

# CMS COLLEGE KOTTAYAM (AUTONOMOUS)

Affiliated to the Mahatma Gandhi University, Kottayam, Kerala

CURRICULUM FOR UNDERGRADUATEPROGRAMME

# **BACHELOR OF SCIENCE IN ZOOLOGY**

UNDER CHOICE BASED CREDIT SYSTEM 2016 (With effect from 2016)

# **SYLLABUS:**

# **B.Sc ZOOLOGY PROGRAMMEMODEL - I**

**THEORY & PRACTICALS** 

# SEMESTER 1. ZY1711101. CORE COURSE 1.

[Levels of organization, Symmetry, Coelom]

Identification tools

# GENERAL PERSPECTIVES IN SCIENCE & PROTISTAN DIVERSITY

	36 Hrs
Objectives:	Credits 2
o juano.	
• To create an awareness on the basic philosophy of science, concepts and scope	
• To understand different levels of biological diversity through the systematicclassification	
• To familiarize taxa level identification of animals	
• To make interest in Protistan diversity	
• To impart knowledge on parasitic forms of lower invertebrates.	
PART I PERSPECTIVES IN SCIENCE	8Hrs
Module I Introduction to Scientific Studies	4Hrs Types of
knowledge: practical, theoretical, and scientific knowledge. What is science, features of science, Deductive and inductive models, science, science, features of science, Deductive and inductive models, science,	ntific temper,
empiricismvocabulary of science.	
Module II What is Biology?	4 Hrs
Life and its manifestations, History of Biology: Biology in ancient times Landmarks in theprogress of Biology. Branches of Zoology , S	cope of Zoology
PART II SYSTEMATICS	10 Hrs
Module III-Taxonomical Principles and tools	
Systematic, Taxonomy, Phylogeny [Brief account], Approaches to taxonomy, Molecular taxonomy, .Bar coding. Zoological nomencla	ture, International
Code of Zoological Nomenclature (ICZN), Law of Priority. Five Kingdom Classification; Linnaean classification, Basis for Animal king	gdom classification
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Taxonomic key. Types: Single access key- Dichotomous [linked and nested] and Polytomouskey, Multi access key, Computer aided Interactive Key Advantages and Disadvantages

PART III: PROTISTAN DIVERSITY		18 Hrs
Module IV – Kingdom Protista Type: Parameter	cium	5 Hrs
Salient features of KingdomProtista		10 Hrs
Classification of Protista up to phyla		
l. Phylum Rhizopoda	:Eg. Amoeba	
2. Phylum Actinopoda	: Eg. Actinophrys	
3. Phylum Dinoflagellata	: Eg. Noctiluca	
4. Phylum Parabasalia	: Eg. Trychonympha	
5. Phylum Metamonada	: Eg. Giardia	
6. Phylum Kinetoplasta	: Eg. Trypanosoma	
7. Phylum Euglenophyta	: Eg. Euglena	
8. Phylum Cryptophyta	: Eg. Cryptomonas	
9. Phylum Opalinata	: Eg. Opalina	
10. Phylum Bacillariophyta	:Eg. Diatoms	
11. Phylum Chlorophyta	:Eg. Volvox	
12. Phylum Choanoflagellata	:Eg. Proterospongia	
13. Phylum Ciliophora	: Eg. Balantidium coli	
14. Phylum Sporozoa	: Eg. Plasmodium	
15. Phylum Microsporidia	:Eg. Nosema	
16. Phylum Rhodophyta	:Eg. Red Alga	

(Mention any five general characters for each phylum. Detailed accounts of examples are notnecessary.)

# **General Topics:**

1. Parasitic protists (diseases mode of transmission and prophylactic measures) - Entamoeba, Trypanosoma, Plasmodium (detailed account of life cycle), Leishmania .

