came into being), Ingredients. Brewing Process: Bottom fermentation; Top fermentation. Storage of beer, service of Beer. Types of beer (ales, lagers, draught, and wheat beers), Brand Names (National & International).	10	CO1
2	Wine	Wine Introduction to wine, cider and perry, definition of wine. Viticulture seasons, Quality of soil, and the area of production. Types & Composition of grapes and its effect on the nature of wine, wine makers' Calendar. Wine-making Methods. Wine classification & Types: table, fortified, aromatized & sparkling. Characteristics of wine: Still, sweet, dry, vintage, & non-vintage.	10	CO2
3	Wines of France	Different regions, their geographical composition and climate, grape varieties with characteristics of wines from each region.	10	CO3
4	Restaurant Operation Control System	Necessity of a good control system. Functions of the control system. K.O.T./B.O.T. Taking Order and presenting bills/bills voiding, cancellation method. Duplicate and triplicate checking system. Inter-departmental transfer, summary sheet, control of cash & credit sales.	15	CO4

References Books:

Sudhir Andrews: F & B Service Trg. Manual

Denni R. Lillicrap: F & B Service

John Walleg: Professional Restaurant Service

Brian Varghese: Professional F& B Service Management

e-Learning Source:

<https://www.unlockfood.ca/en/Articles/Menu-Planning/7-Steps-for-Quick-and-Easy-Menu-Planning.aspx>

<https://hoteltalk.app/the-role-of-a-butler/>

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM202P	Title of the Course	Food & Beverage Service Operation I (Practical)	L	T	P	C
Year	II	Semester	III	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To manage the planning, factors, and types of menus, one needs to understand the points to be considered while planning the menu.						

Course Outcomes	
CO1	To understand the making and service process of national & international wines.
CO2	To know about the different wine-producing countries and their specialty wine.
CO3	To understand the food and matching wine service harmony.
CO4	To learn different types restaurant systems.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Classification of Alcoholic Beverage	Beverage order taking and preparation of bot. Revision of first-year Practical's, table layout and services for different types of meals.	8	CO1
2	Wine	Understand the wine law of wine-producing countries. Fuels –their usage and precautions while dealing with them in f&b outlets. Services of red wine, white wine, and champagne with all the courses.	7	CO2
3	Wines of France	Familiarization with the glassware, equipment, and tools required in relation to beer & wine services. Preparing charts, different regions of France, and their characteristics of wine. Regions and characteristics of wine of two other countries.	8	CO3
4	Restaurant Operation Control System	Order taking for food & beverages, preparation for KOT, understand different control systems in restaurant.	7	CO4

References Books:

Sudhir Andrews: F & B Service Training Manual

Dennis R. Lillicrap: F & B Service

John Walleg: Professional Restaurant Service

Brian Varghese: Professional F& B Service Management

e-Learning Source:

<https://www.unlockfood.ca/en/Articles/Menu-Planning/7-Steps-for-Quick-and-Easy-Menu-Planning.aspx>

<https://hoteltalk.app/the-role-of-a-butler/>

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM203	Title of the Course	Accommodation & Front Office Operations I (Theory)	L	T	P	C
Year	II	Semester	III	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	This module is prescribed to appraise students about different types of Room Rates applicable in hotels, and guest complaints.						

Course Outcomes	
CO1	To understand the basics of room tariff.
CO2	To handle various guest services.
CO3	To sewing room activities and manage the uniform room.
CO4	To different types of laundry and stain removal procedures.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Room Tariff Formulation & Bell Desk management	Factors affecting Room Tariff, basis for establishing the end of day, Room Rate. Designation Procedures: Check-in., Check-out., Left language Procedure, Duties & Responsibilities of Bell Boy & Bell Captain.	10	CO1
2	Guest Services	Handling guest mails, Handling guest messages, Room key management. Safety deposit locker: Procedure, Wake-up call. Paging system. Guest Complaint & Handling Procedure.	10	CO2
3	Sewing room & Uniform room	Activities and area provided. Equipment's. Purpose of uniforms No. Of sets issuing procedure & exchange of uniform. Designing a uniform. Layout and planning of the Uniform room.	10	CO3
4	Fibers and fabrics & Stain removal	Definition. Origin and classification, characteristics of different fibers – cotton, linen, silk, polyester, nylon, acrylic. Types, different types of strains, cleaning methods.	15	CO4

References Books:											
Hotel Hostel and Hospital Housekeeping – Joan C Branson & Margaret Lennox (ELBS).											
Hotel House Keeping – Sudhir Andrews Publisher: Tata Mc Graw Hill.											
Hotel Housekeeping Operations & Management – Raghubalan, Oxford University Press.											
Bruce Braham – Hotel Front Office.											
Jatashankar R. Tewari- Hotel Front Office Operations & Management.											
e-Learning Source:											
https://www.bbcgoodfood.com/howto/guide/top-10-non-alcoholic-drinks											
https://www.brandwatch.com/blog/the-biggest-restaurant-industry-trends/											

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM203P	Title of the Course	Accommodation & Front Office Operations I (Practical)	L	T	P	C
Year	II	Semester	III	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	This module is prescribed to appraise students about different types of room rates applicable in hotels, guest complains.						

