



A.D.M College For Women (Autonomous)

Nationally Accredited with 'A' by NAAC (Cycle-IV)
Nagapattinam -611 001
TamilNadu.



DEPARTMENT OF HISTORY EXTRA CREDIT COURSE

2022-2023



A.D.M.College for Women (Autonomous)

Affiliated to Bharathidasan University, Tiruchirappalli
Nationally Accredited with 'A' Grade by NAAC-4th Cycle
Nagapattinam

**Department of History
organize a
Extra Credit Course
on**

HUMAN RIGHTS I

COURSE DURATION 30 HOURS

2022-2023

Semester-I /ExtraCreditCourse		Human Rights I	Course Code
Instruction Hours 3		Credits 2	Exam Hours 3
Internal Marks -25		External Marks-75	Total Marks 100
Cognitive Level	K-1 Acquire/Remember K - 2 Understand K - 3 Apply K - 4 Analyze K-5 Evaluate K-6 Create		
Course objectives	The Course aims <ul style="list-style-type: none"> • To understand the concept of Human Rights. • To aware of UDHR. • To know about the role of NGO's • To enlighten the Special Law for the Protection of women. • To Study the Champions of Human Rights. 		
UNIT	CONTENT		HOURS
Unit I	Definition – Characteristics – Classifications - Historical Background.		9
Unit II	Universal Declaration of Human Rights – International Covenant on Civil and Political Rights – International Covenant on Economic, Social and Cultural Rights.		9
Unit III	Role of NGO's Amnesty International – International Court of Justice – Asia Watch.		9
Unit IV	Current issues in India Child Labor – Women's Rights – Female Infanticide.		9
Unit V	Champions of Human Rights Mahatma Gandhi.	Nelson Mandela – Dr. Ambedkar –	9

Text Books

1. Jeyabalan - Human Rights, Atlantic Publisher, New Delhi – 2000.
2. Sharma N.R. - Human Rights in World, Pointer Publishers, Jaipur.

Reference Books

1. KantaRahman- Human Rights Concepts and Issues, Common Wealth
Publisher, New Delhi – 2004.Refrenc **BO**
2. Raju M.V. - Human Rights Today & Tomorrow Swastik Publication,
New Delhi – 110094, Edition – 2010.

e- Resources

www.equalityhumanrights.co

mwww.un.org

Course Outcomes

On completion of the course the learner will be able to

CO 1	OnCompletionoftheCoursetheStudentswillbeabletounderstandtheHistor y of Human Rights as a Concept.
CO2	ConceptualizeimplementationofInternationalcovenantonEconomicSocial and Cultural Rights
CO3	Gain knowledge on NGO's and Protection of Human Rights
CO4	Gain knowledge on Human Rights Problems
CO5	Analyze the role of great Champions of Human Rights

S.NO	REG. NO	NAME	TITLE OF THE COURSE
1	22UE003	NISHANTHI K	Human Rights I
2	22UE006	NIRANJAMMAL L	Human Rights I
3	22UE007	THULASIMA .B	Human Rights I
4	22UE008	ARULJOTHI V	Human Rights I
5	22UE009	DHARSHINI K	Human Rights I
6	22UE011	ELAKKIYA S	Human Rights I
7	22UE013	SANTHANALAKSHMI .V	Human Rights I
8	22UE015	NITHISHA G	Human Rights I
9	22UE016	KEERTHIKA M	Human Rights I
10	22UE020	DURGA S	Human Rights I
11	22UE021	PERIYANAYAGI.S	Human Rights I
12	22UE023	YUGAPRIYA.K	Human Rights I
13	22UE025	GOWSHIKA.S	Human Rights I
14	22UE029	AARTHI.P	Human Rights I
15	22UE036	VASANTHA KUMARI.R	Human Rights I
16	22UE037	BHAVANI.M	Human Rights I
17	22UE042	DIVYA V	Human Rights I
18	22UCH016	JENSI R	Human Rights I
19	22UCH019	KARTHIKA M	Human Rights I
20	22UCH021	SHALINI K	Human Rights I
21	22UCH028	AGALYA R	Human Rights I
22	22UCH039	KAVIYA C	Human Rights I
23	22UCH040	NANDHINI J	Human Rights I
24	22UCH041	KAMALI R	Human Rights I
25	22UCH043	KAVIYA MEENA.K	Human Rights I
26	22UCS119	VAISHNAVI U	Human Rights I
27	22UBA138	SAHANA .V	Human Rights I
28	22UTA110	MAMTHA . E	Human Rights I
29	22UTA115	SATHANA . R	Human Rights I
30	22UTA116	AMUTHA . R	Human Rights I
31	22UTA118	SIVASAKTHI . S	Human Rights I
32	22UTA119	AMARAVATHI . S	Human Rights I

33	22UTA120	ELAKKIYA . P	Human Rights I
34	22UTA121	THIRISHA . A	Human Rights I
35	22UTA129	KEERTHIKA . E	Human Rights I
36	22UEN106	PRIYANKA.A	Human Rights I
37	22UEN107	SUBHASHINI.R	Human Rights I
38	22UEN108	MUTHULAKSHMI.G	Human Rights I
39	22UEN115	SRINIDHILS	Human Rights I
40	22UEN116	RAJESWARI.K	Human Rights I
41	22UCH002	A. VAISHNAVI	Human Rights I



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Nagapattinam

DEPARTMENT OF HISTORY

ORGANIZE A

EXTRA CREDIT COURSE

ON

HUMAN RIGHTS II

COURSE DURATION 30 HOURS

2022-2023

EXTRA CREDIT COURSE
EVENSEMESTER-2022-2023

Semester-II /ExtraCreditCourse		Human Rights II	Course Code
Instruction Hours 3		Credits 2	Exam Hours 3
Internal Marks -25		External Marks-75	Total Marks 100
Cognitive Level	K-1 Acquire/Remember K - 2 Understand K - 3 Apply K - 4 Analyze K-5 Evaluate K-6 Create		
Course objectives	The Course aims <ul style="list-style-type: none"> • To understand theTheories of Human Rights • To know the protection of Human Rights. • To study the Human Rights Mechanism. • To aware of Fundamental Rights. • To Understand the Provision of Indian Constitution. 		
UNIT	CONTENT		HOURS
Unit I	Theories of Human Rights Natural and Legal.		9
Unit II	ProtectionofHumanRights	HumanRightsProtectionActof1993- Consumer Protection Act.	9
Unit III	NationalandStateHumanRightCommissionsinIndia- NationalCommission for Women.		9
Unit IV	HumanRightsinIndiaFundamentalRights-RighttoEqualityandLiberty.		9
Unit V	Directive Principles of State Policy - Fundamental Duties		9

Text Books

1. Jeyabalan - Human Rights, Atlantic Publisher, New Delhi – 2000.
2. Sharma N.R. - Human Rights in World, Pointer Publishers, Jaipur.

Reference Books

1. KantaRahman- Human Rights Concepts and Issues, Common Wealth
**Publisher, New Delhi –
2004.Refrencce BO**
2. Raju M.V. - Human Rights Today & Tomorrow Swastik Publication,
New Delhi – 110094, Edition – 2010.

e- Resources

www.equalityhumanrights.co

mwww.un.org

Course Outcomes

On completion of the course the learner will be able to

CO 1	OnCompletionoftheCoursetheStudentswillbeabletounderstandtheTheories of Human Rights.
CO2	Gain the Knowledge on Human Rights Acts
CO3	To realize human Rights Mechanism
CO4	To Earn knowledge on Fundamental Rights
CO5	Acquire Knowledge on Provisions on Indian Constitution

S.NO	REG. NO	NAME	TITLE OF THE COURSE
1	22UE003	NISHANTHI K	Human Rights I
2	22UE006	NIRANJAMMAL L	Human Rights I
3	22UE007	THULASIMA .B	Human Rights I
4	22UE008	ARULJOTHI V	Human Rights I
5	22UE009	DHARSHINI K	Human Rights I
6	22UE011	ELAKKIYA S	Human Rights I
7	22UE013	SANTHANALAKSHMI .V	Human Rights I
8	22UE015	NITHISHA G	Human Rights I
9	22UE016	KEERTHIKA M	Human Rights I
10	22UE020	DURGA S	Human Rights I
11	22UE021	PERIYANAYAGI.S	Human Rights I
12	22UE023	YUGAPRIYA.K	Human Rights I
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14	22UE029	AARTHI.P	Human Rights I
15	22UE036	VASANTHA KUMARI.R	Human Rights I
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17	22UE042	DIVYA V	Human Rights I
18	22UCH016	JENSI R	Human Rights I
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38	22UEN108	MUTHULAKSHMI.G	Human Rights I
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PG & RESEARCH DEPARTMENT OF ECONOMICS

EXTRA CREDIT COURSE

2022-2023



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Nagapattinam

**PG & Research Department of
Economics**

organize a
Extra Credit Course

on

WOMEN EMPOWERMENT – I

COURSE DURATION 30 HOURS

2022-2023

EXTRA CREDIT COURSE
WOMEN EMPOWERMENT – I

Unit 1

Women Empowerment: Meaning, concept, nature, objectives & target of women empowerment

Unit 2

Determinants of women empowerment: Education, health, social life and economic status.

Unit 3

Efforts for women empowerment: main problem of Indian women, suggestions for solving the women's problem.

Unit 4

Women Entrepreneurship: Concept, meaning, importance, entrepreneurial traits, factors contributing to women entrepreneurship progress and problems of women entrepreneur.

Unit 5

Development of mother child health programmes, family planning, integrated health programmes, rural health & hygiene network.

Text Books:

1. Buri LS: Status of Women in India, Yojana Vol. 33 No.12. July 1990
2. Gupta, Rakesh: Empowerment of Women, towards a discussion, mainstream, Vol. XXXV No.: 27, June 1997

Reference:

1. Razia Parvin M, Empowerment of Women, Strategies and Systems for Gender Justice, Dominant Publishers New Delhi 2005
2. Kumar Arun, Empowering Women Sarup and Sons, New Delhi 2002.

Reference Book

1. Roy Ashine 2003 Women Empowerment and Gender Planning Rajat Publications, New Delhi.

Students Name List

S.NO	Reg.No	Name
1.	22UH001	Thoufia Thasleema.M
2.	22UH007	K.Thrisha
3.	22UH015	N.Nisha
4.	22UH027	M.Farisha Nasreen
5.	22UH029	R.Jothi
6.	22UC011	M.Abinaya
7.	22UEN102	M.Imaraana Farvin
8.	22UEN105	M.Arthi
9.	22UEN114	S.Afeefa
10.	22UH038	S.Varshini
11.	22UH014	S.Asin
12.	22UH037	Medolin Elisha

EXTRA CREDIT COURSE-I

S.NO	DATE	NAME OF THE STAFF	TOPIC
1	3.09.2022	Dr.S.Rajeswari	Nature and concept of women Empowerment
2	3.09.2022	Dr.V.VIJI	Introduction of Empowerment
3	10.09.2022	Mrs.P.Kavitha	Main problems of Indian Women
4	10.09.2022	Mrs.D.Savithiri	Development of child health programme
5	8.10.2022	Dr.R.Kasthuri	Determinants of women Empowerment
6	8.10.2022	Dr.S.Usha rani	Development of mother child health
7	15.10.2022	Dr.R.L.Poonguzhali	Problems of women Entrepreneur
8	15.10.2022	Dr.P.Sujatha	Importance of women Empowerment
9	29.10.2022	Mrs.P.Kavitha	Suggestions for solving the women problem
10	29.10.2022	Dr.S.Usha rani	Development of rural health programme
11	5.11.2022	Dr.S.Rajeswari	Empowerment dimensions
12	5.11.2022	Dr.V.VIJI	Empowerment Education



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Economics
organize a
Extra Credit Course
on**

WOMEN EMPOWERMENT – II

COURSE DURATION 30 HOURS

2022-2023

PG & RESEARCH DEPARTMENT OF ECONOMICS
EXTRA CREDIT COURSE
WOMEN EMPOWERMENT – II

Unit 1

Role and Organization of National Commission for Women, Central Social Welfare Board, State Social Welfare Board for Women Empowerment.

Unit 2

Women work participation in organized & unorganized sector in urban and rural perspectives.

Unit 3

Central & State Government Policies of women regarding – economical development and social security for working women.

Unit 4

Problems and issues of women empowerment: Socio cultural, gender bias, form and nature of women exploitation.

Unit 5

Working women in India: Characteristics of working women, problems of working women, impact of globalization on working women, guidelines of high court. Women property rights, women reservation bill, women and human rights.

Text Books:

1. Buri LS: Status of Women in India, Yojana Vol. 33 No.12. July 1990
2. Gupta, Rakesh: Empowerment of Women, towards a discussion, mainstream, Vol. XXXV No.: 27, June 1997.

Reference Books:

1. Razia Parvin M, Empowerment of Women, Strategies and Systems for Gender Justice, Dominant Publishers New Delhi 2005
2. Kumar Arun, Empowering Women Sarup and Sons, New Delhi 2002.

Reference Book

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Students Name List

S.NO	Reg.No	Name
1.	22UH001	Thoufia Thasleema.M
2.	22UH007	K.Thrisha
3.	22UH015	N.Nisha
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5.	22UH029	R.Jothi
6.	22UC011	M.Abinaya
7.	22UEN102	M.Imaraana Farvin
8.	22UEN105	M.Arthi
9.	22UEN114	S.Afeefa
10.	22UH038	S.Varshini
11.	22UH014	S.Asin
12.	22UH037	Medolin Elisha

PG & RESEARCH DEPARTMENT OF ECONOMICS

EXTRA CREDIT COURSE-II

S.NO	DATE	NAME OF THE STAFF	TOPIC
1	22.12.2023	Dr.S.Rajeswari	National policy for women
2	23.12.2023	Dr.V.VIJI	Organised and unorganized sector
3	30.12.2023	Mrs.P.Kavitha	Social welfare
4	2.01.2023	Mrs.D.Savithiri	Women Exploitation
5	10.01.2023	Dr.R.Kasthuri	Functional of National Commission
6	11.01.2023	Dr.S.Usha rani	Objective of central social welfare
7	21.01.2023	Dr.R.L.Poonguzhali	Women Empowerment in India
8	28.01.2023	Dr.P.Sujatha	Problems of Working in India
9	30.01.2023	Mrs.P.Kavitha	Characteristics of working in India
10	6.02.2023	Mrs.D.Savithiri	Government schemes for Women Empowerment
11	7.02.2023	Dr.S.Rajeswari	National commission for women Act 1990

12	21.02.2023	Dr.V.VIJI	Impact of Globalization of Women
13	28.02.2023	Mrs.P.Kavitha	Importance of Women property rights
14	1.0.2023	Dr.P.Sujatha	National Commission for Women Empowerment
15	8.03.2023	Dr.R.Kasthuri	Relationship between social Economic development
16	9.03.2023	Dr.S.Usha rani	Problems and issues of social cultural of Women Empowerment
17	15.03.2023	Dr.R.L.Poonguzhali	Women Empowerment policy 2001
18	16.03.2023	Dr.S.Rajeswari	Women And Political Participation
19	23.03.2023	Dr.V.VIJI	Importance of Women Empowerment
20	24.03.2023	Mrs.P.Kavitha	Challenges and facing women in India
21	30.03.2023	Dr.R.L.Poonguzhali	Women Work Force Participation
22	1.04.2023	Dr.R.Kasthuri	Nature of Women Empowerment
23	3.04.2023	Dr.S.Usha rani	Components of Women
24	5.042023	Dr.R.L.Poonguzhali	Gender Bias
25	6.04.2023	Dr.P.Sujatha	Women Empowerment



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PG & RESEARCH DEPARTMENT OF MATHEMATICS

EXTRA CREDIT COURSE DETAILS 2022-2023

S.No	SEMESTER	STUDENTS STRENGTH	TYPE OF COURSE
1.	I	09	PROBLEM SOLVING SKILLS - I
2.	II	09	PROBLEM SOLVING SKILLS - II



A.D.M.COLLEGE FOR WOMEN
(AUTONOMOUS)
AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI
(NATIONALLY ACCREDITED WITH 'A' GRADE BY NAAC-4TH CYCLE)
NAGAPATTINAM

**PG & Research Department of
Mathematics
organize a
Extra Credit Course
on**

PROBLEM SOLVING SKILLS - I

COURSE DURATION 30 HOURS

2022-2023

2022-2023(ODD SEMESTER)

SEMESTER I

EXTRA CREDIT COURSE I - PROBLEM SOLVING SKILLS I

Internal:25

Total Instruction Hours: 30

External:75

Credit: 2

Exam Hours: 3

Course Objectives :

- To improve the basic mathematical skills.
- To solve the problems using Short cut methods.
- To solve Mathematical problems in Competitive Examinations.
- To solve problems fast in less time
- To acquire the knowledge on percentage, Profit- Loss problems

UNIT - I: NUMBER SYSTEMS

Rules of Divisibility – Algebraic Principals – Laws of Indices – Recurring Decimal- Square Root- Solved Examples **(Chapter 1)**

UNIT - II: H.C.F and L.C.M

Factors – Highest Common Factor – Lowest Common Multiple- LCM and HCF of Fractions – Exercises **(Chapter II)**

UNIT - III: SIMPLIFICATION

Simple Four Rule – Bodmas Rule – Ratio and Proportion – Exercises **(Chapter III)**

UNIT- IV: PERCENTAGE

Percentage – Examples - Exercise Problems. **(Chapter IV)**

UNIT- V: PROFIT AND LOSS

Profit and Loss – Examples – Exercise Problems **(Chapter V)**

TEXT BOOK:

Dr.A.M.Malhotra, and P.S Bright, Bright's Quantitative Aptitude kit, Competition Refresher, Brights Career Institute, Nai Sarak, Globe Offset Press, New Delhi..

