

STELLA MARIS COLLEGE (AUTONOMOUS), CHENNAI
COURSE PLAN June - November 2024

Department : Economics
Name/s of the Faculty : Lt (Dr.) Jayalakshmi R
Course Title : Life Skills – Health, Energy and Computer Basics
Course Code : 23EC/HC/SS13
Shift : I

COURSE OUTCOMES (COs)

COs	Description	CL
CO1	Identify the importance of a few plants and their health benefits	1
CO2	Recognise the causes and symptoms of common disorders	2
CO3	Calculate food energy values and follow the Recommended Dietary Allowances (RDA) and appreciate the need for them.	3
CO4	Conserve energy and use it responsibly	4
CO5	Understand computer configuration for purchase of personal computer and E mail setting	5

Week	Unit No.	Content	Cognitive Level	Teaching Hours	COs	Teaching Learning Methodology	Assessment Methods
Jun 19 – 26, 2024 (Day Order 1 - 6)	1	Unit 1 Food and Health 1.1 Traditional food and their health benefits 1.1.1 Six tastes – Natural guide map towards proper nutrition	4	3	1	Group discussion /Interaction with Nutritionist	Seminar Presentation (10 marks)
Jun 27 – July 4, 2024 (Day Order 1 - 6)	1	1.1.2 Nutritional value and significance of Navadhanya (Sesame seed, Bengal gram, Horse gram, Green gram, Paddy seeds, White beans, Wheat, black gram and Chick pea) and Greens (Vallarai, Thuthuvalai, Manathakkali, Pulichakeerai, Agathi Keerai, Murungai Keerai, Karuveppilai, Puthina and Kothamalli)	4	3	1	Presentation / Videos / Interaction with nutritionist	Seminar Presentation (10 marks) / Scrap book (10 marks)

July 5 – 12, 2024 (Day Order 1 - 6)	1	1.1.2 Nutritional value and significance of Navadhanya (Sesame seed, Bengal gram, Horse gram, Green gram, Paddy seeds, White beans, Wheat, black gram and Chick pea) and Greens (Vallarai, Thuthuvalai, Manathakkali, Pulichakeerai, Agathi Keerai, Murungai Keerai, Karuveppilai, Puthina and Kothamalli)	4	3	1	Presentation / Videos / Interaction with nutritionist	Seminar Presentation (10 marks) / Scrap book (10 marks)
July 15 – 23, 2024 (Day Order 1 - 6)	1	1.2 Causes, symptoms and home remedies for the following ailments Common cold, Anaemia, Hypothyroidism, Obesity, Diabetes, Mellitus, Polycystic Ovarian Syndrome, Ulcer, Wheezing and Hypertension	4	3	2	Presentation / Guest Lecture / Group Discussion	Seminar Presentation (10 marks) / Scrap book (10 marks)

July 24 – 31, 2024 (Day Order 1 - 6)	2	Unit 2 (13 Hours) Food and energy balance 2.1 Units of Energy, Components of Total Energy Requirement – Basal Metabolic Rate, energy requirements for (work) physical activity and Thermic effect of food	5	3	3	Lecture & Discussion	Work Sheets (10 marks)
Aug 1 – 5, 2024 (Day Order 1 - 3)	2	2.2 Factors affecting Basal Metabolic Rate and Thermic Effect of food	4	2	3	Lecture & Discussion	Work sheets (10 marks)
Aug 6 – 10, 2024	C.A. Test - I						
Aug 12 – 14, 2024 (Day Order 4-6)	2	2.3 Recommended Dietary Allowances and Balanced Diet, Food Energy Values- Calculation	5	1	3	Lecture & Discussion	Works sheets (10 marks)

<p>Aug 16 – 23, 2024 (Day Order 1-6)</p>	<p>3</p>	<p>Unit 3 (13 Hours) 3.1 Energy conservation 3.1.1 Needs for Energy Conservation – Power consumption of domestic appliances – Electrical Energy Audit – Strategies for Energy Conservation - Modern lighting systems– Light emitting diode (LED), Compact fluorescent lamps (CFL), Green indicators and Inverter, Green building - Home lighting using Solar cell - Solar water heaters- Water and waste management - Biogas plant</p>	<p>5</p>	<p>3</p>	<p>4</p>	<p>Lecture & Discussion</p>	<p>Quiz 1 (20 marks)</p>
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<p>Aug 27 – Sep 3, 2024 (Day Order 1-6)</p>	<p>3</p>	<p>Unit 3 (13 Hours) 3.1 Energy conservation 3.1.1 Needs for Energy Conservation – Power consumption of domestic appliances – Electrical Energy Audit – Strategies for Energy Conservation - Modern lighting systems– Light emitting diode (LED), Compact fluorescent lamps (CFL), Green indicators and Inverter, Green building - Home lighting using Solar cell - Solar water heaters- Water and waste management - Biogas plant</p>	<p>5</p>	<p>3</p>	<p>4</p>	<p>Lecture / Videos</p>	<p>Quiz 1 (20 marks)</p>
<p>Sep 4 – 11, 2024 (Day Order 1-6)</p>	<p>3</p>	<p>3.1.2 Safety Practices in using electronic gadgets and electricity at home – Precautions - Shock- Use of testers to identify leakage</p>	<p>4</p>	<p>3</p>	<p>4</p>	<p>Discussion & Videos</p>	<p>Quiz 1 (20 marks)</p>

<p>Sep 12 - 20, 2024 (Day Order 1-6)</p>	<p>3.2 Computer fundamentals 3.2.1 Essentials of Purchasing a Personal Computer - Fundamentals of Networks – Local Area Network, Internet, Networking in real-time scenario- Computer Hacking – Computer Forensics Fundamentals – Cyber Laws - Secure Browsing</p>	<p>4</p>	<p>3</p>	<p>5</p>	<p>Lecture & Discussion</p>	<p>Quiz 2 (20 marks)</p>
<p>Sep 23 - 26, 2024 (Day Order 1-4)</p>	<p>3.2 Computer fundamentals 3.2.1 Essentials of Purchasing a Personal Computer - Fundamentals of Networks – Local Area Network, Internet, Networking in real-time scenario- Computer Hacking – Computer Forensics Fundamentals – Cyber Laws - Secure Browsing</p>	<p>4</p>	<p>2</p>	<p>5</p>	<p>Guest Lecture</p>	<p>Quiz 2 (20 marks)</p>
<p>Sep 27 – Oct 3, 2024</p>	<p>C.A. Test - II</p>					

Oct 4 – 5, 2024 (Day 5 & 6)	3	3.2 Computer fundamentals 3.2.1 Essentials of Purchasing a Personal Computer - Fundamentals of Networks – Local Area Network, Internet, Networking in real-time scenario- Computer Hacking – Computer Forensics Fundamentals – Cyber Laws - Secure Browsing	4	1	5	Guest Lecture	Quiz 2 (20 marks)
Oct 7 - 15, 2024 (Day Order 1 to 6)	3	3.2.2 Configuring Email Configure Email Settings – Attachments – Compression – Organizing Emails – Manage Folders - Auto Reply - Electronic Business Card - Email Filters- Manage Junk Mail - Calendar - Plan Meetings, Appointments - Scheduling Emails	3	3	5	Demonstration	Quiz 2 (20 marks)
Oct 16 - 22, 2024 (Day Order 1 to 6)	3	3.2.3 Emerging Trends in IT - 3D Printing, Cloud Storage, Augmented Reality, Artificial Intelligence, Internet of Things (IoT)	3	3	5	Lecture / Videos	Group Discussion

Oct 23 - 24, 2024
(Day Order 1 to 2)

REVISION