Course Outcomes	
CO1	To Understand knowledge about fiber, fabrics and yarn.
CO2	To perform Sewing room activities and managing uniform room.
CO3	To have Some knowledge about fiber, fabrics and yarn.
CO4	To understand Planning and organizing of the linen room and uniform room.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Room tariff formulation & bell Desk management	Bell desk activities during: - check-in & check-out. Understanding layouts of front office and housekeeping Message and mail handling and books filling up.	8	CO1
2	Guest services	Handling guest mails & messages. Handling various types of enquires.	7	CO2
3	Sewing room & Uniform room	Sewing room – mending and use of sewing kit. Visit to hotel laundry / commercial laundry.	8	CO3
4	Fibers and fabrics & stain removal	Stain removal: identification and removal of the stains using the specific methods and Reagents.	7	CO4

References Books:											
Hotel Hostel and Hospital Housekeeping – Joan C Branson & Margaret Lennox (ELBS).											
Hotel House Keeping – Sudhir Andrews Publisher: Tata Mc Graw Hill.											
Hotel Housekeeping Operations & Management – Raghubalan, Oxford University Press.											
Bruce Braham – Hotel Front Office.											
e-Learning Source:											
https://www.brandwatch.com/blog/the-biggest-restaurant-industry-trends/											
https://www.precog.co/blog/sustainability-food-and-beverage-manufacturing/											

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM205	Title of the Course	Bar Management	L	T	P	C
Year	II	Semester	III	2	1	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To familiarize the students with the planning bar layout and bar operations function smoothly.						

Course Outcomes	
CO1	To understand Bar and its classification.
CO2	To understand preparation methods for mixed drinks.
CO3	To identify the layouts of different types of bars.
CO4	To recognize different types of bar equipment: - Large, medium & small

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Bar	Introduction, beverage management, brief history types of bar lounge & bar service Organization of lounge bar syrups and other non-alcoholic beverage mix drinks	10	CO1
2	Bar Layout & Planning	Introduction, bar section details, bar shapes: planning criteria bars, plans, elevations & sections, themes & concepts bar equipment, glassware's.	15	CO2
3	Service & Selling Techniques	Bartenders: job analysis salesmanship of bar attendants, guidelines for bar attendants' hygiene & health bar duties, staff management qualities of a professional manager responsible service of alcohol.	5	CO3
4	Bar operation & Control	Customer service and customer relations sales promotion & merchandising managing The service sequence method of beverage control, stock control in the bar portion control cash handling procedures, and bar licenses.	15	CO4

References Books:	
Michael M Coltman	Beverage Management
Lipenski & Lipenski	Professional Beverage Management
Mahendra Singh Negi	Handbook of Bar & Beverage
Michael M Coltman	Beverage Management
e-Learning Source:	
https://hoteltechreport.com/news/hotel-housekeeping-duties	
https://www.cvent.com/en/blog/hospitality/hotel-interior-design	
https://www.hycdesign.com/blogs/design-guides/2021-new-trends-in-hotel-guestroomdecoration	

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	B150210T/ES143	Title of the Course	Environmental Education and Sustainable Management	L	T	P	C
Year	II	Semester	III	2	1	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To Create awareness about environmental problems among people.						