REFERENCES:

1. R.S. Aggarwal, Quantitative Aptitude for Competitive Examinations(Fully Solved), S.Chand and Company Limited, New Delhi, 2006.

Course Outcomes:

On completion of the course, the learners will be able to

1. Gain knowledge in Problem solving Skills
2. solve problems using Short cut methods
3. solve problems in less time
4. clear competitive Examinations
5. understand profit- loss problems

Extra Credit Course – I (2022-2023)**Problem Solving Skills I****Students Name List**

S.No.	Reg. No.	Name
1.	22UTA103	R.FALCIYA
2.	22UTA106	R.DHANUSHRI
3.	22UTA123	K.AKALYA
4.	22UTA127	P.PRIYADHARSHINI
5.	22UC003	M.A.SULTANA HAFIA
6.	22UC038	M.SANDHIYA
7.	22UC047	R.HEMALATHA
8.	22UC048	A.ROSHINI
9.	22UCA104	G.SALMATHUL SHAFANA

Extra Credit Course - I
Problem Solving Skills - I
From 24.09.2022 to 28.11.2022

S.No	Date	Hour	Name of the Staff Incharge	Work Done
1.	24.09.2022	3.00 p.m -5p.m (2 Hours)	Dr.G.Sudha Dr.P.Jamuna Devi	Rules of Divisibility
2.	08.10.2022	3.00 p.m -5p.m (2 Hours)	Assistant Professors of Mathematics	Algebraic Principals , Laws of Indices,
3.	29.10.2022	3.00 p.m -5p.m (3 Hours)		Recurring Decimal, Square Root- Solved Examples
4.	05.11.2022	3.00pam -5.00 pm (2 Hour)		H.C.F and L.C.M Factors
5.	07.11.2022	09.00 am - 10.00 am 4.00 p.m - 5.00p.m (2 Hours)		Highest Common Factor , Lowest Common Multiple
6.	08.11.2022	09.00 am - 10.00 am 4.00 p.m - 5.00p.m (2 Hours)		LCM and HCF of Fractions, Exercises
7.	08.10.2022	10.00 am - 1.00 pm (3 Hours)		SIMPLIFICATION Simple Four Rule - Division and Subtraction Rule
8.	23.11.2022	10.00 am -1 1.00 am 11.00 am-12.00pm (2 Hours)		Multiplication and Addition rule
9.	24.11.2022	10.00 am - 11.00 am 11.00 am-12.00pm (2 Hours)		Ratio and Proportion , Exercises
10.	25.11.2022	10.00 am - 11.00 am		PERCENTAGE

		11.00 am-12.00pm 12.00 p.m- 1.00pm 2.00pm-3.00pm 3.00pm- 4.00pm (5 Hours)		Percentage- Examples
11.	26.11.2022	10.00 am – 11.00 am 11.00 am-12.00pm 12.00 p.m- 1.00pm (3Hours)		Percentage- Exercise Problems PROFIT AND LOSS Examples
12.	28.11.2022	10.00 am – 11.00 am 11.00am-12.00pm 2.00pm-3.00pm 3.00pm-4.00pm (4 Hours)		Profit and Loss- Exercise Problems

Total Hours: 30



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Nagapattinam

**PG & Research Department
of Mathematics**

organize a
Extra Credit Course
on

PROBLEM SOLVING SKILLS – II

COURSE DURATION 30 HOURS

2022-2023

SEMESTER II

EXTRA CREDIT COURSE II – PROBLEM SOLVING SKILLS II

Internal:25

Total Instruction Hours: 30

External:75

Credit: 2

Exam Hours: 3

Course Objectives :

- To solve the problems on Ratio and Proportion.
- To solve the problems on Time, Work and Wages.
- To study the concept of Distance and Speed.
- To know about Area and Volume.
- To gain the knowledge about Simple Interest and Compound Interest.

UNIT - I: RATIO AND PROPORTION

Ratio and Proportion- Examples – Exercise Problems. **(Chapter VI)**

UNIT - II: TIME, WORK AND WAGES

Time, work and Wages - Examples – Exercise Problems. **(Chapter XI)**

UNIT - III: TIME, DISTANCE, SPEED

Time, Distance and Speed -Examples - Exercise Problems **(Chapter XII)**

UNIT - IV: MENSURATION

Area – Surface Area and Volume -Examples. **(Chapter - XIV)**

UNIT - V: SIMPLE INTEREST, COMPOUND INTEREST

Simple Interest and Compound Interest - Examples - Exercise Problems.
(Chapter XV & XVI)

TEXT BOOK:

Dr.A.M.Malhotra, and P.S Bright, Bright's Quantitative Aptitude kit, Competition Refresher, Brights Career Institute, Nai Sarak, Globe Offset Press, New Delhi..

REFERENCES:

1. R.S. Aggarwal, Quantitative Aptitude for Competitive Examinations(Fully Solved), S.Chand and Company Limited, New Delhi, 2006.

Course Outcomes:

On completion of the course, the learners will be able to

1. Gain knowledge in Problem solving Skills
2. solve problems using Short cut methods
3. solve problems in less time
4. clear competitive Examinations
5. solve Time, speed, Interest calculating problems

Extra Credit Course - II (2022-2023)**Problem Solving Skills II****Students Name List**

S.No.	Reg. No.	Name
1.	22UTA103	R.FALCIYA
2.	22UTA106	R.DHANUSHRI
3.	22UTA123	K.AKALYA
4.	22UTA127	P.PRIYADHARSHINI
5.	22UC003	M.A.SULTANA HAFIA
6.	22UC038	M.SANDHIYA
7.	22UC047	R.HEMALATHA
8.	22UC048	A.ROSHINI
9.	22UCA104	G.SALMATHUL SHAFANA

Extra Credit Course – II
Problem Solving Skills- II
22.12.2022 to 06.04.2023

S.No	Date	Hour	Work Done
1.	22.12.2022	3pm to 4 pm (1 hour)	Unit –I – Ratio & Proportion Ratio – Example Problems
2.	23.12.2022	3pm to 4 pm (1 hour)	Ratio - Exercise Problems
3.	30.12.2022	3pm to 4 pm (1 hour)	Proportion - Example Problems
4.	02.01.2023	3pm to 4 pm (1 hour)	Proportion - Exercise Problems
5.	10.01.2023	3pm to 4 pm (1 hour)	Unit – I -Revision
6.	11.01.2023	3pm to 4 pm (1 hour)	Unit-II – Time, Work & Wages Problems on Time – Examples Problems
7.	20.01.2023	3pm to 4 pm (1 hour)	Problems on Time – Exercise Problems
8.	21.01.2023	3pm to 4 pm (1 hour)	Problems on Work and Wages – Example Problems
9.	28.01.2023	3pm to 4 pm (1 hour)	Problems on Work and Wages – Exercise Problems
10.	30.01.2023	3pm to 4 pm (1 hour)	Unit –II - Revision
11.	06.02.2023	3pm to 4 pm (1 hour)	Unit- III – Time, Distance & Speed
12.	07.02.2023	3pm to 4 pm (1 hour)	Time – Example & Exercise Problems
13.	27.02.2023	3pm to 4 pm (1 hour)	Distance –Example& Exercise problems
14.	28.02.2023	3pm to 4 pm (1 hour)	Speed – Example & Exercise problems
15.	01.03.2023	3pm to 4 pm (1 hour)	Revision – Unit III
16.	08.03.2023	3pm to 4 pm (1 hour)	Unit- IV-Mensuration Problems on Area - Examples
17.	09.03.2023	3pm to 4 pm (1 hour)	Problems on Surface Area – Examples & Exercise
18.	15..03.2023	3.00pm to 5.00 pm	Problems on Volume - Example &

		(2 hours)	Exercise problems
19.	16.03.2023	3pm to 4 pm (1 hour)	Revision – Unit IV
20.	23.03.2023	3pm to 5 pm (2 hours)	Unit – V- S.I & C.I Simple Interest – Example problems
21.	29.03.2023	3 pm to 4 pm (1 hour)	Simple Interest - Exercise Problems
22.	30.03.2023	3 pm to 4 pm (1 hour)	Simple Interest - Exercise Problems
23.	31.03.2023	3 pm to 4 pm (1 hour)	Compound Interest - Example Problems
24.	01.04.2023	3 pm to 4 pm (1 hour)	Compound Interest - Example Problems
25.	03.04.2023	3 pm to 4 pm (1 hour)	Compound Interest – Exercise Problems
26.	05.04.2023	3 pm to 4 pm (1 hour)	Compound Interest – Exercise Problems
27.	06.04.2023	3 pm to 4 pm (1 hour)	Revision- Unit V

TOTAL HOURS: 30

Name of the Staff handled the subject:

Dr.G.Sudha

Dr.P.Jamuna Devi

Assistant Professors of Mathematics



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PG & RESEARCH DEPARTMENT OF ZOOLOGY

Extra Credit Course – 2022-2023

S.No	Year	Sem	Name of the Course	Class	No. of student	Duration of the course
1	2022-2023	I	Community Medicine – I	I BA History I BA English IB.Sc Biochemistry IBSc Computer Application	1 3 7 3	30 Hrs
		II	Community Medicine – II	I BA History I BA English IB.Sc Biochemistry IBSc Computer Application	1 3 7 3	30 Hrs



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Nagapattinam

**PG & Research Department
of Zoology
organize a
Extra Credit Course
on**

COMMUNITY MEDICINE – I

COURSE DURATION 30 HOURS

2022-2023

I UG - I Semester - 2021-2022

Extra Credit Course

Paper Title: COMMUNITY MEDICINE-I

Internal: 25

External:75

Credit:2

Inst.Hrs.:30

Unit I

6 hours

Small Pox. Chicken Pox. Measles. Mumps. Rubella. Diphtheria, COVID - infectious agents –Sign and symptoms -Prevention and Control.

Unit - II

6 hours

Poliomyelitis. Hepatitis. Food Poisoning. Cholera. Amoebiasis, Worm Infestations- infectious agents –Sign and symptoms -Prevention and Control.

Unit -III

6 hours

AIDS, Sexually Transmitted Diseases(STDs), Leprosy, Tetanus, infectious agents –Sign and symptoms -Prevention and Control.

Unit-IV

6 hours

Malaria, Filariasis, Dengue, Chikungunya - infectious agents –Sign and symptoms -Prevention and Control

Unit - V

6 hours

Microscopy method -wet mount-Gram stain-Acid fast stain; culture method – Immunological test: Agglutination, Enzyme immuno assay, western blot, precipitation test – Nucleic acid based identification method.

Recommended Text Book:

1. Self Assessment and review infectious diseases – Pankaj Gupta – Published by Jaypee Brothers Medical – New Delhi – ISBN 13 9788189581299- 2007

References:

1. Communicable disease control and health protection hand book – Jeremy Hawaker and Norman Begg – Published by John Wiley- Edition IV – 2013.

Student Name list

S.No	Reg.No	Name
1.	22UHO22	A.K.Rindhiya
2.	22UE004	T.Fairose
3.	22UE030	E.Jayashri
4.	22UE038	S.Ayshan Farveen
5.	22UB102	R.Fadheelah
6.	22UB105	B.Tamilselvi
7.	22UB111	K.Navreen namira
8.	22UB114	J.Dharsha
9.	22UB115	P.Harini
10.	22UB121	S.Veerakumari
11.	22UB124	V.Sowmiya
12.	22UCA102	S.Abinaya
13.	22UCA109	S.Shreen shifaya
14.	22UCA124	R.Umamaheswari

Portions covered

S.No	Date	Portion handled	Staff
1.	24.9.22	AIDS,	Dr.M.Rajeswary
2.		Small Pox. And Chicken Pox.	Dr.Madhuramozhi Govindarajalu
3.	8.10.22	Mumps and Measles	Dr.Madhuramozhi Govindarajalu
4.		Sexually Transmitted Diseases(STDs)	Dr.M.Rajeswary
5.	15.10.22	Rubella	Dr.Madhuramozhi Govindarajalu
6.		Diphtheria,	Dr.Madhuramozhi Govindarajalu
7.	29.10.22	Microscopy method -wet mount	Dr.K.G.selvi
8.		COVID - infectious agents -Sign and symptoms - Prevention and Control	Dr.Madhuramozhi Govindarajalu
9.	3.11.22	Poliomyelitis.	Dr.Madhuramozhi Govindarajalu
10.	5.11.22	Leprosy	Dr.M.Rajeswary
11.		Gram stain	Dr.K.G.selvi
12.	7.11.22	Hepatitis. Food Poisoning	Dr.Madhuramozhi Govindarajalu
13.	8.11.22		Dr.Madhuramozhi Govindarajalu

14.	9.11.22	Tetanus,	Dr.M.Rajeswary
15.	10.11.22	Acid fast stain	Dr.K.G.selvi
16.	14.11.22	Cholera	Dr.Madhuramozhi Govindarajalu
17.		Infectious agents	Dr.M.Rajeswary
18.	15.11.22	Prevention and Control.	Dr.M.Rajeswary
19.		Culture method	Dr.K.G.selvi
20.	16.11.22	Amoebiasis, Worm Infestations	Dr.Madhuramozhi Govindarajalu
21.		Malaria,	Dr.M.Rajeswary
22.	17.11.22	Filaria,	Dr.M.Rajeswary
23.		Immunological test	Dr.K.G.selvi
24.	18.11.22	infectious agents	Dr.Madhuramozhi Govindarajalu
25.	22.11.22	Dengue	Dr.M.Rajeswary
26.		Chikungunya	Dr.M.Rajeswary
27.	23.11.22	Agglutination, Enzyme immunorbent	Dr.K.G.selvi
28.		Prevention and Control Of disease	Dr.Madhuramozhi Govindarajalu
29.	24.11.22	infectious agents	Dr.M.Rajeswary
30.		Sign and symptoms, Prevention and Control of disease	Dr.M.Rajeswary



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Nagapattinam

**PG & Research Department
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organize a
Extra Credit Course
on

COMMUNITY MEDICINE – II

COURSE DURATION 30 HOURS

2022-2023

I UG -II Semester - 2022-2023

Extra Credit Course

Paper Title: COMMUNITY MEDICINE-II

Internal: 25

Credit:2

External:75

Inst.Hrs.:30

Unit-I

6 hours

Key facts of non-communicable disease (NCD)-Risk of NCD s - Risk factors: Behavioral and metabolic - Socioeconomic impact of NCDs – Prevention and control of NCDs – Global status of NCDs – WHO response and role.

Unit-II

6 hours

Definition – Categories – Rheumatic heart disease – Hypertensive heart disease – Ischaemic heart disease – Pulmonary heart disease – Congenital heart Disease – Prevention & treatment

Unit-III

6 hours

Definition – Types: Type1 diabetes, Type2 diabetes, Prediabetes and Gestational diabetes – Risk factors – complications of diabetes - symptoms of diabetes - Diagnosis & Treatment .

Unit-IV

6 hours

Characteristics –cancer categories: Carcinoma, Sarcoma, Myeloma, Leukemia and Lymphoma. cancer Types: Laryngeal cancer, Mouth cancer, Oropharyngeal cancer, Oesophageal cancer, Breast cancer, Liver cancer, Bowel cancer – Diagnosis & Treatment

Unit-V

6 hours

Fertility – Contraception – Family Planning

Recommended Text Book:

1. A Text Book on prevention of non communicable diseases –Dr.Ankush Jagota & Dr Charu Supriya – Published Notion Press – ISBN 9781646615995 – Edition I 2019.

