

Shree Manibhai Virani and Smt. Navalben Virani Science College (Autonomous), Rajkot

Affiliated to Saurashtra University, Rajkot

Syllabi for Part – II Trans Disciplinary Courses

Offering Department : Department of Biochemistry

Trans disciplinary Elective (TDE)		
For the students admitted from A.Y. 2021-2022 & onwards		
Offering Department: Biochemistry	Offered to: All other departments	
Semester – IV		
Course Code	Course Title (Adv)	Course Credit and Hours
21UBCGE01	Lifestyle Disorders	2 Credit - 2 hrs / wk

Course Description: The course will enhance their knowledge and skills towards management of their own lifestyle and that of others in their contact by addressing risk factors such as unhealthy diet, physical inactivity, stress, abuse of tobacco and alcohol towards achieving healthy approach to life.

Course Purpose: Changes in lifestyles during recent decades have an important role in emerging non-communicable diseases. Lifestyle diseases are different from other diseases because they are potentially preventable with changes in diet, lifestyle and environment. It has been demonstrated that changes in our lifestyle and management of stress has a major impact in reducing the rates of lifestyle diseases, often in a relatively short time.

Course Outcomes: Upon completion of this course,		
CO No.	CO Statement	Blooms taxonomy Level (K₁ to K₆)
CO ₁	Gain insights about the current lifestyle as a	K1, K2, K3

	consequence of industrialization	
CO ₂	Understand global scenario on sedentary lifestyle nutrition	K1, K2,
CO ₃	Gain knowledge about cardiovascular system , gastro-intestinal tract and associated disorders	K1, K2,
CO ₄	Have basic understanding of the pathophysiology of addictions (alcohol, smoking, drugs)	K1, K2,
CO ₅	Understand the socio-economic implications associated with alcohol and drug abuse	K1, K2

Course Content	Hours
Unit 1 Life style and Dietary habits:	5 hrs
<ul style="list-style-type: none"> • Different areas under Health Lifestyle • Wellness and Fitness • Food groups and Balanced diets • Lifestyle changes- circadian rhythm • Dietary changes- eating out; fast & Junk foods 	
Unit 2: Social habits and Wellness	5 hrs
Causes, Parameters and Prevention through dietary and lifestyle modifications <ul style="list-style-type: none"> • Smoking, • Alcoholism • Drug dependence 	
Unit 3: Life Style Disorders	4 hrs
Causes, Parameters and Prevention through dietary and lifestyle modifications <ul style="list-style-type: none"> • Obesity • Hypertension 	
Unit 4: Metabolic Disorders	5 hrs
Causes, Parameters and Prevention through dietary and lifestyle modifications <ul style="list-style-type: none"> • Diabetes, • Hypercholesterolaemia 	
Unit- 5: Common ailments	5 hrs
Etiological factors, prevention and treatment of <ul style="list-style-type: none"> • GIT disorders- Acidity. Gastritis, Ulcer, Amoebiasis, diarrhoea, Constipation • Common ailment- cold, cough, fevers 	

<ul style="list-style-type: none"> Common deficiency diseases – anaemia, Vitamin D and Vitamin B12 disorders. 	
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Text books:
<ol style="list-style-type: none"> Campbell, N. A., & Reece, J. B. (2016). <i>Campbell biology: Concepts & connections</i>. Boston: Pearson (Unit 4 and 5) Deb, A. C. (2006). <i>Fundamentals of biochemistry</i>. Calcutta, India: New Central Book Agency. (Unit 1,2 and 3)
Reference books:
<ol style="list-style-type: none"> Nelson, D. L., Cox, M. M., & Lehninger, A. L. (2013) 6th ed., <i>Lehninger principles of biochemistry</i> Freeman and Company (New York). Berg, J. M., Tymoczko, J. L., & Stryer, L (2012) ,<i>Biochemistry</i> , 7th ed., W.H. Freeman and Company (New York). Garrett, R. H., & Grisham, C. M. (2013). <i>Biochemistry</i>. Belmont, CA: Brooks/Cole, Cengage Learning.
Pedagogic tools:
<ul style="list-style-type: none"> Chalk and Board Power point presentation Seminar Videos

Methods of Assessment & Tools:

100% CIA

Components of CIA:

S.N .	Component	Content	Duration if any	Marks	Sub Total
	Test-I	1 st &2 nd unit	1 hrs.	20 (set of 20 marks Objective)	
1.	Test-II	All 5 units	3 hrs.	70 (set of 70 marks) Question	90 Marks
				Paper Pattern enclosed in Annexure-I	

2.	Assignment-I		5 (marks on 20)		10
	Assignment-II		5 (marks on 20)		Marks
Total					100 Marks

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Question Paper Pattern - Test-II - Generic Elective Courses-UG Programmes

For Students admitted from 2021-2022 onwards

Duration of Examination: **3 Hrs.**

Max. Marks: **70**

Part A (45 Questions X 1 Mark = 45 Marks)

Answer **ALL** questions

1.



45.

Part B (5 Questions X 5 Marks = 25 Marks)

Answer **ALL** questions

46a.

OR

46b.



50a.

OR

50b.