Course Outcomes	
CO1	Gain in-depth knowledge of natural processes and resources that sustain life and govern the economy
CO2	Understand the consequences of human actions on the web of life, global economy, and quality of human life.
CO3	Acquire values and attitudes towards understanding complex environmental- economic-social challenges, and active participation in solving current environmental problems and preventing the future ones.
CO4	Aware students about problems of environmental pollution, its impact on humans and ecosystems, and control measures.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Humans and the Environment	The man-environment interaction: Humans as hunter-gatherers; Mastery of fire; Origin of agriculture; Emergence of city-states; Great ancient civilizations and the environment; Middle Ages and Renaissance; Industrial revolution and its impact on the environment; Population growth and natural resource exploitation; Global environmental change. The emergence of environmentalism: Anthropocentric and eco-centric perspectives (Major thinkers); The Club of Rome- Limits to Growth; UN Conference on Human Environment 1972; World Commission on Environment and Development and the concept of sustainable development; Rio Summit and subsequent international efforts.	10	CO1
2	Natural Resources and Sustainable Development	Overview of natural resources: Definition of resource; Classification of natural resources- biotic and abiotic, renewable and non-renewable. Microbes as a resource; Status and challenges. Water resources: Types of water resources- fresh water and marine resources; Availability and use of water resources; Environmental impact of over-exploitation, issues and challenges; Water scarcity and stress; Conflicts over water. Soil and mineral resources: Important minerals; Mineral exploitation; Environmental problems due to extraction of minerals and use; Soil as a resource and its degradation. Energy resources: Sources of energy and their classification, Implications of energy use on the environment. Introduction to sustainable development: Sustainable Development Goals (SDGs)- targets and indicators, challenges and strategies for SDGs.	10	CO2
3	Conservation of Biodiversity and Ecosystems	Biodiversity as a natural resource; Levels and types of biodiversity; Biodiversity in India and the world; Biodiversity hotspots. Major ecosystem types in India and their basic characteristics; Ecosystem services- classification and their significance. Threats to biodiversity and ecosystems, Major conservation policies: in-situ and ex-situ conservation approaches; National and International Instruments for biodiversity conservation; the role of traditional knowledge, community-based conservation; Gender and conservation.	10	CO3
4	Environmental Management	Introduction to environmental laws and regulation: Constitutional provisions- Article 48A, Article 51A(g) and other derived environmental rights; Introduction to environmental legislations on the forest, wildlife, and pollution control. Environmental management system: ISO 14001 Life cycle analysis; Cost-benefit analysis, Environmental audit and impact assessment; Environmental risk assessment. Pollution control and management; Waste Management- Concept of 3R (Reduce, Recycle and Reuse) and sustainability; Ecolabeling /Ecomark scheme	15	CO4

References Books:	
Agarwal, K.C. 2001 Environmental; Biology, Nidi Pub. Ltd. Bikaner.	
Bharucha Erach, The Biodiversity of India, Mapin Pub. Pvt. Ltd., Ahmedabad-380, India.	
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=dRPl4TB8w7k	

PO-PSO CO	Course Articulation Matrix: (Mapping of COs with POs and PSOs)																	
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PO11	PO12	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6
CO1	1	1	3	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-
CO2	-	1	3	1	-	1	2	-	-	-	-	-	-	-	-	-	-	-
CO3	-	1	3	-	1	-	-	-	-	-	-	-	-	-	1	-	-	-
CO4	1	1	3	-	1	2	-	-	-	-	-	-	-	-	2	-	-	-

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26 Regional Language Co-Curricular

Course Code	H040304T /LN230	Title of the Course	कार्यात्मक हिन्दी / Functional Hindi	L	T	P	C
Year	NA	Semester	NA	2	0	0	2
Pre-Requisite	10+2 (Any Discipline)	Co-requisite	None				
Course Objectives	After the completion of course, the students will: - Master the Hindi Language Skills. - Develop LSRW Skills in Hindi - Cultivate essential tool for accessing the precious heritage of our ancient culture. - Be acquainted with Hindi Knowledge System. - Be able to utilize functional aspects of Hindi. - Learn the translation aesthetics of the language. - Get acquainted with the major works in vast Hindi literature.						

Total No. of Lectures: 45

Minimum Marks: 100

Course Outcomes	
CO1	To introduce the knowledge system of Hindi Language.
CO2	To equip students with the basics of Hindi Grammar.
CO3	To highlight the descriptive use of Hindi Grammar and its analysis.
CO4	To familiarize students with functional use of Hindi through literature.
CO5	To acquaint students with the influence of Hindi Literature on Ancient Indian Culture and Aesthetics.