References:

1. Public Health approaches to non communicable disease –Thakur- Published by Wolters kluwer India pvt ltd – ISBN 9789351294412- Edition I 2015

Student Name list

S.No	Reg.No	Name
1.	22UHO22	A.K.Rindhiya
2.	22UE004	T.Fairose
3.	22UE030	E.Jayashri
4.	22UE038	S.Ayshan Farveen
5.	22UB102	R.Fadheelah
6.	22UB105	B.Tamilselvi
7.	22UB111	K.Navreen namira
8.	22UB114	J.Dharsha
9.	22UB115	P.Harini
10.	22UB121	S.Veerakumari
11.	22UB124	V.Sowmiya
12.	22UCA102	S.Abinaya
13.	22UCA109	S.Shreen shifaya
14.	22UCA124	R.Umamaheswari

Portions covered

S.No	Date	Portion handled	Staff
1.	22.12.22	Key facts of non-communicable	Dr.Madhuramozhi Govindarajalu
2.	23.12.22	Rheumatic heart disease	Dr.K.G.Selvi
3.	30.12.22	Characteristics,cancer categories	Dr.M.Rajeswary
4.	2.1.23	Ischaemic heart disease	Dr.K.G.Selvi
5.	10.1.23	Risk of NCD s	Dr.Madhuramozhi Govindarajalu
6.	11.1.23	Carcinoma, Sarcoma	Dr.M.Rajeswary
7.	20.1.23	Myeloma, Leukemia	Dr.M.Rajeswary
8.	21.1.23	Hypertensive heart disease	Dr.K.G.Selvi
9.	28.1.23	Risk factors: Behavioral and metabolic	Dr.Madhuramozhi Govindarajalu
10.	30.1.23		Dr.M.Rajeswary
11.	6.2.23	Socioeconomic impact of NCDs	Dr.Madhuramozhi Govindarajalu
12.	7.2.23	Pulmonary heart disease	Dr.K.G.Selvi
13.	21.2.23	Congenital heart Disease	Dr.K.G.Selvi
14.		Lymphoma. cancer	Dr.M.Rajeswary
15.	28.2.23		Dr.M.Rajeswary
16.	1.3.23	Prevention and	Dr.Madhuramozhi

		control of NCDs	Govindarajalu
17.	8.3.23		Dr.K.G.Selvi
18.	9.3.23		Dr.K.G.Selvi
19.	15.3.23	Global status of NCDs, WHO response and role.	Dr.Madhuramozhi Govindarajalu
20.		Type1 diabetes	Dr.K.G.Selvi
21.	16.3.23	Types: Laryngeal cancer	Dr.M.Rajeswary
22.	23.3.23	Type2 diabetes	Dr.K.G.Selvi
23.		Mouth cancer, Oropharyngeal cancer,	Dr.M.Rajeswary
24.	24.3.23	Breast cancer, Liver cancer	Dr.M.Rajeswary
25.	30.3.23	Bowel cancer , Diagnosis & Treatment	Dr.M.Rajeswary
26.	31.3.23	Pre-diabetes and Gestational diabetes	Dr.K.G.Selvi
27.	1.4.23	Fertility and Contraception	Dr.M.Rajeswary
28.	3.4.23	Family Planning	Dr.M.Rajeswary
29.	5.4.23	Risk factors and complications of diabetes	Dr.K.G.Selvi
30.	6.4.23	symptoms of diabetes ,Diagnosis & Treatment	Dr.K.G.Selvi



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PG & Research Department of Commerce

EXTRA CREDIT COURSE

2022-2023



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NAGAPATTINAM

**PG & Research Department of
Commerce**

organize a

Extra Credit Course

on

BASICS OF ACCOUNTING I

COURSE DURATION 30 HOURS

2022-2023

BASICS OF ACCOUNTING I

Total Marks : 100

Exam. Hours : 3

Semester : I

No. of Hours/Week : 3

Credit : 2

Course Objectives:

- To impart knowledge on basics of accounting
- To make the students to understand different types of accounts and journal
- To educate the students to learn subsidiary books

UNIT I Introduction to Accounting

Introduction – Accounting- Meaning, Definition – Objectives and Systems in Accounting - Accounting Concepts

UNIT II Accounting Conventions

Accounting Conventions – Accounting Cycle - Book Keeping and Accounting

UNIT III Types of Accounts

Types of Accounts – Personal Account, Real Account and Nominal Account

UNIT IV Journal

Accounting Rules – Journal Entries

UNIT V Ledger Accounts

Ledger Posting – Balancing of Ledger Accounts

Text Book:

Jain & Narang - Principles of Accountancy, S. Chand & Sons., New Delhi,

Course Outcomes:

On Completion of the Course, Students should be able to

- Formulate the basics of accounting.
- Outline the types of accounts and journal.
- Assess knowledge about subsidiary books.

Extra Credit Course – 2022-2023

S.No	Semester	Course Title	No. of Students		
1.	Semester I	Basics of Accounting I	I B.Sc.Maths	30	37
			I BBA	03	
			I BCA	02	
			I B.A.History	01	
			I B.Sc. Computer Science	01	
	Semester II	Basics of Accounting II	I B.Sc.Maths	30	37
			I BBA	03	
			I BCA	02	
			I B.A.History	01	
			I B.Sc. Computer Science	01	

EXTRA CREDIT COURSE – 2022 - 2023

BASICS OF ACCOUNTING I

S.NO	REG. NO	NAME
1.	22UM007	DIVYA .E.J
2.	22UM009	KIRIJA .S
3.	22UM018	JAISRREE .SK
4.	22UM027	AFRIN .M
5.	22UM029	ABARNA .S
6.	22UM032	ABINAYA .J
7.	22UM033	PRABAVATHY .R
8.	22UM034	SAKTHISRI .R
9.	22UCA107	AMIRTHALAKSHMI.S
10.	22UM038	K.MEENA
11.	22UM039	M.YOGALAKSHMI
12.	22UM040	A.DEVAPRIYA
13.	22VX010	FHAIZHA .S
14.	22UCA111	MONESHWARI.G
15.	22UCA108	DHARSHINI.R
16.	22UCA112	KAVIYA.M
17.	22UCA113	NISHA.A
18.	22UCA114	VARSHA.S
19.	22UCA122	C.INDUJA
20.	22UCA125	DHARANI T

Extra credit course - 2022-2023

BASIC OF ACCOUNTING I

S.NO	DATE	NAME OF THE STAFF	PORTION COVERED
1.	24.09.2022	S.Santhi	Definition of accounting, types, rules of accounting
2.	05.11.2022		Journal entries
3.	09.11.2022		Subsidiary books(sales book, purchases book
4.	15.11.2022		Journal entries
5.	17.11.2022		Simple cash book
6.	08.10.2022	Dr.V.Renuga	Concepts rules with example
7.	14.11.2022		ledger
8.	16.11.2022		Journal entries
9.	17.11.2022		Ledger problem
10.	21.11.2022		Ledger problem
11.	22.11.2022		Ledger problem
12.	08.10.2022	Dr.M.Devika	Journal entries, purchase, return outwards, assets and liabilities
13.	9.10.2022	Dr.R.Krishnaveni	Journal entries
14.	03.11.2022		Journal entries problem
15.	07.11.2022		Journal entries problem
16.	22.11.2022		Journal entries problem
17.	23.11.2022		Journal entries problem
18.	15.10.2022	Dr.N.K.Premavathi	Golden rules journal entries
19.	08.11.2022		Journal entries problem
20.	10.11.2022		Journal entries problem
21.	14.11.2022		Journal entries problem
22.	15.11.2022		Journal entries problem
23.	16.11.2022		Ledger entries theory
24.	18.11.2022		Ledger entries - Problem

25.	15.10.2022	Dr.P.Rajeswari	Golden rules journal entries
26.	05.11.2022		Journal entries problem
27.	18.11.2022		Accounting cycle
28.	21.11.2022		Accounting cycle
29.	23.11.2022		Book keeping
30.	28.11.2022		Book keeping and accounting



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NAGAPATTINAM

**PG & Research Department of
Commerce**

organize a

Extra Credit Course

on

BASICS OF ACCOUNTING II

COURSE DURATION 30 HOURS

2022-2023

EXTRA CREDIT COURSE
BASICS OF ACCOUNTING II

Total Marks : 100

Exam Hours : 3

Semester : II

No. of Hours/Week : 3

Credit : 2

Course Objectives:

- To educate the students to learn cash book.
- To enable the students to understand the ledger accounts.
- To gain knowledge on final accounts.

UNIT I Subsidiary Books

Purchase Book, Purchase Returns Book, Sales Book, Sales Returns Book

UNIT II Cash Book

Cash Book - Single Column, Double Column and Triple Column Cash Book

UNIT III Trial Balance

Trial Balance – Purpose and Procedure for preparing Trial Balance –
Preparation of Trial Balance

UNIT IV Adjustment Entries

Adjustment Entries in Final Accounts – Outstanding Expenses, Prepaid Expenses, Accrued Income, Income Received in Advance, Depreciation, Bad Debts

UNIT V Final Accounts

Final Accounts of Sole Traders– Trading, Profit and Loss Account and Balance Sheet (Simple Problems only)

Text Book:

Jain & Narang - Principles of Accountancy, S. Chand & Sons., New Delhi.

Course Outcomes:

On Completion of the Course, Students should be able to

- Assess the knowledge about cash book.
- Plan to gain knowledge on ledger accounts.
- Create an understanding of final accounts.

EXTRA CREDIT COURSE – 2022 - 2023**BASICS OF ACCOUNTING II**

S.NO	REG. NO	NAME
1	22UM007	DIVYA .E.J
2	22UM009	KIRIJA .S
3	22UM018	JAISRREE .SK
4	22UM027	AFRIN .M
5	22UM029	ABARNA .S
6	22UM032	ABINAYA .J
7	22UM033	PRABAVATHY .R
8	22UM034	SAKTHISRI .R
9	22UCA107	AMIRTHALAKSHMI.S
10	22VX010	FHAIZHA .S
11	22UCA111	MONESHWARI.G
12	22UCA108	DHARSHINI.R
13	22UCA112	KAVIYA.M
14	22UCA113	NISHA.A
15	22UCA114	VARSHA.S
16	22UCA125	DHARANI T

Extra credit course - 2022-2023

BASIC OF ACCOUNTING II

S.NO	DATE	NAME OF THE STAFF	PORTION COVERED
1.	22.12.2022	Mrs.S.Santhi	Introduction to accounting, definition, objectives, types
2.	11.01.2023		Preparation of simple cash book
3.	16.03.2023		Preparation of double column cash book
4.	23.03.2023		Triple column cash book
5.	24.03.2022		Triple column cash book
6.	23.12.2022	Dr.P.Rajeswari	Final account, sole traders
7.	21.01.2023		Trading account
8.	21.02.2022		Trading and profit and loss account
9.	05.04.2023		Final account work out
10.	06.04.2023		Final account work out
11.	07.04.2023		Final account work out
12.	30.12.2022	Dr.R.Krishnaveni	Subsidiary book
13.	20.01.2023		Purchase book, purchase return book,
14.	07.02.2023		Sales book sales return book, problems worked
15.	08.03.2023		Subsidiary book
16.	09.03.2023		Subsidiary book
17.	15.03.2023		Final account work out
18.	10.01.2023	Dr.N.K.Premavathi	Adjusting entries-problem worked
19.	28.01.2023		Adjusting entries-problem worked
20.	30.01.2023		Adjusting entries-problem worked
21.	21.02.2023		Adjusting entries-problem worked
22.	23.03.2023		Adjusting entries-problem worked
23.	31.03.2023		Adjusting entries-problem worked
24.	02.04.2023		Adjusting entries-problem worked

25.	02.01.2023	K.G.Sangeetha	Trial balance, meaning, characteristics
26.	06.02.2023		Objectives and advantages of trial balance
27.	09.03.2023		Trial balance - problem
28.	15.03.2023		Trial balance - problem
29.	31.03.2023		Trial balance - problem
30.	03.04.2023		Trial balance - problem



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DEPARTMENT BUSINESS ADMINISTRATION **EXTRA CREDIT COURSE I**

2022-2023



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NAGAPATTINAM

Department of Business
Administrative
organize a
Extra Credit Course
on
FRONT OFFICE MANAGEMENT- I

COURSE DURATION 30 HOURS

2022-2023

Semester – I EXTRA CREDIT COURSE	FRONT OFFICE MANAGEMENT I	Course Code :
Instruction Hours : 6	Credits: 2	Exam Hours : 3
Internal Marks – 25	External Marks -75	Total Marks : 100

Course Objectives:

- To define Front Office Management.
- To identify the responsibilities of front office in inter-departmental communications and security functions.
- To elucidate the front office operations.
- To explain the concept of Front Office Organisation.
- To enumerate the audit functions and procedures.

UNIT – I	Introduction to Front Office Management - Meaning of Front office – Functions – Nature – Importance of Front Office Management.	6 Hrs
UNIT – II	Front Office Responsibilities - Front Office Communication – Inter departmental communications – Front Office Security functions.	6 Hrs
UNIT –III	Front Office Operations and Functions – Basic Functions – Administrative functions.	6 Hrs
UNIT – IV	Front Office Organisation and Working Environment – Consideration of Environmental factors.	6 Hrs
UNIT –V	Audit Functions – Audit Process and Procedures – Verification of Audits.	6 Hrs

Text Books:

1. Dr.T.S.Devanarayanan, Office Management Margham Publications.
2. Dr.B.Narayan, Office Management.

Reference Book:

1. Peter Abbott & sue lewry, Front Office Procedures.

Web Resources:

1. <http://cbseacademic.nic.in>

2. <https://collegedunia.com>

Course Outcomes:

On completion of the course the learner will be able

CO 1:	To know the concept of Front office Management.
CO 2:	To explain the responsibilities of Front Office Management.
CO 3:	To identify the functions and operations of Front Office Management.
CO 4:	To understand the Working Environment and Organisational Activities.
CO 5:	To explain the audit process of Front Office Management.

CREDIT COURSE I
NAME LIST 2022-2023

S. No	Reg. No	Name of the student
1.	22UH014	S.Asin
2.	22UH017	K.Susmitha
3.	22UC037	S.Atchaya
4.	22UC046	S.Sujitha
5.	22UC055	G.Kaniga
6.	22UC060	M.Apsara
7.	22UC061	M.Farhana
8.	22UC067	N.Divya
9.	22UC105	J.Fahmina
10.	22UC106	M.Mohamed Nabeela
11.	22UC107	I.Jamuna Hazeen
12.	22UC120	M.Aafia
13.	22UC135	M.Asifa Farzana
14.	22UC136	A.Majidha Sadika
15.	22UC137	S.Fathima Naneela
16.	22UC144	S.Hamitha
17.	22UC155	M.Aysha Thasleem
18.	22UEN110	R.Sathya
19.	22UCH042	NE.Ponmozhi
20.	22VX002	B.Jaisika
21.	22VX003	A.Dharshini
22.	22VX006	S.Anbarasi
23.	22VX011	R.Aswini
24.	22VX012	T.Anusha
25.	22VX013	R.Subha
26.	22VX014	K.Jenisha



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Nagapattinam

**Department of Business
Administrative**

organize a

Extra Credit Course

on

FRONT OFFICE MANAGEMENT- II

COURSE DURATION 30 HOURS

2022-2023

DEPARTMENT OF BUSINESS ADMINISTRATION

EXTRA CREDIT COURSE II

Semester – II EXTRA CREDIT COURSE	FRONT OFFICE MANAGEMENT II	Course Code :
Instruction Hours : 6	Credits: 2	Exam Hours : 3
Internal Marks – 25	External Marks -75	Total Marks : 100

Course Objectives:

- To explain Front Office Accounting and its functions, different kinds of vouchers, various folios, ledgers, types of accounts and Front Accounting Cycle.
- To identify the Guest Account and Guest Accounting Cycle.
- To define the fourth stages of guest cycle, departure procedures, modes of bill settlement, potential check out problems and its solutions.
- To elucidate the concept process of night audits, duties and responsibilities and its purpose.
- To enumerate the role of hotel staff in ensuring the safety and security of the guest.

UNIT – I	Computer Application in Front Office Operation: Computer Application in Front Office Operation – Role of information technology in the Hospitality Industry.	6 Hrs
UNIT – II	Guest Account: Hotel Revenue Centers – Accounting Formula – Types of Accounts (Guest and Non Guest Account) – Guest Accounting Cycle – Types of Vouchers- Type of Folios (Guest Weekly Bill, VTL, High Balance Report.	6 Hrs
UNIT –III	Check Out and Settlement : Steps in Checkout and settlement - Mode of settlement of bills (Cash, Credit, Charge card, Indian and Foreign Currency Exchange procedure, BTC) - Types of guest bill (interim, Final and Split bill) - early checkout/ ECO/Self checkout - Late Checkout -late charges - balance transfer and charge transfer.	6 Hrs
UNIT – IV	Night Audit: Night Audit (Auditors, Types, Functions, Advantages, Duties and	6 Hrs

	responsibilities, flowchart of Night Audit process) - Basic FO formula (Occupa %), House Count, ADR, ARR, ARG, REVPAR - rate spread - yield - identical yields - achievement Factor - Break Even Analysis.	
UNIT -V	Guest and Staff Security: Hotel Guest and Staff security and its importance - role of FO - Security and control of Room key (Safe deposit) - Operation of walkie talkie - types of key - surveillance and access control - production of funds.	6 Hrs

Text Books:

1. James A Bardi, Hotel Front Office Management.
2. Anutosh Bhakta, Professional Hotel Front Office Management, Tata Mc Graw Hill 2012.

Reference Book:

1. Jatashanker R.Tewari, Hotel Front Office Operations & Management.
2. Peter Abbott & sue lewry, Front Office Procedures.

Web Resources:

1. <http://cbseacademic.nic.in>
2. <https://collegedunia.com>

Course Outcomes:

On completion of the course the learner will be able

CO 1:	To acquire the concept of Front Office Accounting and its functions, different kinds of vouchers, various folios, ledgers, types of accounts and Front Accounting Cycle.
CO 2:	To explain the Guest Account and Guest Accounting Cycle.
CO 3:	To access the fourth stages of guest cycle, departure procedures, modes of bill settlement, potential check out problems and its solutions.
CO 4:	To understand the process of night audits, duties and responsibilities and its purpose.
CO 5:	To create the role of hotel staff in ensuring the safety and security of the guest.

EXTRA CREDIT COURSE II
NAME LIST 2022-2023

S. No	Reg. No	Name of the student
1.	22UC037	S.Atchaya
2.	22UC046	S.Sujitha
3.	22UC060	M.Apsara
4.	22UC061	M.Farhana
5.	22UC067	N.Divya
6.	22UC105	J.Fahmina
7.	22UC106	M.Mohamed Nabeela
8.	22UC120	M.Aafia
9.	22UC135	M.Asifa Farzana
10.	22UC136	A.Majidha Sadika
11.	22UC137	S.Fathima Naneela
12.	22UC144	S.Hamitha
13.	22UEN110	R.Sathya
14.	22VX002	B.Jaisika
15.	22VX003	A.Dharshini
16.	22VX012	T.Anusha
17.	22VX013	R.Subha
18.	22VX014	K.Jenisha



A.D.M College For Women (Autonomous)

Nationally Accredited with 'A' by NAAC (Cycle-IV)

Nagapattinam -611 001

TamilNadu.