Unit No.	Title of the Unit	Content of Unit	Contact Hrs.	Mapped CO
1	भाषा और भाषणिक स्वर तथा स्तर	भाषा : परिभाषा, स्वरूप, अभिव्यक्ति, भाषाभेदज्ञान: परिभाषा, प्रकाश, क्षेत्र, शाखाएं ध्वनि, शब्द, रूप, भाव्य, प्रोक्ति, अर्थ	09	CO1
2	हिन्दी भाषा की उत्पत्ति तथा विकास	पृष्ठभूमि, अपभ्रंश, महाद्व, पुष्पानी महंती, भाषा नक महंती	09	CO2
3	हिन्दी शब्द मय और उ के मूल स्त्रोत	महंती ध्वनियों का भर्गीकरण आधार - स्त्रान, प्रयत्न, इक्ति या भकण	09	CO3
4	हिन्दी साहित्य	महंती साहित्य का उद्भवर्ग, आभद काल, भक्ति काल, भौती काल, आधुनक काल नव्योभि काल	09	CO4
5	प्रमुख हिन्दी साहित्यकार	सूयर्कत भत्रपाठी 'भभनाला' (कभभ), प्रेभ चन्द (महंती र्गथदकाभ), भीष्म साहनी (नाटककाभ)	09	CO5

Reference Books:

Hindi Sahitya ka Itihas by Dr. Nagendra

Karyalay Karya Vidhi by Ramchandra Singh Sagar

Anuvaad Vigyaan by Bholanath Tiwari

Bhasha Vigyan ki Bhoomika by Acharya Devendranath Sharma

Hindi Basha Ka Itihas by Dr Ramkishor Sharma

Loksahtya or Sanskriti by Dr Dinneswar Prasad

E-Resources

<https://www.youtube.com/watch?v=yh9J2XCde3c>

<https://www.youtube.com/watch?v=1lrz11BbqCA>

<https://www.youtube.com/watch?v=TeDB2qSNz1Y>

Course Articulation Matrix (POs PSO CoS)														
PO-PSO	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PSO1	PSO2	PSO3	PSO4	PSO5	PSO6	PSO7	
CO1	3	3	2	3	3	3	3	3	3	2	3	2	3	
CO2	2	3	1	2	3	3	2	3	3	1	3	1	3	
CO3	1	2	1	2	3	3	3	3	2	2	3	2	3	
CO4	3	3	2	2	3	3	2	2	3	1	2	1	2	
CO5	2	3	2	2	3	3	3	3	2	3	2	3	2	
CO6	2	3	1	1	3	3	3	2	3	2	2	2	2	

CO7	3	2	3	3	3	3	3	2	2	2	3	2	3
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1- Low Correlation; 2- Moderate Correlation; 3- Substantial Correlation

Urdu as a Regional Language Syllabus

Integral University, Lucknow

Department of Languages

W.E.F- 2025-26

Program: Designed as per NEP 2020 for the UG Programs				Year: 2								Semester: III	
Course code: H040305T/ LN231				Course Title: Urdu Zaban-o-Adab ka Taaruf اردو زبان و ادب کا تعارف									
L				T		P						Credits	
2						0						2	
Major ()		Minor ()			Vocational ()					Co-curricular (✓)			
Pre-requisite (If any)					None 10+2								
Course Objectives		To enable students to read, write, and comprehend Urdu language proficiently by introducing them to its alphabet, vocabulary, prose, poetry, literature, idioms, and phrases, while developing their skills in reading, writing in Nastalique script, and understanding the cultural and literary heritage of Urdu.											
		Course Outcomes: (COs)											
CO1	Students will be able to identify, differentiate, and write the Urdu alphabet including consonants, vowels, aspirated and retroflexed letters, and their forms.												
CO2	Students will be able to read, pronounce, and compose Urdu words and sentences accurately using the Nastalique script.												
CO3	Students will be able to describe the history and genres of Urdu literature and recognize contributions of famous Urdu poets and prose writers.												
CO4	Students will be able to interpret and use common Urdu idioms, suffixes, prefixes, and special phrases appropriately in daily conversation and correspondence.												
Max. Marks: 25+75										Min. Passing Marks: 10+25			
		Total No. of Lectures- 30											
Unit	Topics										Contact Hrs.	Mapped CO	
I	Introduction of Alphabet. Urdu letters: Consonant, vowels, aspirated & retroflexed letters, doted & non doted letters and their forms putting letters together. Reading & Writing: Reading practice of Urdu words, practicing of writing the combined letters to write (Two-letter, three-letter, and four-letter words), and writing Urdu in the Nastalique script.										8	CO1	
II	Reading & writing: Prose: 1) Tote ki chalaki, 2) Guftgu ke aadaab, 3) KahawateN, 4) Selected Urdu news. Poetry: 1) Sari Dunya ke Malik, 2) Barsaat, 3) Lab Pe Aati hai, 4) Shaam. Urdu writing & dictation										10	CO2	
III	Literature : A brief introduction to Urdu literature and the genres of Prose & Poetry. A brief Introduction to the famous Urdu poets & prose writers.										8	CO3	
IV	Jargons, Idioms & Phrases: Privileged Urdu idioms & phrases, suffixes & prefixes. Introductory words and phrases used on special occasions and in correspondence.										4	CO4	
Suggested Readings:													
[1] Ibtidai Urdu: I, II& III (NCERT Book, Class I,II&III) [2] Urdu ki Pahlī kitab: by Ismail Merathi. [3] Amozish –e- Urdu [4] Muhawairat wa Zerbul Amsaal: By Hafiz Asadurrahmaan Chisthi													
Suggested equivalent online courses:													
https://www.youtube.com/shorts/b6lsUS3dtpQ													
https://www.youtube.com/watch?v=08A9EebaiXU&t=401s													
https://www.rekhta.org/													
https://urdubooks.mutabiq.org/category/%D8%A7%D8%B1%D8%AF%D9%88-%DA%A9%D8%AA%D8%A7%D8%A8%DB%8C%DA%BA/													
https://اردو.com/%D8%A7%D8%AF%D8%A8/%DA%A9%D8%AA%D8%A8/%D9%84%D8%A7%D8%A6%D8%A8%D8%B1%DB%8C%D8%B1%DB%8C C													
This course can be opted as an elective by the students of the followings subjects: Open for all													
Suggested Continuous Evaluation Methods: Continuous Internal Evaluations shall be based on allotted Assignments and Class Tests. The marks shall be as follows:													
Course Articulation Matrix: (Mapping of COs with POs and PSOs)													
	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4	PSO5	
CO1	3	1	-	-	2	-	1	3	-	-	2	1	
CO2	2	3	-	2	3	-	1	3	2	-	3	1	
CO3	-	-	3	2	-	3	1	-	-	3	2	2	
CO4	-	3	-	3	3	2	1	-	3	-	3	2	