PG DEPARTMENT OF COMPUTER SCIENCE

EXTRA CREDIT COURSE-I

2022-2023



A.D.M.COLLEGE FOR WOMEN (AUTONOMOUS)

AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI
(NATIONALLY ACCREDITED WITH 'A' GRADE BY NAAC-4TH CYCLE)

NAGAPATTINAM

**PG Department of Computer
Science**

organize a

Extra Credit Course

on

COMPUTER LITERACY II

COURSE DURATION 30 HOURS

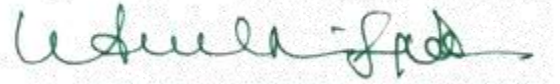
2022-2023

A.D.M.COLLEGE FOR WOMEN, (AUTONOMOUS), NAGAPATTINAM.

PG DEPARTMENT OF COMPUTER SCIENCE

CIRCULAR

PG Department of Computer Science Organize “**COMPUTER LITERACY II**” Extra Added course to other Major Students. Extra Added Courses provide basic computer education and also about the internet uses. It will be the good opportunities for students to gain the knowledge about the computer. Our department staff members handle this Extra added course from 09.03.2023 to 06.04.2023 at 03.00Pm to 04.00pm.All the students utilize this course.



Signature of the HOD

EXTRA ADDED COURSE

SEMESTER I

COMPUTER LITERACY - II

Course Objective:

- Understand the basics of Internet.
- Know the statistical data analysis using R
- Aware the latest trends and technologies such as E-Commerce.
- Understand the concepts of social networking sites.
- Knowledge in Cyber Crime and Cyber Ethics.

Unit-I: Applications of Internet

E-Mail Creation-Using Search Engines-E-Pay-Online Shopping-Submitting Forms Online-Online Converter (PDF, Word, Image Etc.,).

Unit-II: Statistical Analysis

Introduction - How to Run R: Interactive Mode -Batch Mode- R Programming Structures: Control Statements-Loops -Looping over Nonvector Sets-if-else-Arithmetic and Boolean Operators and values.

Unit-III: SMAC

Introduction - Understanding the Enterprise of Tomorrow - Social Networking.

Unit-IV: Electronic Commerce, Electronic Business, Electronic Governance E-Commerce Technology

HTML and Email- Doing Business over the Internet- E-Business-E-Governance.

Unit-V: Cyber Crime

Internet Ethics - Indian Information Technology Act - Advantages of Cyber Laws .

Course Outcomes:

Students will be able to

- Learn the basic concepts in Internet
- Develop the knowledge about R Programming
- Discuss the function of E Commerce
- Understand the concepts of Social networking sites
- An Ability to incorporate the concept of Cyber



Signature of HOD

PG DEPARTMENT OF COMPUTER SCIENCE
EXTRA ADDED COURSE
2022-2023INDEX

PROGRAMME	NUMBER OF STUDENTS ENROLLED
I B.A History	02
I B.Com(A)	30
I B.Sc., Mathematics(A)	08
I B.Sc., Chemistry	05
I B.Sc., Zoology	11
I B.Sc., Biochemistry	03
I B.Com(SF)	30
I B.Sc., Physics	13
I B.A.,Tamil	05
I B.A.,English	03
Total	110

NAME LIST FOR ODD SEMESTER

PROGRAMME	S.NO	REG.NO	NAME OF THE STUDENTS
I B.A History	1	22UH006	ANTONYFELISHIYA .S
	2	22UH019	CHITRADEVI .R
I B.Com(A)	3	22UC001	MAIMUNA.M
	4	22UC002	NASRIN.N
	5	22UC004	MAHALAKSHMI.T
	6	22UC007	JAYASRI.S
	7	22UC008	SAMUTHIRAVALLI.P
	8	22UC016	AYSHA MUFLIHA.M
	9	22UC025	ABINAYA.L
	10	22UC027	SWATHI.J
	11	22UC028	AGALYA.S
	12	22UC030	ILAKKIYA.K
	13	22UC032	VISHNU PRIYA.A
	14	22UC034	PRIYADHARSHINI.S
	15	22UC036	VARSHA.D
	16	22UC039	NIVETHITHA.G
	17	22UC040	NAVARASI.C.M
	18	22UC041	PRIYADHARSHINI.S
	19	22UC042	VAISHNAVI.K
	20	22UC043	DHIVYA.N
	21	22UC044	ASWINI.V
	22	22UC050	ATCHAYA.P
	23	22UC051	RATHNA
	24	22UC053	PAVITHRA.M
	25	22UC057	POORNAKALA.R.S
	26	22UC058	PATHMA.K
	27	22UC062	MANIMUTHU.M

	28	22UC063	SHALINIDEVI.M
	29	22UC065	ARTHI G
	30	22UC068	ABINAYA L
	31	22UC069	ABHI R
	32	22UC070	VARSHA S
I B.Sc., Mathematics(A)	33	22UM001	KAVIYADHARSHINI .S
	34	22UM011	DHARSHINI .S
	35	22UM012	RISHWANA FARVEEN .S
	36	22UM014	SIVARANJANI .S
	37	22UM016	SUDHI .P
	38	22UM021	SUBASRI .S
	39	22UM026	JAYASHNI .J
	40	22UM030	PUGAZHYA .D
I B.Sc., Chemistry	41	22UCH002	ANUSIYA S
	42	22UCH004	ROHINI S
	43	22UCH014	KARPAGAM S
	44	22UCH015	RAJESHWARI R
	45	22UCH037	MEHANETHRA K S
I B.Sc., Zoology	46	22UZ001	HEMALATHA .M
	47	22UZ002	SEETHALAKSHMY .R
	48	22UZ005	YOGALAKSHMI. D
	49	22UZ009	SWATHI .M
	50	22UZ020	THENMOZHI .S
	51	22UZ024	MALINI .P
	52	22UZ036	RADHIKA .R
	53	22UZ038	SUVEDA .M
	54	22UZ004	ABINAYA .M
	55	22UZ027	MANIMALA .M
	56	22UZ104	M.ABINAYA

	57	22UZ147	K.R.GNANA MUKHI
I B.Sc., Biochemistry	58	22UBA113	PRAGATHEESHWARI.P
	59	22UBA122	JESI NTHA.M
	60	22UBA123	RAJAPARVATHINLE
I B.Com(SF)	61	22UC101	ASSILA.M
	62	22UC102	HAFILA.S
	63	22UC103	FATHIMA NACHIYAR.S
	64	22UC108	VARSHINI.M
	65	22UC110	VICHTRA.V
	66	22UC112	KATHIJATHUL KUBURA.A
	67	22UC114	SUMAIYA.M
	68	22UC115	NASRATHUL JARIYA.J
	69	22UC116	AAISHA BEGAM.T
	70	22UC117	SUMAIYA THASIM.S
	71	22UC118	SUMAIYA.H
	72	22UC121	PRASANYA.S
	73	22UC122	KALPANA.P
	74	22UC125	DHANUSRI.R
	75	22UC126	HAMEED AAYSHA MUNAVARA
	76	22UC129	THAHIRA.J
	77	22UC130	SAJITHA.R
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	82	22UC142	KIRUBA DEVI.V
	83	22UC145	ASHIKA.V
	84	22UC146	KALISWARI
	85	22UC150	SURYA.A

	86	22UC151	MURSITHA SHEREEN.DY
	87	22UC152	NANDHINI.K
	88	22UC156	ASHIKA.S
	89	22UC159	NAFILA.B
I B.Sc., Physics	90	22UP101	ABINAYA.N
	91	22UP102	VARNIKHAA SRI.K
	92	22UP103	MAHADEVI.K
	93	22UP104	CLARA.P
	94	22UP105	YASHIKA.V
	95	22UP106	YAYAPRIYA.V
	96	22UP107	DHARANIKA.C
	97	22UP108	FARHANA NACHIYAR.M
	98	22UP109	SANTHIYA.A
	99	22UP111	ANITHA.A
	100	22UP113	KAVIYA.A
	101	22UP114	SOWMIYA.S
I B.A.,Tamil	102	22UP115	MATHUMITHRA.R
	103	22UTA101	EZHILARASI.S
	104	22UTA107	RAJITHA.M
	105	22UTA122	SANTHANA MARY.A
	106	22UTA131	ASIN.M
I B.A.,English	107	22UTA104	DEEPIKA.S
	108	22UEN103	AKSHAYA.P
	109	22UEN104	MUTHUSELVI.B
	110	22UEN117	SANCHITHA.L



Signature of HOD

**EXTRA ADDED COURSE
2022-2023**

S.NO	DATE	TITLE	HANDLING STAFF MEMBERS	PARTICIPANTS
1.	09.03.2023	Applications of Internet	Mrs.K.Devi	I B.Com(A) I B.Sc., Mathematics(A)
2.	16.03.2023	Statistical Analysis	Mrs.V.Muthusowmiya	I B.Sc., Chemistry
3.	24.03.2023	SMAC	Mrs.C.Geetha	I B.Sc., Zoology
4.	01.04.2023	E-Commerce Technology	Mrs.G.Lokeshwari	I B.Com(SF) I B.Sc., Physics I B.A., Tamil
5.	05.04.2023	Cyber Crime	Mrs.V.Muthusowmiya	



Signature of HOD

EXTRA CREDIT COURSE 2022-2023

Name of the Staff In-charge	Date	Subject
Mrs.K.Devi	09.03.2023	Applications of Internet
Mrs.V.Muthusowmiya	16.03.2023	Statistical Analysis
Mrs.C.Geetha	24.03.2023	SMAC
Mrs.G.Lokeshwari	01.04.2023	E-Commerce Technology
Mrs.V.Muthusowmiya	05.04.2023	Cyber Crime



Signature of HOD



A.D.M.College for Women

(Autonomous)

Affiliated to Bharathidasan University, Tiruchirappalli

(Nationally Accredited with 'A' Grade by NAAC-4th Cycle)

Nagapattinam

**PG Department of Computer
Science**

organize a

Extra Credit Course

on

COMPUTER LITERACY I

COURSE DURATION 30 HOURS

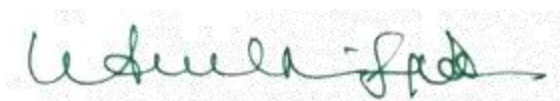
2022-2023

A.D.M.COLLEGE FOR WOMEN, (AUTONOMOUS), NAGAPATTINAM.

PG DEPARTMENT OF COMPUTER SCIENCE

CIRCULAR

PG Department of Computer Science Organize “**COMPUTER LITERACY I**” Extra Added course to other Major Students. Extra Added Courses provide basic computer education and also about the internet uses. It will be the good opportunities for students to gain the knowledge about the computer. Our department staff members handle this Extra added course from 22.12.2022 to 08.03.2023 at 03.00Pm to 04.00pm.All the students utilize this course.



Signature of the HOD

PGDEPARTMENT OF COMPTUER SCIENCE

EXTRA ADDED COURSE

SEMESTER I

COMPUTER LITERACY – I

Course Objective:

- Understand the basics of Computer Systems
- Knowledge in Software Licensing
- Familiar with the applications of Ms-Word
- Know the concepts of Ms-Excel
- Understand the concepts of Ms-Power point

Unit I: Computer System

Computer- An Introduction -Hardware Components - Input and Output Technologies-
Computer Hierarchy- Software Fundamentals - Systems Software and Application Software.

Unit-II:

Software Licensing-Open Systems-Open Source Software-Programming Languages
Information Systems-General IT Trends.

Unit III: (For Non-CS)

Microsoft Word: Introduction - Word Environment - Opening and Creating a New
Document -Saving Documents -Proofing Features - Printing a Document - Formatting Text
- Working with Shapes and Lists - Line and Paragraph Spacing- Working with Tables -
Columns and Ordering Working with Pictures- Working with Headers and Footers - Using
Indents and Tabs Using Mail Merge.

Unit IV: (For Non-CS)

Microsoft Excel: Introduction - Document Creation - Renaming a worksheet Office user
interface -Open a New Workbook - Columns, Rows, and Cells Selecting a cell - Basic data
entry, fill handle- Insert columns- Arithmetic Calculations & Formulas - Excel Formulas-
Calculate with Functions -Function Library - Graphs and Charts - Printing the Document.


Unit V: (For Non-CS)

Microsoft PowerPoint: Starting PowerPoint -Working with Slides-Applying Theme -
Animation- Transitions -Views.

Course Outcomes:

Students will be able to

- Learn the basic concepts in Computer systems.
- Develop the knowledge about Software Licensing
- Discuss the function of Ms-Word
- Understand the concepts of Ms-Excel
- An Ability to incorporate the concept of Ms-Powerpoint



Signature of HOD

EXTRA ADDED COURSE

2022-2023

INDEX

PROGRAMME	NUMBER OF STUDENTS ENROLLED
I B.A History	02
I B.Com(A)	30
I B.Sc., Mathematics(A)	08
I B.Sc., Chemistry	05
I B.Sc., Zoology	11
I B.Sc., Biochemistry	03
I B.Com(SF)	30
I B.Sc., Physics	13
I B.A.,Tamil	05
I B.A.,English	03
Total	110

EXTRA ADDED COURSE 2022-2023**NAME LIST FOR EVEN SEMESTER**

PROGRAMME	S.NO	REG.NO	NAME OF THE STUDENTS
I B.A History	1	22UH006	ANTONYFELISHIYA .S
	2	22UH019	CHITRADEVI .R
I B.Com(A)	3	22UC001	MAIMUNA.M
	4	22UC002	NASRIN.N
	5	22UC004	MAHALAKSHMI.T
	6	22UC007	JAYASRI.S
	7	22UC008	SAMUTHIRAVALLI.P
	8	22UC016	AYSHA MUFLIHA.M
	9	22UC025	ABINAYA.L
	10	22UC027	SWATHI.J
	11	22UC028	AGALYA.S
	12	22UC030	ILAKKIYA.K
	13	22UC032	VISHNU PRIYA.A
	14	22UC034	PRIYADHARSHINI.S
	15	22UC036	VARSHA.D
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	72	22UC121	PRASANYA.S
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	74	22UC125	DHANUSRI.R
	75	22UC126	HAMEED AAYSHA MUNAVARA
	76	22UC129	THAHIRA.J
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	84	22UC146	KALISWARI

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	87	22UC152	NANDHINI.K
	88	22UC156	ASHIKA.S
	89	22UC159	NAFILA.B
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	95	22UP106	YAYAPRIYA.V
	96	22UP107	DHARANIKA.C
	97	22UP108	FARHANA NACHIYAR.M
	98	22UP109	SANTHIYA.A
	99	22UP111	ANITHA.A
	100	22UP113	KAVIYA.A
	101	22UP114	SOWMIYA.S
I B.A.,Tamil	102	22UP115	MATHUMITHRA.R
	103	22UTA101	EZHILARASI.S
	104	22UTA107	RAJITHA.M
	105	22UTA122	SANTHANA MARY.A
	106	22UTA131	ASIN.M
I B.A.,English	107	22UTA104	DEEPIKA.S
	108	22UEN103	AKSHAYA.P
	109	22UEN104	MUTHUSELVI.B
	110	22UEN117	SANCHITHA.L



Signature of HOD

**EXTRA ADDED COURSE
2022-2023**

S.NO	DATE	TITLE	HANDLING STAFF MEMBERS	PARTICIPANTS
1.	22.12.2022	Computer System	Mrs.R.Agila devi	I B.Com(A)
2.	02.12.2022	Software Licensing	Mrs.K.Devi	I B.Sc., Mathematics(A)
3.	11.01.2023	Microsoft Word	Mrs.C.Geetha	I B.Sc., Chemistry
4.	28.01.2023	Microsoft Excel	Mrs.G.Lokeshwari	I B.Sc., Zoology
5.	07.02.2023	Microsoft PowerPoint	Mrs.V.Muthusowmiya	I B.Com(SF) I B.Sc., Physics I B.A.,Tamil

Signature of HOD

EXTRA CREDIT COURSE 2022-2023

Name of the Staff In-charge	Date	Subject
Mrs.R.Agila devi	22.12.2022	Computer System
Mrs.K.Devi	02.12.2022	Software Licensing
Mrs.C.Geetha	11.01.2023	Microsoft Word
Mrs.G.Lokeshwari	28.01.2023	Microsoft Excel
Mrs.V.Muthusowmiya	07.02.2023	Microsoft PowerPoint

Signature of HOD



A.D.M College For Women (Autonomous)


Nationally Accredited with 'A' by NAAC (Cycle-IV)

Nagapattinam -611 001
TamilNadu.



DEPARTMENT OF BIOCHEMISTRY EXTRA CREDIT 2022-2023

A.D.M COLLEGE FOR WOMEN (AUTONOMOUS)
Affiliated to Bharathidasan University
(National Accredited with 'A' grade by NAAC - 3rd Cycle)
NAGAPATTINAM



DEPARTMENT OF BIOCHEMISTRY
ORGANISES A
EXTRA CREDIT COURSE
ON
FIRST AID MANAGEMENT

Duration - 30 Hrs

ALL ARE CORDIALLY INVITED

Course Code & Title	FIRST AID MANAGEMENT		
Class	B.Sc Biochemistry	Semester	I
Cognitive Level	K - 1 Acquire/Remember K - 2 Understand K - 3 Apply K - 4 Analyze K - 5 Evaluate K - 6 Create		
Course Objectives	The Course aims <ul style="list-style-type: none"> • Understand their role as an emergency first aider. • Understand the use of risk assessments for health and safety purposes and apply it to daily life. • Understand how to respond to accidents and sudden illnesses and analyze the different treatment methodologies. • Understand the ways of minimizing risks to themselves and others • Evaluate the various first aid strategies that can be applied at different occasions 		
UNIT	Content	No. of Hours	
I	PRINCIPLES OF FIRST AID MANAGEMENT Principles and objectives of First Aid, casualty assessment. Priorities of First Aid. Patient management and care.	06	
II	MANAGEMENT OF ILLNESS Management of common illness and Thermal illness.	06	

	Risk assessment and risk reductions- Fainting, Anaphylaxis, Asthma, Epilepsy, Diabetes, Burns and Scalds.	
III	INJURIES Internal and external bleeding injuries to muscles, back, chest, abdomen, joints and bones, stroke and head injury and eye irrigation. Sudden illness- poisoning, Bites and Stings.	06
IV	FIRST AID IN EMERGENCIES Accident reporting, breathing emergencies, Cardiac emergencies. Oxygen therapy –resuscitation, defibrillation – Heart attack. Common gastrointestinal sickness, Altitude sickness.	06
V	FIRST AID KITS First Aid rooms and equipment’s, First aid kits, cleaning of wounds and dressing injury assessment.	06
Reference	<p>Text Book:</p> <ol style="list-style-type: none"> 1. John A Eastman, (2007). First Aid to the Injured – Authorized manual of Ambulance, St. John Red Cross Road, New Delhi. <p>Reference Books:</p> <ol style="list-style-type: none"> 1. Subramanian. R. (2006) First aid Home nursing, 1st edn, Bharat printers Trichy. 	
e-Resources:	<ol style="list-style-type: none"> 1. https://cdn.australiawidefirstaid.com.au/wp-content/uploads/2021/02/12033347/Australia-Wide-First-Aid-Manual-eBook.pdf. 	
Course Outcomes	On completion of the course, students should be able to	

C01:	Identify the most important action you can take in a life-threatening emergency. Identify the major structures of the respiratory, circulatory, nervous, and musculoskeletal systems.
C02:	Explain why you should follow the emergency action steps/principles in any emergency. Demonstrate how to do a primary and secondary survey.
C03:	Describe the purpose of and demonstrate rescue breathing for an adult.
C04:	Describe and demonstrate first aid care for a conscious and an unconscious victim with an obstructed airway.
C05:	Identify signals of a heart attack. Describe the purpose of and demonstrate CPR for an adult.

STAFF HANDLEING:

S.NO	NAME OF THE STAFF	TITLE OF THE PAPER/SEMESTER
1	Mrs.G.Dharani	FIRST AID MANAGEMENT/I-Sem(ODD)

STUDENTS NAME LIST

S.NO	REG. NO	NAME
1	22UH018	YAGEL .G
2	22UH021	SHILFA JERINA .A
3	22UH028	DHIVYA .V
4	22UH035	SWETHA.K
5	22UC006	RUMIHA.T
6	22UC009	SANGAVI.R
7	22UC010	SANTHIYA.C

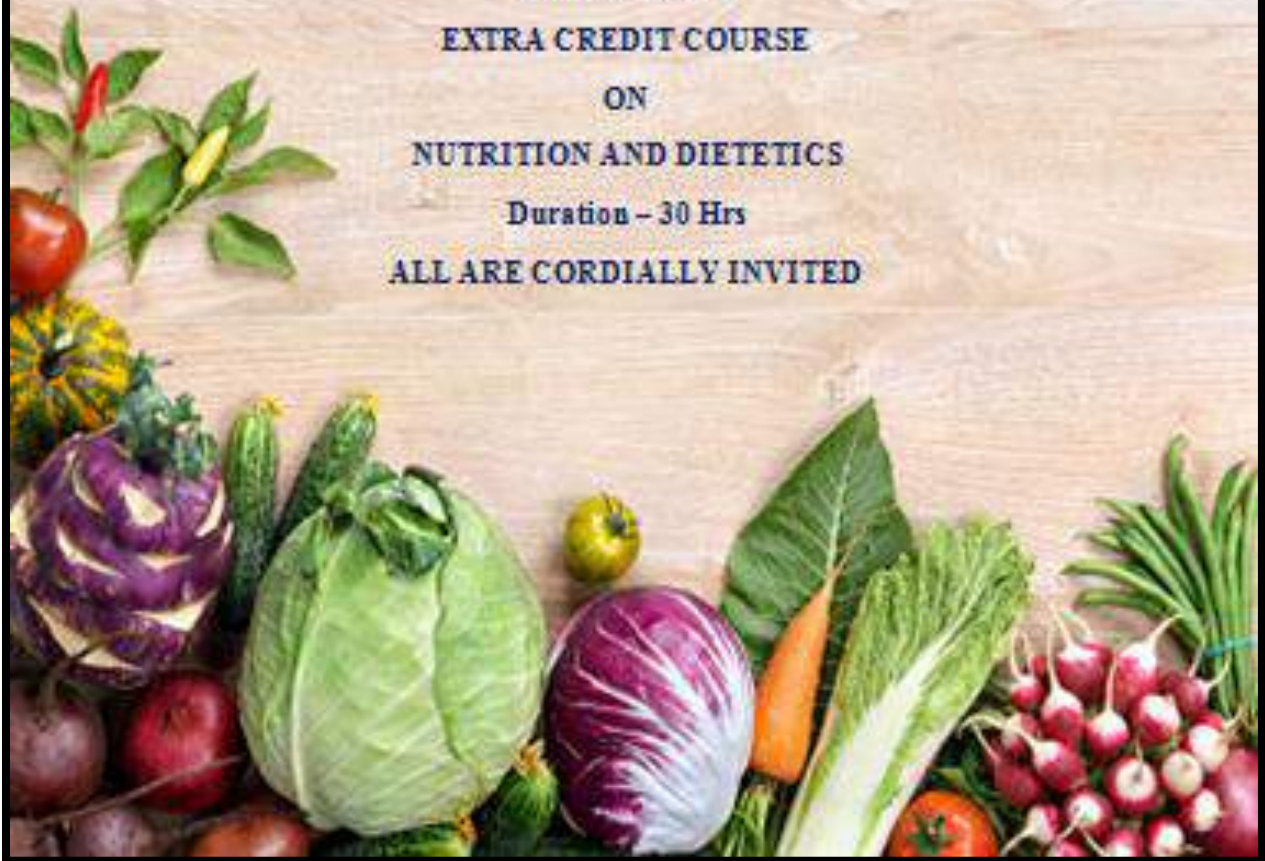
8	22UC012	NAFEESATHUL HASSANA.M
9	22UC013	NAFEESA.S
10	22UC014	POOJITHA.S
11	22UC018	SUMAIRA HASHNA.O
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13	22UC020	SAMEERA FAHIMA.H
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52	22VX015	SHAMEEMA .R
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56	22VX004	ASHA .R

A.D.M COLLEGE FOR WOMEN (AUTONOMOUS)
Affiliated to Bharathidasan University
(National Accredited with 'A' grade by NAAC - 3 rd Cycle)
NAGAPATTINAM



DEPARTMENT OF BIOCHEMISTRY
ORGANISES A
EXTRA CREDIT COURSE
ON
NUTRITION AND DIETETICS
Duration - 30 Hrs
ALL ARE CORDIALLY INVITED



Course Code & Title	NUTRITION AND DIETETICS		
Class	B.Sc Biochemistry	Semester	II
Cognitive Level	K - 1 Acquire/Rememb K - 2 erUnderstand K - 3 ApplyAn K - 4 alyze K - 5 Evaluate K - 6 Create		
Course Objectives	The Course aims <ul style="list-style-type: none"> • Understand and apply the concept of nutritional foods and status for good health • Understand the categorization and assessment of nutritional foods status and national nutrition institutions roles. • Understand the differential functions of nutritional food constituents and deficiency states. • Analyze the minimum requirements of macro- and micro-nutrition and also mineral values. • Understand and analyze the function of vitamin and their comparison of direct and indirect calculation in the energy requirements. 		
UNIT	Content	No. of Hours	

I	<p>NUTRITIONAL STATUS:</p> <p>Introduction to Nutrition – Food as a source of nutrient – Function of food, definition of nutrition. Interrelationship between nutrition and health – visible symptoms of good health.</p>	06
II	<p>MICRO & MACRONUTRIENTS:</p> <p>Fats – Functions, sources, essential fattyacids and deficiency. Fibres – Definition, sources, role of fibre in human nutrition, Minerals – Macronutrients – Calcium, Phosphorous, Sodium and Pottasium. Micronutrients – Iron and Iodine – their sources, function requirements and deficiency.</p>	06
III	<p>VITAMINS:</p> <p>vitamins Definition and classification, fat soluble Vitamin C and B (Thiamine, Niacin, Riboflavin, Pyridoxine, Cyanacobalamin) – sources, functions, deficiency and requirement. Hypervitaminosis - A & D.</p>	06
IV	<p>NUTRITION IN HEALTH:</p> <p>Factors to be considered in formulating diets for different income groups. Nutritional and food requirements to meet the needs of Infant and pre-school children Pregnant and Lactating women.</p>	06
V	<p>NUTRITIONAL DIET:</p> <p>Concepts of diet therapy, growth and scope of dietetics. Therapeutic diets: Diet in Diabetes Mellitus. Diseases of Liver – Hepatitis and Cirrhosis. Diseases of the renal system– Uremia & renal stones Diseases of Gastrointestinal Tract- PepticUlcer. Diseases of the heart & Circulatory system- Atherosclerosis</p>	06

<p>Reference</p>	<p>Text Book:</p> <ol style="list-style-type: none"> Swaminathan, M., (1985) Hand Book of Food and Nutrition. The Bangalore Printing and publishing Co., Ltd., 2nd Edn., <p>Reference Books:</p> <ol style="list-style-type: none"> Swaminathan, M., (1985) Advanced Text Book on Food and Nutrition. The Bangalore Printing and Publishing Co., Ltd., 2nd Edn., Shunbhangini, A. Joshi, (1992) Nutrition and Dietetics, Tata McGraw Hill Publishing Co., Ltd., New Delhi. Sue Rodwell Williams, (1985) Nutrition and Diet Therapy, The C.V. Mosby 											
<p>e- Resources:</p>	<ol style="list-style-type: none"> https://books-library.net/files/download-pdf-ebooks.org-022415450x7T8.pdf. https://www.mea.elsevierhealth.com/nursing-midwifery/nutrition. 											
<p>Course Outcomes</p>	<p>On completion of the course, students should be able to</p> <table border="1" data-bbox="363 1037 1458 1738"> <tr> <td data-bbox="363 1037 472 1146">C01:</td> <td data-bbox="472 1037 1458 1146">Demonstrate the knowledge and understanding of the fundamental concepts in food and nutrition.</td> </tr> <tr> <td data-bbox="363 1146 472 1234">C02:</td> <td data-bbox="472 1146 1458 1234">assess the nutritional status of individuals in various life-cycle stages</td> </tr> <tr> <td data-bbox="363 1234 472 1461">C03:</td> <td data-bbox="472 1234 1458 1461">Determine nutrition-related conditions and diseases by applying knowledge of metabolism and nutrient functions, food sources, and physiologic systems.</td> </tr> <tr> <td data-bbox="363 1461 472 1629">C04:</td> <td data-bbox="472 1461 1458 1629">Utilize the knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.</td> </tr> <tr> <td data-bbox="363 1629 472 1738">C05:</td> <td data-bbox="472 1629 1458 1738">Describe the differences and relationships between food, diet and nutrients and understand how food nourishes the body</td> </tr> </table>		C01:	Demonstrate the knowledge and understanding of the fundamental concepts in food and nutrition.	C02:	assess the nutritional status of individuals in various life-cycle stages	C03:	Determine nutrition-related conditions and diseases by applying knowledge of metabolism and nutrient functions, food sources, and physiologic systems.	C04:	Utilize the knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.	C05:	Describe the differences and relationships between food, diet and nutrients and understand how food nourishes the body
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C05:	Describe the differences and relationships between food, diet and nutrients and understand how food nourishes the body											

STAFF HANDLEING:

S.NO	NAME OF THE STAFF	TITLE OF THE PAPER/SEMESTER
1	Ms.G.Priyanka	NUTRITION AND DIETETICS/II-Sem(EVEN)

STUDENTS NAME LIST

S.NO	REG. NO	NAME
1	22UH018	YAGEL .G
2	22UH021	SHILFA JERINA .A
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56	22VX004	ASHA .R



A.D.M College For Women (Autonomous)

Nationally Accredited with 'A' by NAAC (Cycle-IV)
Nagapattinam -611 001
TamilNadu.



PG DEPARTMENT OF PHYSICS EXTRA CREDIT COURSE 2022-2023



A.D.M. COLLEGE FOR WOMEN (AUTONOMOUS)

(Accredited With 'A' Grade By NAAC 3rd Cycle)

(Affiliated to Bharathidasan University, Tiruchirappalli)

NAGAPATTINAM – 611 001

PG DEPARTMENT OF PHYSICS

Offers
Extra Credit Course
On

Computer, Laptop Hardware and its Servicing

Course Outcomes:

- ✓ Installation of all the software's with cope with different operating system.
- ✓ Develop computer system configuration
- ✓ Conduct diagnostics - testing and inspection
- ✓ Have Knowledge of hardware components and latest development in the field
- ✓ Understand, appreciate and develop the self-confidence for embarking on self-employment / entrepreneurship.

Course Objectives:

- ❖ Know the evolution of Personal Computer from PC through Core i and Laptop.
- ❖ Know and explain the major components that make up the system unit.
- ❖ Know the data process and store them in meaningful information.
- ❖ Explain about the principle of operations of Keyboard, Mouse and Displays.
- ❖ Know the specification of I/O Ports of all I/O devices like serial, parallel, USB – Game port, Blue tooth and IP Connectors



Semester-I / Extra Credit Course	Computer and Laptop Hardware and its Servicing	Course Code:-----
Instruction Hours: 2	Credits: 2	Exam Hours: 3
Internal Marks -25	External Marks-75	Total Marks: 100

Course Objectives:

- Know the evolution of Personal Computer from PC through Core i and Laptop.
- Know and explain the major components that make up the system unit.
- Know the data process and store them in meaningful information.
- Explain about the principle of operations of Keyboard, Mouse and Displays.
- Know the specification of I/O Ports of all I/O devices like serial, parallel, USB – Game port, Blue tooth and IP Connectors

Cognitive Level	K-1 Acquire/Remember K-2 Understand K-3 Apply K-4 Analyze K-5 Evaluate K-6 Create	
Unit I	MOTHERBOARD COMPONENTS 1.1 Motherboard Components: Processor sockets/slots-Memory sockets-Chipsets-Cache-BIOS-Clock generator-RTC-Super I/O Controller- Power Connector-Battery-Keyboard/Mouse connectors-Jumpers-Ports and Headers-Pin Connectors-Mother Board Form factor-hardware, Software and Firmware. 1.2 Motherboard: Architecture and block diagram 1.3 Processors:	6 Hrs

	<p>Introduction-Core2 Duo processor, Quad core processor, core i3, i5, i7 series, AMD A10 series, Xeon processor.</p> <p>1.4 Chipsets: Chipset basics-North/South Bridge architecture and Hub architecture.</p> <p>1.5 Bus Standards: Overview and features of PCI, AGP, USB & Processor Bus.</p>	
Unit II	<p>MEMORY AND I/O DEVICES</p> <p>2.1 Primary and Secondary Memory: Introduction-Memory speed-Access time-Wait states. Main memory-Types-Memory errors. Hard Disk: Introduction-Construction-Working Principle-File Systems- Formatting and Troubleshooting.</p> <p>2.2 Removable Storage and Special Devices: DVD-ROM-Recordable DVD-Rewritable DVD, Blu-Ray: Introduction-Blu-Ray Disc parameters-Recording and playback principles. Special drives: External drives, Memory Stick, USB flash drive, Solid state drive.</p> <p>2.3 Keyboard and Mouse: Keyboard: Interfacing and signals (USB, Wireless), Types of Keys, keyboard matrix, key bouncing, types of keyboard (Simple, mechanical). Mouse: Optical mouse operation-optical mouse cleaning-Trouble Shooting flowchart for a mouse.</p> <p>2.4 Printers and Scanners: Printer: Introduction-Types of Printers-Dot matrix, Inkjet, laser, Thermal, MFP Printer (Multi Function printer)-Operation and Trouble Shooting. Scanner: Introduction, Scanner mechanism, Working principle-Types of Scanners (Bar Code, handheld, Flatbed)-Preventive maintenance and troubleshooting.</p>	6 Hrs
Unit III	<p>INPUT AND OUTPUT DEVICES</p> <p>3.1 Keyboard:</p>	6 Hrs

	<p>Signals – Interfacing (DIN, DS/2, USB, Wireless) – types of keys- keyboard Matrix, Key bouncing – Types of keyboard (Simple, Mechanical) Preventive maintenance – troubleshooting,</p> <p>3.2 Mouse:</p> <p>Types of mouse- connectors- optical mouse operation – optical mouse clean – troubleshooting flow chart for a mouse.</p> <p>3.3 Scanners</p> <p>Introduction – Types of scanners (barcode, handheld, B/W, Colour, flatbed) – interface – scanner mechanism – working principle – preventive maintenance – troubleshooting</p> <p>3.4 Printers:</p> <p>Introduction – types of printers – dot matrix- inkjet – laser – line printer- MFP (Multi Function printer) Operation – common problems - preventive maintenance – troubleshooting</p> <p>3.5 Web camera:</p> <p>Introduction – Interface – Working Principle – Specification – Application – Troubleshooting.</p> <p>3.6 MODEM and Broadband router :</p> <p>Application and Interface.</p>	
Unit IV	<p>DISPLAY, POWER SUPPLY AND BIOS</p> <p>4.1 Displays and Graphic Cards:</p> <p>Displays: LCD principles-Plasma Displays- TFT Displays-LED Displays, Graphic Cards: Video Capture card.</p> <p>4.2 SMPS:</p> <p>Block Diagram-Basic principles and Operations-O/P Voltage-Cable color code-Connectors and power good-Common Failures (No Circuit diagram to be discussed)</p>	6 Hrs
Unit V	<p>5.1 Other Devices:</p> <p>UPS – Factors for selecting UPS – Stabilizers and Spike guards</p>	6 Hrs

C01	S	S	M	S	S	S	S	S	M	S
C02	S	S	M	S	S	S	S	S	M	S
C03	S	S	M	S	S	S	S	S	M	S
C04	S	S	M	S	S	S	S	M	S	S
C05	S	S	M	S	S	S	S	M	S	S

Students Name List

S.No	Reg.No	Name
1.	22VX023	R.Raveena
2.	22VX024	M.Roja
3.	22VX026	Gopika

Semester- II / Extra Credit Course	Practical (Computer and Laptop Hardware and its Servicing)	Course Code:-----
Instruction Hours: 2	Credits: 2	Exam Hours: 3
Internal Marks -25	External Marks-75	Total Marks: 100

Course Objectives:

- Understand the common problems in the computer system and the peripherals
- Trouble shoots the problems in Personal computers.
- Trouble shoots the problems in Computer peripherals.
- Know and explain the major components of Laptop.
- Trouble shoots the problems in Laptop.