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



Integral University Lucknow
Department of Commerce
STUDY & EVALUATION SCHEME

Bachelor of Hotel Management

Semester - IV

S.No	Course code	Course Title	Type of paper	Period Per Hr/week/sem			Evaluation Scheme				Sub. Total	Credit	Total Credits	Attributes								Sustainable Development Goal
				L	T	P	CT	TA	Total	ESE				Employability	Entrepreneurship	Skill Development	Gender Equality	Environment & Sustainability	Human Value	Professional Ethics		
1	BHM207	Food Production Operations - 2 (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√		√					SDG-4,5,9	
2	BHM207P	Food Production Operations-2 (Practical)	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√	SDG-3,8,9	
3	BHM 208	Food & Beverage Service Operation-2 (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√	√	√				√	SDG-2,6,7	
4	BHM 208P	Food & Beverage Service Operation-2 (Practical)	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√	SDG-4,1,9	
5	BHM209	Accommoda tion & Front Office Operations - 2 (Theory)	Theory	3	0	0	15	10	25	75	100	3:0:0	3	√		√					SDG-4,9	
6	BHM 209P	Accommodation & Front Office Operations -2 (Practical)	Practical	0	0	2	15	10	25	75	100	0:0:2	1	√		√	√		√	√	SDG-4,1	
7	Z040401T	Physical Education and Yoga	Co-curricular	2	0	0	15	10	25	75	100	2:0:0	2	√	√	√			√	√	SDG-3,5	
8	BHM 231	Apprenticeship/ Internship I	Major paper	0	0	6	0	0	0	00	100	0:0:6	3									
Total				11	0	12	120	80	200	600	800		17									



Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM207	Title of the Course	Food Production Operations -2 (Theory)	L	T	P	C
Year	II	Semester	IV	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To impart fundamental knowledge of food production among students and to familiarize the students with day to day working atmosphere of the food production dept. in hotels.						

Course Outcomes	
CO1	To discuss about the study of various north& west regional cuisines of India.
CO2	To analyse the study of various south& east regional cuisines of India.
CO3	To identify the bakery science: bread making.
CO4	To elaborate on the bakery science cake making.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Study Of Various North& West Regional Cuisines Of India	Introduction, Geographical Perspectives, Brief Historical Background, Characteristics& Salient Features of Cuisine, Key Ingredients, Popular Foods, Seasonal Foods, Special Equipment, Staple Diets, Specialties during Festivals and Other Occasions, Community Foods - Kashmiri, Punjabi, Mughlai/Awadh, Rajasthani, Maharashtrian.	15	CO1
2	Study Of Various South& East Regional Cuisines Of India	Introduction, Geographical Perspectives, Brief Historical Background, Characteristics& Salient Features of Cuisine, Key Ingredients, Popular Foods, Seasonal Foods, Special Equipment, Staple Diets, Specialties during Festivals and Other Occasions, Community Foods. Bengali Andhra Pradesh Tamil Nadu Kerala.	10	CO2
3	Bakery science Bread making	Identification and handling of raw materials -Wheat & wheat flour, sugar, fat, Yeast, water, Salt, milk, etc. Functions of ingredients in bakery products. Method of bread making:(i) Straight dough method, (ii) Sponge and dough method, (iii) Salt delayed method, (iv) Flying ferment method. Bread faults and remedies Bread diseases Bread varieties	10	CO3
4	Bakery science Cake-making	Functions of ingredients. Cake-making methods: (i) Sugar batter method, (ii) Flour batter Method, (iii) Blending method, (iv) Boiling method, (v) Sugar Water method, (vi) All process. Cake faults and remedies Various types of basic paste: -choux paste, short crust paste, puff paste, flaky paste, hot water paste, Danish paste.	10	CO4