Cognitive Level	K-1 Acquire/Remember K-2 Understand K-3 Apply K-4 Analyze K-5 Evaluate K-6 Create	
Unit I	Laptop: Difference between laptop and desktop – types of laptop – block diagram – working principles – configuring laptops and power setting – SMD components – ESD and precautions.	6 Hrs
Unit II	Laptop components: Adapter – types, battery – types and basic problems, RAM – types – CPU – types, Laptop mother Broad – block diagram, Laptop keyboard.	6 Hrs
Unit III	Preventive maintenance and Upgrading: Preventive Maintenance: Tools required - active and passive	6 Hrs

	maintenance – types of diagnostics software – preventive maintenance schedule – upgrading of systems: Mother board, Memory, CPU, Graphic card, BIOS upgradation, additional features, Updating of systems software and applications software (Requirement and How to Update)	
Unit IV	Installation and Troubleshooting: Formatting, Partitioning and installation of OS – Trouble Shooting Laptop and Desktop Computer problems	6 Hrs
Unit V	Diagnostic software and Viruses: Computer viruses – Precautions- Anti-virus software – identify the signature of viruses – Firewalls and latest diagnostics software's	6 Hrs

Text Book:

1. Study Materials Prepared by Department of Physics.
2. Computer Hardware and Servicing, by I. Edwin Dayanand

Reference Books:

1. Electronic Devices and Circuits by S.Salivahanan, N.Suresh Kumar and A.Vallavaraj.
2. Computer Installation and Servicing, D.Balasubramanian, Tata McGraw Hill.

E- Resources:

1. <https://prezi.com/60dvnvgfwaxw/what-is-computer-hardware-servicing/#:~:text=Computer%20hardware%20servicing%20is%20a,computer%20and%20repairing%20computer%20hardware>.
2. <https://wptcpdy.in/wp-content/uploads/2019/01/Comp.HW-Servicing-Networking.pdf>

Course Outcomes:

on completion of the course the learner will be able

CO 1:	Installation of all the softwares with cope with different operating system.
CO 2:	Develop computer system configuration
CO 3:	Conduct diagnostics - testing and inspection

CO 4:	Have Knowledge of hardware components and latest development in the field
CO 5:	Understand, appreciate and develop the selfconfidence for embarking on selfemployment / entrepreneurship.

Mapping of COs with POs & PSOs:

CO/PO	PO					PSO				
	1	2	3	4	5	1	2	3	4	5
C01	S	S	M	S	S	S	S	S	M	S
C02	S	S	M	S	S	S	S	S	M	S
C03	S	S	M	S	S	S	S	S	M	S
C04	S	S	M	S	S	S	S	M	S	S
C05	S	S	M	S	S	S	S	M	S	S

Students Name List

S.No	Reg.No	Name
1.	22VX023	R.Raveena
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3.	22VX026	Gopika
4.	22UH039	H.Fathima Muhshina



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Nagapattinam -611 001

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DEPARTMENT OF ENGLISH

EXTRA CREDIT 2022-2023

A.D.M.COLLEGE FOR WOMEN (A)
NAGAPATTINAM

RESEARCH DEPARTMENT OF ENGLISH

ORGANIZES

Extra credit course

Communicative English I & II

2022 - 2023

Mrs.S.Nirmala

Mrs.V.Kannaki

Dr.R.Anbuseelvi

Mrs.P.Kalaiivani

HOD

Principal i/

RESEARCH DEPARTMENT OF ENGLISH
I B. A. / B.Sc. / B.Com. / B.B.A. / B.C.A.
(2021- 2024 Batch)

SCHEME OF THE EXTRA CREDIT COURSE

Year	Semester	Course Code	Title of the Course	Inst. Hrs.	Hrs./ Week	Credit	Total Marks
I UG (Open to All Branches)	I		Communicative English – I	30	03	02	100
	II		Communicative English – II	30	03	02	100

Course Objectives:

- To enhance the learner’s communication skills by giving adequate exposure in LSRW listening, speaking, reading and writing skills.
- To help the learners to recognize various styles and grammar in English.
- To help the learner get rid of his present flaws and mistakes
- To impart better writing skills by sensitizing the learners to the dynamics of effective writing.
- To build up the learners confidence in oral and interpersonal communication

Course Outcomes:

On completion of the course, the learner is expected to

CO 1: develop vocabulary and improve the accuracy in grammar.

CO 2: improve LSRW- listening, speaking, reading and writing skills

CO 3: enhance positive group communication exchanges.

CO 4: improve their reading fluency skills through extensive reading

CO 5: strengthen their ability to write academic papers, essays and summaries

Year	Semester	Course Code	Course Title	Instruction Hours	Credits	Exam Hours	Total Marks
I	I		Communicative English- I	03	02	03	100

Unit I	Listening and Speaking – Introducing self and others Reading and Writing – Skimming and scanning, Identifying topic sentences Grammar - Adjectives	6 hours
Unit II	Listening and Speaking - Listening with a Purpose, Asking for Information Reading and Writing -What is a Paragraph?, Types of Paragraphs Study Skills - Online search, Know the keyword Grammar - Concord	6 hours
Unit III	Listening and Speaking - Giving and following instructions Reading and writing - Descriptive writing - writing a short descriptive essay of two to three paragraphs. Grammar -Gerund, Infinitive	6 hours
Unit IV	Reading and writing - Note taking , Narrative writing -writing narrative essays of two to three paragraphs Grammar - Tense -Present , Past, Future	6 hours
Unit V	Listening and Speaking - Participating in a Group Discussion Reading and writing - Reading diagrammatic information – interpretations maps, graphs and pie charts.	6 hours

Reference Book: *Communicative English (Semester – I)*, Tamil Nadu State Council for Higher Education (TANSICHE)

e- Resources:

<https://www.bdu.ac.in/academics/syllabi/2020/Languages/Communicative%20English-I.pdf>

COMMUNICATIVE ENGLISH I
STUDENT'S NAME LIST 2022-2023

S.NO	REG. NO	NAME	TITLE OF THE COURSE
1	22UM006	BAIRAVI .E	Communicative English – I
2	22UM010	AGALYA .B	Communicative English – I
3	22UM019	HARINI .K	Communicative English – I
4	22UM020	FULOSIYA .S	Communicative English – I
5	22UM031	SIVARANJANI .R.S	Communicative English – I
6	22UM036	PRIYADHARSHINI .V	Communicative English – I
7	22UCH001	SIRIN REENA S	Communicative English – I
8	22UCS101	HARISHA R	Communicative English – I
9	22UCS106	MAHALAKSHMI M	Communicative English – I
10	22UCS107	ANANDASHREE M	Communicative English – I
11	22UCS109	VARSHA S	Communicative English – I
12	22UCS110	THULASI M	Communicative English – I
13	22UCS113	MANIMOZHI C	Communicative English – I
14	22UCS116	SWATHI S	Communicative English – I
15	22UCS120	ABIRAMI S	Communicative English – I
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27	22UBA128	SANTHOSHINI .V	Communicative English – I
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40	22UZ033	AMIRTHADEVI .V	Communicative English – I
41	22UZ016	SENBAGAM .R	Communicative English – I
42	22VX021	DIVYASRI .S	Communicative English – I
43	22VX022	SIVASANGARI S	Communicative English – I
44	22VX025	ABARNA G	Communicative English – I
45	22VX001	MARY .D	Communicative English – I
46	Chemistry	ANUSRI . S.K	Communicative English – I
47	Chemistry	VARSHINI.S	Communicative English – I
48	Chemistry	AMUTHAPRIYA .C	Communicative English – I

Year	Semester	Course Code	Course Title	Instruction Hours	Credits	Exam Hours	Total Marks
I	II		Communicative English- II	03	02	03	100

Unit I	Reading and writing - Writing a paragraph on a proverbial expression/motivational idea Word Power/Vocabulary - Synonyms & Antonyms Grammar -Prepositions	6 hours
Unit II	Reading and Writing - Writing opinion pieces (could be on travel, food, film / book reviews or on any contemporary topic) Word Power - Idioms & Phrases Grammar - Conjunctions and Interjections	6 hours
Unit III	Listening and Speaking - Making short presentations, Formal presentation 3 with PPT, analytical presentation of graphs and reports of multiple kinds Reading and writing - Writing emails of complaint Word Power - One Word Substitution	6 hours
Unit IV	Reading and Writing - Reading visual texts – advertisements Word Power - Denotation and Connotation Grammar - Sentence Types	6 hours
Unit V	Listening and Speaking - Listening and responding to questions at a formal interview Reading and Writing - Writing letters of application Word Power - Collocation	6 hours

Reference Books:

Communicative English (Semester – II), Tamilnadu State Council for Higher Education (TANSICHE)

e- Resources:

<https://www.bdu.ac.in/academics/syllabi/2020/Languages/Communicative%20English-II.pdf>

COMMUNICATIVE ENGLISH II
STUDENT'S NAME LIST 2022-2023

S.NO	REG. NO	NAME	TITLE OF THE COURSE
1	22UM006	BAIRAVI .E	Communicative English – II
2	22UM010	AGALYA .B	Communicative English – II
3	22UM019	HARINI .K	Communicative English – II
4	22UM020	FULOSIYA .S	Communicative English – II
5	22UM031	SIVARANJANI .R.S	Communicative English – II
6	22UM036	PRIYADHARSHINI .V	Communicative English – II
7	22UCH001	SIRIN REENA S	Communicative English – II
8	22UCS101	HARISHA R	Communicative English – II
9	22UCS106	MAHALAKSHMI M	Communicative English – II
10	22UCS107	ANANDASHREE M	Communicative English – II
11	22UCS109	VARSHA S	Communicative English – II
12	22UCS110	THULASI M	Communicative English – II
13	22UCS113	MANIMOZHI C	Communicative English – II
14	22UCS116	SWATHI S	Communicative English – II
15	22UCS120	ABIRAMI S	Communicative English – II
16	22UCS122	THOUFIKA I	Communicative English – II
17	22UCS124	MEERA A	Communicative English – II
18	22UCS126	AKALYA K	Communicative English – II
19	22UCS130	MADHIYAZHAGI A	Communicative English – II
20	22UCS131	SINDHUJA T	Communicative English – II
21	22UCS132	JAYAJOTHI J	Communicative English – II
22	22UBA102	SANTHIYA .J	Communicative English – II
23	22UBA107	SUBASRI .P	Communicative English – II
24	22UBA108	TAMILARASI .R	Communicative English – II
25	22UBA119	SRINITHI .J	Communicative English – II
26	22UBA121	VIJAYABARATHI .V	Communicative English – II
27	22UBA128	SANTHOSHINI .V	Communicative English – II
28	22UBA130	YOGESHWARI .S	Communicative English – II
29	22UBA141	KANISHKA .R	Communicative English – II

30	22UBA144	SUBIKSHA K	Communicative English – II
31	22UP110	AKSHARA . N	Communicative English – II
32	22UCA106	HARINI.S	Communicative English – II
33	22UCA123	PRAGADEESHWARI P	Communicative English – II
34	22VX005	GOWSALYA .G	Communicative English – II
35	22VX007	DEEPIKA .G	Communicative English – II
36	22VX008	YOGALAKSHMI .P	Communicative English – II
37	22VX009	ABINAYA .V	Communicative English – II
38	22VX019	RENUGADEVI .M	Communicative English – II
39	22VX020	GOPIKA .A	Communicative English – II
40	22UZ033	AMIRTHADEVI .V	Communicative English – II
41	22UZ016	SENBAGAM .R	Communicative English – II
42	22VX021	DIVYASRI .S	Communicative English – II
43	22VX022	SIVASANGARI S	Communicative English – II
44	22VX025	ABARNA G	Communicative English – II
45	22VX001	MARY .D	Communicative English – II
46	Chemistry	ANUSRI . S.K	Communicative English – II
47	Chemistry	VARSHINI.S	Communicative English – II
48	Chemistry	AMUTHAPRIYA .C	Communicative English – II



A.D.M College For Women (Autonomous)

Nationally Accredited with 'A' by NAAC (Cycle-IV)

Nagapattinam -611 001
TamilNadu.



DEPARTMENT OF TAMIL EXTRA CREDIT COURSE 2022-2023

Semester I	தமிழ் மருத்துவம்-ஓர் அறிமுகம்	Course Code:
Instruction Hours: 2	Credits: 2	Exam Hours: 3
Internal Marks -25	External Marks-75	Total Marks: 100

பாடநோக்கம்:

- தமிழ் மருத்துவத்தை அறியச் செய்தல்.
- தமிழ் மருத்துவத்தின் சிறப்பை உணரச் செய்தல்.
- தமிழ் மருத்துவம் அழியாமல் காக்கச் செய்தல்.
- நோயற்ற வாழ்வினை வாழ்க் கற்றுக் கொடுத்தல்.
- நோயின் அசாத்தியக் கூறுகளை அறியச் செய்தல்.

அலகு -1

(மேணிகள்)

தமிழ்நாடும் தமிழ் மருத்துவமும் - (சித்த மருத்துவம்)
- பதினெண் சித்தர்கள் - சித்தர்கள் - மருத்துவம் தோன்றிய காலம்
.சித்த மருந்துகள்

அலகு -2

(மேணிகள்)

மருந்துகளைப் பயன்படுத்தும் முறைகள் பரு - மனித உடல் -
- கருப்ப கலம் - உடல் உற்பத்தி - காரண உடல் - நுண் உடல் - உடல்
உடல் அமைப்பு .கருவில் அமையும் உடலின் தன்மை

அலகு -3

(மெணிகள்)

எலும்புக்கூடு மனித உடலும் - புறவடிவு - உள்ளூறுப்புகள் -
தத்துவ அமைப்பும் நோயாளியின் - மருத்துவர் இலக்கணம் -
.நாடி அளவு - நாடி வகை - இலக்கணம்

அலகு -4

(மெணிகள்)

நாடி நடக்கும் விதம் - நாடியின் தோற்றமும் தொகையும் -
- வாதம் - முக்குல்ல இலக்கணம் - நோயின் அசாத்திய கூறுகள்
- கபம் - பித்தம்மரணக்குறிகள்.

அலகு -5

(மெணிகள்)

தூய்மையின் நலம் தமிழ் இலக்கியங்களில் உடல்நல -
மன நலம் - இலக்கியங்களில் மனநலம்சிறக்க வழிமுறைகள் -
- உடல் நலத்தைப் போற்றும் வழிமுறைகள் - உடம்பு ஒரு மருத்துவன்
சுற்றுச்சூழல்.

மாணவர் பெறும் திறன்கள்:

- நோயின்தன்மையைஅறிவர்.
- தமிழ்மருத்துவத்தின்மேன்மையைஅறிவர்.
- தமிழ்மருத்துவத்தின்பயன்உணர்ந்துஅதனைபயன்படுத்துவர்.
- சித்தர்களின்மருத்துவத்தொண்டுகளைஅறிவர்.

➤ நோயற்றவாழ்வைப்பெற்று குறைவற்ற செல்வம்பெறுவர்.