References Books:

The Professional Chef- Lerol A. Polsom

Theory of cookery – Krishna Arora

Thangam Philip - Theory of cookery-II

e-Learning Source:

<https://whatscookingamerica.net/glossary/>

<http://www.foodsubs.com/>

<https://foodprint.org/eating-sustainably/real-food-encyclopedia>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26

Course Code	BHM 207P	Title of the Course	Food Production Operations -2 (Practical)	L	T	P	C
Year	II	Semester	IV	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To impart fundamental knowledge of food production among students and to familiarize the students with day to day working atmosphere of the food production dept. in hotels.						

Course Outcomes	
CO1	To understand the practical application of various types of Indian regional preparation.
CO2	To conduct various bakery practical's to acquire knowledge for bakery products.
CO3	To understand and prepare different menu items according to regions.
CO4	To identify various ingredients in sweet preparation.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Various Types of Indian Regional Preparation	Punjabi menu with various sweets preparations related to Punjabi cuisine, Awadhi menu including all the famous delicacies, Hyderabad menu with all the basic preparation, south Indian menu items of different sections of the south.	8	CO1
2	Bakery Practical to Cover The Following	Bread making straight dough method, breakfast rolls, short crust pastry, and its products: tarts pie, etc. Flaky & puff, pastry and their products: patties, palmers, cheese straws, volan vent cream horns, etc. Choux pastry and its products: éclairs, profit rolls. Sponge cakes: genoise.	7	CO2
3	Regional Representation of the Menu	Different menu preparations include different regions of India, sponge, and fatless sponge. Icing: butter, icing, glazed, icing, assembling cakes, heavy cake: pound cake. Cookies with basic cookie paste.	7	CO3
4	Sweet Preparation of The Different Region	Different preparations of sweets from all regions of India.	8	CO4

References Books:

Food Production Operations by Chef Parvinder S. Bali

Practical Professional Cookery by Cracknell and Kaufmann

Catering Management by Mohini Sethi & Surjeet Malhan

Hygiene and Sanitation by S. Roday

Indian Food: A Historical Companion by Achaya KT & Food: A Culinary History by Jean-Louis Flandrin

e-Learning Source:

<https://whatscookingamerica.net/glossary/>

<http://www.foodsubs.com/>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26

Course Code	BHM 208	Title of the Course	Food & Beverage Service Operation -2 (Theory)	L	T	P	C
Year	II	Semester	IV	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To impart an overview of the entire food and beverage service department and to make students familiar with the working procedures and skills required in managing this department.						

Course Outcomes

CO1	To explain the meaning of distilled beverages classification of distilled beverages' alcoholic strength.
CO2	To identify the traditional spirits.
CO3	To describe the various liqueurs.
CO4	To knowledge of the history of cocktails, & the classification of cocktails.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Classification of distilled beverages	Distillation process (pot still, patent still) definition and types of spirits: whisky, rum, vodka, gin, brandy. Production process, national & international brand name, and service of the same.	15	CO1
2	Traditional Spirits	Definition and characteristics of traditional spirits: tequila, absinthe, tequila, ouzo, slivovitz, aquavit, calvados, fenny, arrack. Types of aperitifs- vermouth & bitters.	10	CO2
3	Liqueurs	History, definition, types, and manufacturing: distillation, hot method, cold method, infusion, Percolation, aging, sweetening liqueurs. Brands, origin, base, and flavouring. Bar operation types of bars, shape and size of bar, bar control, bar staffing, opening, and closing duties & bar equipment.	10	CO3
4	Cocktails & Mock tails	Definition, common cocktails, recipe, methods of preparations, and golden rules for making Cocktails presentation (garnishes & glassware) and spirit, beer, and wine-based cocktail.	10	CO4

References Books:

Sudhir Andrews: F & B Service Training. Manual

Denni R. Lillicrap: F & B Service

John Walleg: Professional Restaurant Service

Brian Varghese: Professional F& B Service Management

e-Learning Source:

<https://hoteltechreport.com/news/hotel-housekeeping-duties/>

<https://hmhub.me/role-of-housekeeping-in-guest-satisfaction-and-repeat-business/>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3
CO5	3	3	2	3	1	3	3	3	2	3	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM 208P	Title of the Course	Food & Beverage Service Operation -2 (Practical)	L	T	P	C
Year	II	Semester	IV	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	To impart practical knowledge of food and beverage service and working procedures, skills required in managing this department.						

Course Outcomes	
CO1	To know the brief knowledge of preparation of bot.
CO2	To learn about the beverage service.
CO3	To develop skills in the preparation of beverages.
CO4	To learn all the concepts related to the bar.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Preparation of BOT	Beverage order taking and preparation of BOT	8	CO1
2	Beverages Service	Service of spirits & traditional Spirits, Liqueurs, and cocktails.	7	CO2
3	Preparation of Beverages	Demonstration / Preparation and presentation of one variety of each stirred & shaken cocktail.	8	CO3
4	Bartending skills	Demonstration / Preparation and presentation of one variety of each stirred & shaken cocktail.	7	CO4

References Books:

Sudhir Andrews: F & B Service Training. Manual

Denni R. Lillicrap: F & B Service

John Walleg: Professional Restaurant Service

Brian Varghese: Professional F& B Service Management

e-Learning Source:

<https://hoteltechreport.com/news/hotel-housekeeping-duties>

<https://hmhub.me/role-of-housekeeping-in-guest-satisfaction-and-repeat-business/>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26

Course Code	BHM 209	Title of the Course	Accommodation & Front Office Operations-2 (Theory)	L	T	P	C
Year	II	Semester	IV	3	0	0	3
Pre-Requisite	None	Co-requisite	None				
Course Objectives	This module is prescribed to appraise students about hotel’s rooms division and its basic function.						

Course Outcomes

CO1	To understand the importance of the check-out procedure modes of settlement.
CO2	To learn foreign exchange front office accounting.
CO3	To understand the scope of foreign exchange & front office accounting.
CO4	To discuss the f & b industry and its components; explain the role of f & b service department.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Check-out procedure & Modes of Settlement	The guest departure procedure and post departure activities at front desk – guest history Card, problems during guest check out and their solutions, receiving payments/settling bills Through a) Cash b) Credit card c) Bill to company d) Travel agent voucher e) Travelers cheques.	15	CO1
2	Foreign exchange & Front office Accounting	Foreign exchange, encashment procedure authorized agencies, licenses and documents Used, different types of accounts, ledgers, folios & vouchers prepared at front desk, guest Accounting cycle.	10	CO2
3	Managing Housekeeping personnel, planning & organizing in the housekeeping department	Documents for personnel management determining staff strength – recruiting, selection, hiring orienting& training area inventory list frequency schedules performance standards productivity standards inventory levels standard operating procedures & manuals work environment safety potential hazards in housekeeping, crime prevention, key and their control, safety awareness and accident prevention.	10	CO3
4	Housekeeping budgeting contract and outsourcing	Purchasing arrangements, purchasing cycle the budget process, types of budgets operational & capital budget contracts and outsourcing, housekeeping expenses, definition, contact service in housekeeping, hiring contract providers, contract specification, pricing of contracts, advantages and disadvantages.	10	CO4

References Books:

Hotel Hostel and Hospital Housekeeping – Joan C Branson & Margaret Lennox (ELBS).

Hotel House Keeping – Sudhir Andrews Publisher: Tata Mc Graw Hill.

Hotel Housekeeping Operations & Management – Raghubalan, Oxford University Press.

Housekeeping and Front Office – Jones

e-Learning Source:

<https://www.bbcgoodfood.com/howto/guide/top-10-non-alcoholic-drinks>

<https://www.brandwatch.com/blog/the-biggest-restaurant-industry-trends/>

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2025-26							
Course Code	BHM 209P	Title of the Course	Accommodation & Front Office Operation -2 (Practical)	L	T	P	C
Year	II	Semester	IV	0	0	2	1
Pre-Requisite	None	Co-requisite	None				
Course Objectives	This module is prescribed to appraise students about the hotel’s room division and its basic function.						

Course Outcomes	
CO1	To understand the guest handling.
CO2	To understand how to settled guest account.
CO3	To know about first aid.
CO4	To learn about different types of vouchers.