Extra Credit Course - 2022-2023

தமிழ் மருத்துவம்- ஓர் அறிமுகம்

S.No	Semester	Course Title	No. of Students			
1.	Semester I		I B.Sc. ZOO	03	44	
			I BBA	14		
			I BCA	02		
			I B.A.History	11		
			I B.Sc. Chemistry	03		
			I B A Eco	02		
			I.BOM	09		
	Semester II			I B.Sc. ZOO	03	44
				I BBA	14	
				I BCA	02	
				I B.A.History	11	
				I B.Sc. Chemistry	03	
				I B A Eco	02	
				I.BOM	09	

EXTRA CREDIT COURSE – 2022 - 2023

S.NO	REG. NO	NAME
1.	22UH002	DIVYA .E.J
2.	22UH003	KIRIJA .S
3.	22UH004	JAISRREE .SK
4.	22UH005	AFRIN .M
5.	22UH0016	ABARNA .S
6.	22UH020	ABINAYA .J
7.	22UCH023	PRABAVATHY .R
8.	22UH024	SAKTHISRI .R
9.	22UH031	AMIRTHALAKSHMI.S
10.	22UH033	K.MEENA
11.	22UH034	M.YOGALAKSHMI
12.	22UE024	A.DEVAPRIYA
13.	22UCH010	FHAIZHA .S
14.	22UCH027	MONESHWARI.G
15.	22UCH030	DHARSHINI.R
16.	22UC109	KAVIYA.M
17.	22UC123	NISHA.A
18.	22UC128	VARSHA.S
19.	22UC131	C.INDUJA
20.	22UC134	DHARANI T
21.	22UC139	SYEDSULTHANABEEVI. M
22.	22UC140	VIJAYASRI. S
23.	22UC154	ARTHI. S
24.	22UC160	ABIKA. K
25.	22UBA103	AMUTHAVANI. R
26.	22UBA110	DAARSHA. K
27.	22UBA112	VINISHA K

28.	22UBA114	PRIYATHARSHINI. V
29.	22UBA115	SWATHI. K
30.	22UBA116	SUJA. A
31.	22UBA117	SEETHALAKSHMI. A
32.	22UBA118	HARINI. K
33.	22UBA120	SUGASHNI. S
34.	22UBA122	KEERTHIKA. G
35.	22UBA129	REEGANA. G
36.	22UBA132	SWEETHA. D
37.	22UBA134	DEVI. k
38.	22UBA145	SUPRIYA. S
39.	22UCA111	MONESHWARI. G
40.	22UCA116	GOBIKA. J
41.	22UCS104	SOBIYA
42.	22UZ021	RENUKA. K
43.	22UZ017	SOUNDARYA. R
44.	22UZ006	NIRANJANI. G

Extra credit course - 2022-2023

S.NO	DATE	NAME OF THE STAFF	PORTION COVERED
1.	24.09.2022	A.Yogabeth jona	தமிழ்நாடும் தமிழ் மருத்துவமும்
2.	05.11.2022		சித்த மருந்துகள்
3.	09.11.2022		பதினெண் சித்தர்கள்
4.	15.11.2022		சித்தர்கள் - காலம்
5.	17.11.2022		சித்த மருத்துவம்
6.	08.10.2022	A.Arumbu	மருந்துகளைப் பயன்படுத்தும் முறைகள்
7.	14.11.2022		பரு உடல்
8.	16.11.2022		மனித உடல்
9.	17.11.2022		கருப்ப கலம்
10.	21.11.2022		காரண உடல்
11.	22.11.2022		தன்மை உடலின் அமையும் கருவில் .
12.	08.10.2022	R,Veera	உடல் உற்பத்தி
13.	9.10.2022		எலும்புக்கூடு-
14.	03.11.2022		புறவடிவு
15.	07.11.2022		உள்ளூறுப்புகள்
16.	22.11.2022		மனித உடலும்
17.	23.11.2022		நோயாளியின் இலக்கணம்
18.	15.10.2022	P.Gowri	நாடி நடக்கும் விதம்

19.	08.11.2022	V.Devi	நாடியின் தோற்றமும் தொகையும்
20.	10.11.2022		கபம்
21.	14.11.2022		பித்தம்
22.	15.11.2022		வாதம்
23.	16.11.2022		முக்குல்ல இலக்கணம்
24.	18.11.2022		அசாத்திய கூறுகள்
25.	15.10.2022	M.Stella mary	தமிழ் இலக்கியங்களில் உடல்நலம்
26.	05.11.2022		போற்றும் உடல் நலத்தைப் வழிமுறைகள்
27.	18.11.2022		சுற்றுச்சூழல்
28.	21.11.2022		தூய்மையின் நலம்
29.	23.11.2022		மருத்துவன்
30.	28.11.2022		மன நலம்

தமிழ் மருத்துவம் - ஓர் அறிமுகம்

அக மதிப்பெண் : 25

பருவம் : II

புற மதிப்பெண்: 75

பயிற்று மணிகள் / வாரம்: 2

தேர்வு மணிகள்: 3

தரபுள்ளிகள் : 2

பாட நோக்கம்:

- அழகை பராமரிப்பது பற்றி அறியச் செய்தல்.
- உடல் ஆரோக்கியம் குறித்து விழிப்புணர்வு ஏற்படச் செய்தல்.
- கொரோனா பற்றி தெரிந்து கொள்ளச் செய்தல்.
- பல்வகை மலர்களின் மருத்துவப் பயன்களை அறியச் செய்தல்.
- பெண்கள் நலமுடன் வாழ அறிவுறுத்தல்.

அலகு - 1 அழகும் மருத்துவமும்:

தலை - கூந்தல் பொடுகு , இயற்கை சாயம் பூசுதல் , முடி உதிர்வு , வழக்கை

முகம் - வாய் , கண் , மூக்கு , காது , உதடு , குரல் வளம் பெற , முகப்பரு , சிவப்பழகு , இமை , கழுத்து.

மார்பு - கை , வயிறு , இடுப்பு , உள் உறுப்புகள் , கால் , பாதம் , உடல்நலம் போற்றல்.

அலகு - 2 சமையலும் மருத்துவமும்:

சமையல்விளக்கம் , புரதச்சத்து உணவுகள் , மசாலாபொருள்கள் , பருவகால உணவுகள் , திரவ உணவுகள் , திட உணவுகள் - பண்டிகைக்கால உணவுகள் , சடங்கு உணவுகள் , விருந்தினர் உபசரிப்பு.

அலகு - 3 தீ நுண்ணுயிரி (கொரானா) மருத்துவம்:

கொரானா , விளக்கம் , அறிகுறிகள் , பாதுகாப்பு , வழிமுறைகள் , தோற்றம் வளர்ச்சி நோய் எதிர்ப்பு சக்தி பெருகுதல் மேற்கொள்ளும் பழக்கவழக்கங்கள் , விழிப்புணர்வு , கொரானா தடுப்பு ஊசி போடுதல், உணவு உட்கொள்ளும் முறைகள்.

அலகு - 4 மலர் மருத்துவம்:

மலர்விளக்கம் , வேப்பம்பூ , மாதுளம் பூ , ஆவாரம் பூ , வாழைப்பூ , நந்தியாவட்டம் பூ, குங்குமப்பூ - முருங்கைப்பூ , துத்திப்பூ , தும்பைப் பூ , செம்பருத்திப்பூ மகிழம்பூ.

அலகு - 5 பெண்களும் மருத்துவமும்:

குழந்தைப்பருவநோய்கள் , பூப்பூநிலை அடையாமை , மாதவிடாய்பிரச்சனை , கர்ப்பப்பை நோய்கள் , மகப்பேறுகாலமருத்துவம் , அமைதியும்மகிழ்ச்சியும் , மனநலமும் மருத்துவமும் , தூய்மையின் நலம்.

பாடநூல்: தமிழ்த் துறை வெளியீடு.

பார்வை நூல்கள்:

1. குருஜி , உயிரைக் காக்கும் உணவே மருந்து , நவயுகம் அறக்கட்டளை, முதல் பதிப்பு 2013, ஈரோடு , 02.
2. எம். பழனியப்பன் பசி. மரு , பி.எல். பழனியப்பன் பசி. மரு, உணவே மருந்து , சித்த மருத்தும், தாமரை பப்ளிகேஷன்ஸ் (பி) லிட்.
3. சு.திருஞானம் , மூலிகை மருத்துவம், செல்வி பதிப்பகம்.

4. ஜி.பிருத்விராஜ் வர்மா HIMP , தமிழ் நாடு மூலிகை மருத்துவம், சுரா
பதிப்பகம்.

இணையதள முகவரி:

www.Raotamil.com

www.valaitamil.com

www.noolulagam.com

மாணவர் பெறும் திறன்கள் :

- அழகு குறிப்புகளை பயன்படுத்தி அறிந்து அழகை பராமரிப்பர்.
- உடல் நலத்தோடு கூடிய வலிமையைப் பெறுவர்.
- கொரோனா வைரஸிலிருந்து தன்னைப் பாதுகாத்துக் கொள்வர்.
- மலர் மருத்துவத்தால் நோயின்றி வாழ்வார்.
- பெண் நோய்களுக்கான தீர்வுகளைப் பெற்று ஆரோக்கியமாக வாழ்வார்.

EXTRA CREDIT COURSE - 2022 - 2023

S.NO	REG. NO	NAME
1.	22UH002	DIVYA .E.J
2.	22UH003	KIRIJA .S
3.	22UH004	JAISRREE .SK
4.	22UH005	AFRIN .M
5.	22UH0016	ABARNA .S
6.	22UH020	ABINAYA .J
7.	22UCH023	PRABAVATHY .R
8.	22UH024	SAKTHISRI .R

9.	22UH031	AMIRTHALAKSHMI.S
10.	22UH033	K.MEENA
11.	22UH034	M.YOGALAKSHMI
12.	22UE024	A.DEVAPRIYA
13.	22UCH010	FHAIZHA .S
14.	22UCHO27	MONESHWARI.G
15.	22UCH030	DHARSHINI.R
16.	22UC109	KAVIYA.M
17.	22UC123	NISHA.A
18.	22UC128	VARSHA.S
19.	22UC131	C.INDUJA
20.	22UC134	DHARANI T
21.	22UC139	SYEDSULTHANABEEVI. M
22.	22UC140	VIJAYASRI. S
23.	22UC154	ARTHI. S
24.	22UC160	ABIKA. K
25.	22UBA103	AMUTHAVANI. R
26.	22UBA110	DAARSHA. K
27.	22UBA112	VINISHA K
28.	22UBA114	PRIYATHARSHINI. V
29.	22UBA115	SWATHI. K
30.	22UBA116	SUJA. A
31.	22UBA117	SEETHALAKSHMI. A
32.	22UBA118	HARINI. K
33.	22UBA120	SUGASHNI. S
34.	22UBA122	KEERTHIKA. G
35.	22UBA129	REEGANA. G
36.	22UBA132	SWEETHA. D
37.	22UBA134	DEVI. k
38.	22UBA145	SUPRIYA. S

39.	22UCA111	MONESHWARI. G
40.	22UCA116	GOBIKA. J
41.	22UCS104	SOBIYA
42.	22UZ021	RENUKA. K
43.	22UZ017	SOUNDARYA. R
44.	22UZ006	NIRANJANI. G

Extra credit course - 2022-2023

S.NO	DATE	NAME OF THE STAFF	PORTION COVERED
1.	22.12.2022	Dr A.Yogabeth Jona	தலை - கூந்தல் பொடுகு , இயற்கை சாயம் பூசுதல் , முடி உதிர்வு , வழுக்கை .
2.	11.01.2023		முகம் - வாய் , கண் , மூக்கு , காது , உதடு , குரல் வளம் பெற , முகப்பரு , சிவப்பழகு , இமை , கழுத்து.
3.	16.03.2023		மார்பு - கை , வயிறு , இடுப்பு , உள் உறுப்புகள் ,
4.	23.03.2023		உள் உறுப்புகள் , கால் , பாதம் ,
5.	24.03.2022		உடல்நலம் போற்றல்
6.	23.12.2022	Dr K.Arumbu	சமையல்விளக்கம் ,
7.	21.01.2023		புரதச்சத்து உணவுகள்
8.	21.02.2022		மசாலாபொருள்கள் , பருவகால உணவுகள்

9.	05.04.2023		திரவஉணவுகள் , திடஉணவுகள் – பண்டிகைக்காலஉணவுகள்
10.	06.04.2023		சடங்கு உணவுகள் ,
11.	07.04.2023		விருந்தினர் உபசரிப்பு
12.	30.12.2022	Dr R.Veera	கொரானா , விளக்கம் , அறிகுறிகள் ,
13.	20.01.2023		அறிகுறிகள் , பாதுகாப்பு , வழிமுறைகள்
14.	07.02.2023		தோற்றம் வளர்ச்சி நோய் எதிர்ப்பு சக்தி பெருகுதல் மேற்கொள்ளும் பழக்கவழக்கங்கள்
15.	08.03.2023		நோய் எதிர்ப்பு சக்தி பெருகுதல் மேற்கொள்ளும் பழக்கவழக்கங்கள்
16.	09.03.2023		கொரானா தடுப்பு ஊசி போடுதல்
17.	15.03.2023		உணவு உட்கொள்ளும் முறைகள்.
18.	10.01.2023	Mrs P.Gowri	மலர் மருத்துவம்: மலர்விளக்கம்
19.	28.01.2023		மலர்விளக்கம் , வேப்பம்பூ
20.	30.01.2023		மாதுளம் பூ , ஆவாரம் பூ
21.	21.02.2023		வாழைப்பூ , நந்தியாவட்டம் பூ
22.	23.03.2023		குங்குமப்பூ – முருங்கைப்பூ
23.	31.03.2023		துத்திப்பூ
24.	02.04.2023		தும்பைப் பூ , செம்பருத்திப்பூ மகிழம்பூ

25.	02.01.2023		பெண்களும் மருத்துவமும்
26.	06.02.2023		குழந்தைப்பருவநோய்கள் , பூப்பூநிலை அடையாமை
27.	09.03.2023		மாதவிடாய்பிரச்சனை , கர்ப்பப்பை நோய்கள்
28.	15.03.2023		மகப்பேறுகாலமருத்துவம்
29.	31.03.2023		அமைதியும்மகிழ்ச்சியும்
30.	03.04.2023		மனநலமும் மருத்துவமும் , தூய்மையின் நலம்.



A.D.M College For Women (Autonomous)

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Nagapattinam -611 001

TamilNadu.



PG & RESEARCH DEPARTMENT OF CHEMISTRY

Extra Credit Course 2022-2023

FOOD & NUTRITION - I

EXTRA CREDIT - ODD SEMESTER 2022-2023

S. No.	Register Number	Name	Name of the Staff
1.	22UCA101	S. AYESHA SUMAYA	Dr.J.Bhuvana Ms.R.Maheswari
2.	22UCA103	S. FATHIMA RIZWANA	
3.	22UCA105	A.NABELA SABREEN	
4.	22UCA117	M. SYED SULTHANI FAHIMA	
5.	22UCA118	A.AYISHA THUSMINA	
6.	22UCA119	H.NOORUL SHADHINA	
7.	22UCA120	M.SHAILA BANU	
8.	22UCA121	A.K.THAKSHEEN SAGAR	
9.	22UE002	S. SANGARI	
10.	22UC005	A.PRIYA	
11.	22UC017	S. NIRANJANA	
12.	22UC026	T.KAVISHKA	
13.	22UC029	A.DEVADHARSHINI	
14.	22UC031	M.KEERTHIKA	
15.	22UC033	S.PAVITHRA	
16.	22UC035	J. VINOHA	
17.	22UC052	G. SANTHURUMATHI	
18.	22UC054	K. ABARNA	
19.	22UC059	S.UMAMAHESWARI	
20.	22UC066	K.ANUSUYA	

21.	22UM003	S. SAKTHIPRIYA	
22.	22UM013	S.SENGALYA	
23.	22UM015	K.SULOCHANA DEVI	
24.	22UM017	T. AJITHA	
25.	22UM022	T. RABINA	
26.	22UM024	M. MANIMOZHI	
27.	22UM025	M. AMBIKA	
28.	22UM035	B. SARANYA	
29.	22UB101	M. SANJITHA	
30.	22UB103	M.Y. RUBINA	
31.	22UB104	S. MAISARA	
32.	22UB106	S. SHAFRIN RIFAYA	
33.	22UB107	J. RABIYATHUL RUKAIYA	
34.	22UB108	A.GIBTIYYA	
35.	22UB112	M.AYISHA NACHIYAR	Dr.J.Bhuvana
36.	22UB120	J.NOORUL RAHIMA	
37.	22UC104	A.SUHAINA SHAFREEN	
38.	22UC113	Z.MEHMUTHA SAFREEN	
39.	22UC119	S. SUHAINA FIRTHOUS	
40.	22UC124	M.AHAMED AFREEN	
41.	22UC127	M.ASHIKA PARVEEN	
42.	22UC148	T.SHIFAYA	
43.	22UC157	S.IRFANA	
44.	22UBA111	S.SHARMILA	
45.	22UBA113	M.VASIGA	
46.	22UBA126	R.SIVADHARSHINI	
47.	22UBA142	M.MYTHILI	
48.	22UBA143	A.LALITHA	
49.	22UTA102	V.ANJUGAPRIYA	

50.	22UTA105	V.GOKILA	Ms.R.Maheswari
51.	22UTA108	S.AKALYA	
52.	22UTA109	G.PAVITHRA	
53.	22UTA111	M.NISHANTHINI	
54.	22UTA113	R.AMIRTHAVARSHINI	
55.	22UTA114	D.MAHESWARI	
56.	22UTA124	E.KOKILA	
57.	22UTA125	V.ARCHANA	
58.	22UTA126	M.SARASWATHI	
59.	22UTA128	R.VARSHINI	
60.	22UTA130	A.JAYASRI	
61.	22UTA132	R.LOGESWARI	
62.	22UTA134	A.SABEENA DEVI	
63.	22UEN101	A.KATHEEJA AFRIN	