Unit No.	Title of the Unit		Contact Hrs.	Mapped CO
1	Handling guest	Determining staff strength – recruiting, selection, hiring, and orienting& training, handling checkout procedure, and accepting payments. Preparation of bills,	8	CO1
2	Guest Account	Settlement of guest accounts through different modes, foreign exchange, encashment procedure, familiarization with various documents prepared at cashier's desk: Vouchers, paid outs.	7	CO2
3	First Aid	Treatment for minor and scalds unconsciousness, drunkenness, sunburn fainting shock, nose bleeding, and dressings for minor wounds and cuts.	8	CO3
4	Vouchers	Vouchers miscellaneous charge vouchers, & other documents format filling.	7	CO4

References Books:											
Hotel Hostel and Hospital Housekeeping – Joan C Branson & Margaret Lennox (ELBS).											
Hotel House Keeping – Sudhir Andrews Publisher: Tata Mc Graw Hill.											
Hotel Housekeeping Operations & Management – Raghubalan, Oxford University Press.											
Housekeeping and Front Office – Jones											
e-Learning Source:											
https://hmhub.me/role-of-housekeeping-in-guest-satisfaction-and-repeat-business/											
https://www.todayshotelier.com/2018/06/11/top-issues-and-solutions-for-your-housekeepingdepartment/											

PO-PSO	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PSO1	PSO2	PSO3	PSO4
CO											
CO1	3	3	2	3	1	3	3	3	2	3	3
CO2	3	2	3	3	2	3	2	2	3	2	3
CO3	3	3	3	2	3	3	3	3	3	3	2
CO4	3	3	2	3	2	3	2	3	3	2	3

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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Integral University, Lucknow

Effective from Session: 2024-25							
Course Code	Z040401	Title of the Course	Physical Education and Yoga	L	T	P	C
Year	II	Semester	IV	2	0	0	2
Pre-Requisite	None	Co-requisite	None				
Course Objectives	Students will learn the introduction of Physical Education, Concept of fitness and wellness, Weight management and lifestyle of an individual. The student will also learn about the relation of Yoga with mental health and value Education. In this course student will also learn about the aspects of the Traditional games of India						

Course Outcomes	
CO1	Develop an understanding of the fundamental principles of physical fitness and the role of physical education in promoting overall health and well-being
CO2	Demonstrate proficiency in performing basic yoga postures (asanas) and breathing techniques (pranayama) to enhance flexibility, strength, and mental relaxation
CO3	Analyze the benefits of physical activity and yoga in stress management, mental clarity, and emotional stability
CO4	Develop the ability to create personalized physical fitness and yoga routines tailored to individual health goals and needs

Unit No.	Title of the Unit	Contents of the Unit	Contact Hrs.	Mapped CO
1	Physical Education	Meaning, Definition, Aim and Objective, Misconception About Physical Education, Need, Importance and Scope of Physical Education in the Modern Society, Physical Education Relationship with General Education, Physical Education in India before Independence, Physical Education in India after Independence	8	CO1
2	Concept of Fitness and Wellness	Meaning, Definition and Importance of Fitness and Wellness, Components of Fitness, Factor Affecting Fitness and Wellness, Meaning and Definition of Obesity, Causes of Obesity, Management of Obesity, Health problems due to Obesity, Meaning, Definition, Importance of Lifestyle, Factor affecting Lifestyle, Role of Physical activity in the maintains of Healthy Lifestyle.	8	CO2
3	Yoga and Meditation	Historical aspect of yoga, Definition, types scopes & importance of yoga, Yoga relation with mental health and value education, Yoga relation with Physical Education and sports, Definition of Asana, differences between asana and physical exercise, Definition and classification of pranayama, Difference between pranayama and deep breathing	7	CO3
4	Traditional Games of India	Meaning, Types of Traditional Games, Gilli- Danda, Kanche, Stapu, Gutte, etc, Importance/ Benefits of Traditional Games, How to Design Traditional Games, Meaning, Definition of Recreation, Scope and Importance of Recreation, Scope and Importance of Recreation, Types of Recreational Activities, Aerobics and Zumba.(Fir India Movement)	7	CO4

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Panday, Preeti, Sharirik Shiksha Sankalan, "Khel Sanskriti Prakashan, Kanpur

Kamlesh M.L., "Physical Education, Facts and foundations", Faridabad P.B. Publications

B.K.S. Yengar, "Light and Yog. Yoga Deepika", George Allen of Unwin Ltd., London, 1981

e-Learning Source:

IGNOU

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

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

Name & Sign of Program Coordinator	Sign & Seal of HoD
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