CSD Semester - 2022-2023

Incharge Dr. J. Bhawan
MS P. Maheswari

Food and Nutrition - I

Date	Hour	Portion Covered	No of Present	No of Absentees	Teaching Strength	Signature of the Staff	Signature of the In-charge	Signature of the Principal
24/9/22	I	Syllabus given	42	21000	63	[Signature]	[Signature]	
7/10/22	I	Unit - I Food & Nutrition - I. Definition of food, Classification of food.	62	02	64	[Signature]	[Signature]	
15/10/22	I-II	Sources & Composition of food.	62	02	64	[Signature]	[Signature]	
24/10/22	I-II	Classification & functions of food	62	02	64	[Signature]	[Signature]	
3/11/22	I	Composition & nutritive value of rice, wheat	61	03	64	[Signature]	[Signature]	
5/11/22	I & II	Composition & nutritive value of millets, groundnut, almond & Cashew	55	09	64	[Signature]	[Signature]	
7/11/22	I	Composition & nutritive value of Walnut & Sesame	61	03	64	[Signature]	[Signature]	
6/12/22	I	Composition & nutritive value of vegetable & fruits	59	05	64	[Signature]	[Signature]	[Signature]

Date	Hour	Questions Covered	No. of Present	No. of Absent	total strength	Sign of the student	Sign of the class	Sign of the period
9/11/22	I	Introduction & history of nutrition	60	04	64	Present	✓	
10/11/22	I	Definition of kilocalories, Joule, energy.	59	05	64	Present	✓	
14/11/22	I & II	Energy value of foods, basal metabolic rate - definition, factors of BMR	58	06	64	Present	✓	
15/11/22	I & II	RDA & DV for men and women	58	06	64	Present	✓	
16/11/22	I & II	Basis for estimation of nutrient requirements	59	05	64	Present	✓	
17/11/22	I & II	Formulation of RDA & RDA for Indians	59	05	64	Present	✓	
18/11/22	I	Macronutrients - Classification & function	61	03	64	Present	✓	
22/11/22	I & II	Protein, Carbohydrate & fat - Classification & function	61	03	64	Present	✓	
23/11/22	I & II	Digestion & absorption of macronutrients	58	06	64	Present	✓	
24/11/22	I & II	RDA, source & deficiencies of macronutrients	60	04	64	Present	✓	Present

FOOD & NUTRITION - II
EXTRA CREDIT - EVEN SEMESTER 2022-2023

S. No.	Register Number	Name	Name of the Staff
1.	22UCA101	S. AYESHA SUMAYA	Dr.J.Bhuvana Ms.M.Tamilpriya
2.	22UCA103	S. FATHIMA RIZWANA	
3.	22UCA105	A.NABELA SABREEN	
4.	22UCA117	M. SYED SULTHANI FAHIMA	
5.	22UCA118	A.AYISHA THUSMINA	
6.	22UCA119	H.NOORUL SHADHINA	
7.	22UCA120	M.SHAILA BANU	
8.	22UCA121	A.K.THAKSHEEN SAGAR	
9.	22UE002	S. SANGARI	
10.	22UC005	A.PRIYA	
11.	22UC017	S. NIRANJANA	
12.	22UC026	T.KAVISHKA	
13.	22UC029	A.DEVADHARSHINI	
14.	22UC031	M.KEERTHIKA	
15.	22UC033	S.PAVITHRA	
16.	22UC035	J. VINOETHA	
17.	22UC052	G. SANTHURUMATHI	
18.	22UC054	K. ABARNA	
19.	22UC059	S.UMAMAHESWARI	
20.	22UC066	K.ANUSUYA	
21.	22UM003	S. SAKTHIPRIYA	
22.	22UM013	S.SENGALYA	
23.	22UM015	K.SULOCHANA DEVI	
24.	22UM017	T. AJITHA	
25.	22UM022	T. RABINA	
26.	22UM024	M. MANIMOZHI	

27.	22UM025	M. AMBIKA		
28.	22UM035	B. SARANYA		
29.	22UB101	M. SANJITHA		
30.	22UB103	M.Y. RUBINA		
31.	22UB104	S. MAISARA		
32.	22UB106	S. SHAFRIN RIFAYA		
35.	22UB112	M.AYISHA NACHIYAR		Dr.J.Bhuvana Ms.M.Tamilpriya
36.	22UB120	J.NOORUL RAHIMA		
37.	22UC104	A.SUHAINA SHAFREEN		
38.	22UC113	Z.MEHMUTHA SAFREEN		
39.	22UC119	S. SUHAINA FIRTHOUS		
40.	22UC124	M.AHAMED AFREEN		
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47.	22UBA142	M.MYTHILI		
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49.	22UTA102	V.ANJUGAPRIYA		
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51.	22UTA108	S.AKALYA		
52.	22UTA109	G.PAVITHRA		
53.	22UTA111	M.NISHANTHINI		
54.	22UTA113	R.AMIRTHAVARSHINI		
55.	22UTA114	D.MAHESWARI		
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60.	22UTA130	A.JAYASRI	
61.	22UTA132	R.LOGESWARI	
62.	22UTA134	A.SABEENA DEVI	
63.	22UEN101	A.KATHEEJA AFRIN	

Food & Nutrition

Date	Portions Covered	Students			Sign of the		
		Present	Absent	58	Att	Att	Att
12/22	Macro Minerals	51	7	58	Att	Att	Att
12/22	Introduction of Vitamins	46	12	58	Att	Att	Att
12/22	Sources and Functions of Vitamins	48	10	58	Att	Att	Att
11/23	Sources & functions of Vitamin A	38	20	58	Att	Att	Att
10/23	RDA, Absorption and Activity of Calcium	51	7	58	Att	Att	Att
11/23	RDA, deficiency & excess of Vitamin A	54	4	58	Att	Att	Att
20/23	Sources and functions of Magnesium	52	6	58	Att	Att	Att
21/23	Sources & functions of Vitamin D	49	9	58	Att	Att	Att
28/23	Functions, sources and deficiency of Phosphorus	43	15	58	Att	Att	Att
30/23	Functions, sources and deficiency of Zinc	51	7	58	Att	Att	Att
06/2/23	Sources, functions of Vitamin E & K	43	15	58	Att	Att	Att
7/2/23	Sources & deficiency of Fluorine & Iodine	52	6	58	Att	Att	Att
21/2/23	Absorption & RDA of Fluorine & Iodine	37	21	58	Att	Att	Att

Date	Portions Covered	Students			Sign of the		
		Present	Absent	58	Att	Att	Att
21/2/23	Sources, functions & RDA of B ₁ , B ₂	37	21	58	Att	Att	Att
28/2/23	Sources, fns & RDA of B ₃ & B ₆	43	15	58	Att	Att	Att
1/3/23	Sources, fns & RDA of B ₁₂ & Vit C	48	10	58	Att	Att	Att
8/3/23	Deficiency & excess of vit B ₁ & B ₂	39	19	58	Att	Att	Att
9/3/23	Deficiency & excess of vit B ₃ & B ₆	47	11	58	Att	Att	Att
15/3/23	Deficiency & excess of B ₁₂ & C	54	4	58	Att	Att	Att
16/3/23	Nutrition required during Adolescence	52	6	58	Att	Att	Att
23/3/23	Growth & development of adolescence	48	10	58	Att	Att	Att
23/3/23	Nutritional Requirements of boys & girls	48	10	58	Att	Att	Att
24/3/23	Diet required for adolescent boys & girls	36	22	58	Att	Att	Att
30/3/23	RDA of boys & girls	52	6	58	Att	Att	Att
31/3/23	RDA of adolescent boys & girls	47	11	58	Att	Att	Att
1/4/23	Nutrition related problem of adolescents	35	23	58	Att	Att	Att
3/4/23	Nutrition related problem of boys & girls	43	15	58	Att	Att	Att
5/4/23	Revision - I	46	10	58	Att	Att	Att
6/4/23	Revision - II	39	19	58	Att	Att	Att

MS No. Tan-1P13

MS No. Tan-1P13

MS No. Tan-1P13

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MS No. Tan-1P13



A.D.M College For Women (Autonomous)

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TamilNadu.



DEPARTMENT OF GEOLOGY

EXTRA CREDIT COURSE

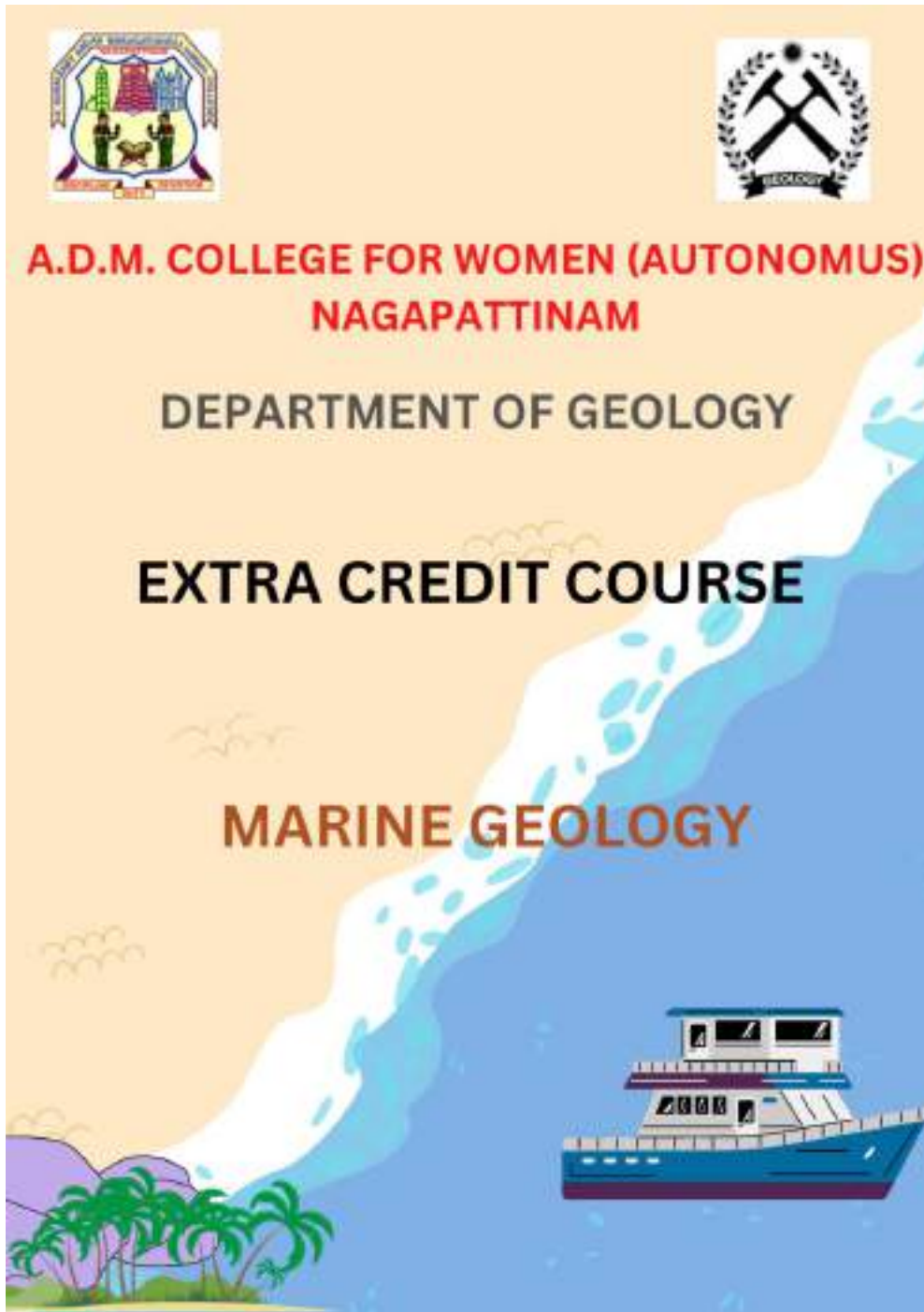


**A.D.M. COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM**

DEPARTMENT OF GEOLOGY

EXTRA CREDIT COURSE

MARINE GEOLOGY



EXTRA CREDIT COURSE - I
FUNDAMENTALS OF MARINE GEOLOGY

COURSE OBJECTIVE :

- To understand the earth's ocean and their features. It deals in detail about continental drift theory, sea floor spreading, marine sediments, sea water and their properties, waves, tides, currents and Tsunami.

Unit - I

Introduction to planet earth and ocean. Origin of earth, Ocean and Atmosphere, Continental drift and Sea floor Spreading.

Unit - II

Ocean floor Topography: Continental margin, Continental shelf and continental slope, Continental rise, Submarine canyon, Oceanic ridges: Ridges, fracture zone; Ocean basins: Abyssal plains, Abyssal hills, Seamounts and Guyots, Marginal Trenches.

Unit - III

Marine sediments: Lithogenous Sediments, Biogenous Sediment, Hydrogenous Sediments and Cosmogenous sediments their origin, Composition and distribution.

Unit - IV

Sea Water and their Properties: Salinity, pH, Thermal properties, Density Variation, Composition and Depth of sea water.

Unit - V

Waves, Tides and Currents: Definition, Generation and types. Tsunamis: Definition, causes, generation, propagation and effects.

Text Book:-

1. Kuenen, Ph.H., Marine Geology. John Wiley and Sons, 1950
2. King, C.A.M. – Beaches and coasts, Edward Arnold, London 1959.
3. King, C.A.M. – Introduction to marine Geology and Geomorphology. Edward Arnold, London, 1975.

4. Manimaran,G. 2007. Indian Ocean Tsunami and Related events. Renuga publications. Tirunelveli.pp.72
5. Alan P. Trujillo, Harold V. Thurman. 2005. Essentials of Oceanography. Pearson Prentice Hall.

References:-

1. Radhakrishnan, V. General Geology V.V.P. Publishers, Tuticorin, 1996.
2. Siddhartha, K. 2002. Oceanography: A Brief Introduction, Kisalaya Publications Pvt Ltd, 347p.
3. Shepard, F.P. Geological Oceanography, Heinmann, London, 1978.
4. The Ocean, A Scientific American book, W.H. Freeman and company, SanFrancisco, 1969.

List of Students

S.No	Register No.	Name of the Student
1	20VZ001	RANJANI K
2	20VZ003	PIRUTHIKA N
3	20VZ004	SANMUGAVALLI D
4	20VZ005	TULASI K
5	20VZ006	HARINI V
6	20VZ007	SAKISHA J
7	20VZ008	SWETHA S
8	20VZ009	YOGESHWARI K
9	20VZ010	KARTHIKA S
10	20VZ011	VARSHINI K
11	20VZ012	ROSELINE PERIYANAYAGI D
12	20VZ013	NANDHINI V
13	20VZ014	THRISHA S
14	20VZ016	AARTHI V
15	20VZ017	ASHA A



**A.D.M. COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM**

DEPARTMENT OF GEOLOGY

EXTRA CREDIT COURSE II

OCEANOGRAPHY

EXTRA CREDIT COURSE - II
OCEANOGRAPHY

SEMESTER: II

NO. OF HOURS/WEEK: 2

COURSE OBJECTIVE:

- To understand the basic techniques used in bathymetry.
- To understand the Ocean currents, upwelling and downwelling.
- To know about the types of shoreline and the hard stabilization in beaches.
- To understand the marine life and marine environment.
- To know about the marine pollutants.

Unit - I

Marine Provinces

Techniques used in Ocean bathymetry: Echo soundings, Satellite images and seismic reflection profile. Features exist in Continental Margin, Deep ocean basin and mid oceanic ridges.

Unit - II

Ocean Circulation

Ocean current: surface current and deep current: Origin and Components – Causes of upwelling and downwelling. Origin of thermohaline circulation.

Unit - III

Shoreline processes and Coastal Ocean

Beach terminology – beach composition. Types of shoreline. Movement perpendicular to the shoreline and parallel to the shoreline. Hard stabilization and their alternatives.

Unit - IV

Marine life and Marine environment

Classification of marine organisms: Plankton, Nekton and Benthos. Division of marine environment: Pelagic and benthic environment. Deep sea hydrothermal vent communities.

Unit - V

Marine pollution

Marine pollution – Environmental bioassay – Oil spill – sewage sludge – Biological pollution: Seaweed *Caulerpa taxifolia* and zebra mussels.

Text Book:-

1. Kuenen, Ph.H., Marine Geology. John Wiley and Sons, 1950
2. King, C.A.M. – Beaches and coasts, Edward Arnold, London 1959.
3. King, C.A.M. – Introduction to marine Geology and Geomorphology. Edward Arnold, London, 1975.
4. Alan P. Trujillo, Harold V. Thurman. 2005. Essentials of Oceanography. Pearson Prentice Hall.

References:-

1. Radhakrishnan, V. General Geology V.V.P. Publishers, Tuticorin, 1996.
2. Siddhartha, K. 2002. Oceanography: A Brief Introduction, Kosalaya Publications Pvt Ltd, 347p.
3. Shepard, F.P. Geological Oceanography, Heinmann, London, 1978.
4. The Ocean, A Scientific American book, W.H. Freeman and company, San Francisco, 1969.

List of Students

S.No	Register No.	Name of the Student
1	20VZ001	RANJANI K
2	20VZ003	PIRUTHIKA N
3	20VZ004	SANMUGAVALLI D
4	20VZ005	TULASI K
5	20VZ006	HARINI V
6	20VZ007	SAKISHA J
7	20VZ008	SWETHA S
8	20VZ009	YOGESHWARI K
9	20VZ010	KARTHIKA S
10	20VZ011	VARSHINI K

11	20VZ012	ROSELINE PERIYANAYAGI D
12	20VZ013	NANDHINI V
13	20VZ014	THRISHA S
14	20VZ016	AARTHI V
15	20VZ017	ASHA A