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# SEMESTER 1

#### **CORE COURSE PAPER 1**

#### PERSPECTIVES IN SCIENCE & PROTISTAN DIVERSITY

# (PRACTICAL)

36 Hrs

2 Credits

- 1. Taxa, identification techniquesBird body parts Butterfly/ dragonfly body parts
- 2. Identification using keys Insect, Fish, Snake (Poisonous & Non Poisonous )(Any 3 specimens from each category)
- 3. General identification - The students are expected to identify any 6 Protiatans studiedby their generic names and write the general characters of their Phylum.
- 4. Identification of any 4 economically important protists/parasitic protists(Slides/figures may be used for identification)
- Identification of two Protistan from pond water 5.

# SEMESTER 11. ZY1712102

# CORE COURSE 11: ANIMAL DIVERSITY - NON CHORDATA

# **Objectives:**

- To create appreciation on diversity of life on earth
- To understand different levels of biological diversity through the systematic classification of invertebrate fauna .
- To familiarize taxa level identification of animals
- To understand the evolutionary significance of invertebrate fauna

36 Hrs

Credits 2

- To instill curiosity on invertebrates around us
- To impart knowledge on parasitic forms of lower invertebrates.

#### MODULE I Kingdom Animalia

Outline classification of Kingdom Animalia

#### Three branches - Mesozoa, parazoa and Eumetazoa

# Mesozoa: Phylum Orthonectida - eg. Rhopalura (mention 5 salient features)

#### Parazoa:

- Class I Hydrozoa Eg. *Eg. Obelia* mention MetagenesisClass II- Scyphozoa Eg. *Rhizostoma*. Class III- Anthozoa Eg. *Metridium*.

# General Topics:

# 1. Coral and coral reefs with special reference to conservation of reef fauna.

2. Polyr	norphism in Coelenterates		
Phylum	Ctenophora -	Eg.	Pleurobrachia.

# MODULE II

Phylum Platyhelminthes Salient feature	es; classification up to classes	3 Hrs
Class I - Turbellaria.	Eg. Planaria.	
Class II – Trematoda	Eg. Fasciola	
Class III- Cestoda	Eg. Taenia saginata.	
General Topics:		
l. Life history of <i>Fasciola hepatica</i> .		
2		

2. Platyhelminth parasites of Man and Dog (Schistosoma, Taenia solium, Echinococcus).

#### Phylum Nemathelminthes(Nematoda)

Salient features, classification up to classes

7 Hrs

2 Hrs

Eg.Sycon.,

7

Class: Phasmidia	Eg. Enterobius,
Class: Aphasmidia	Eg. Trichinella
General Topic	
Pathogenic nematodes in man. (N	Wuchereria bancrofti, Ascaris lubricoides, Ancylostomaduodenale, Trichinella).
Phylum Annelida:	
Salient features, Classification up	pto classes. Class I- Archiannelida Eg.
Polygordius Class II -Polychaet	ta Eg. Chaetopterus
ClassIII- Oligochaeta	Eg. Megascolex.
Class IV- Hirudinea	Eg. Ozobranchus, Hirudinaria
MODULE III	
Phylum Onychophora	a
Eg. Peripatus (Mention its affin	ities).
Phylum Arthropoda	Salient features, Classification upto classes
Type: Prawn – Fenneropenaeus	s (Penaeus)
1. Sub Phylum -	Trilobitomorpha
Class -Trilobita (mention the sali (extinct)	ent features).Eg.Triarthrus – A trilobite
2. Subphylum – Chelicerata	
Class 1 Merostomata (Xiphosur	ra) (Eg. Limulus)
Class 2. Arachnida	(Eg., Palamnaeus- Scorpion)
Class 3 Pycnogonida	(Eg. Pycnogonum – Sea spider)
<b>3.</b> Subphylum- Crustacea	
Class 1 Branchiopoda Eg. Dap	hnia
Class 2 Ostracoda	Eg. Cypris -seed shrimpClass 3
Copepoda	Eg. Cyclops
Class 4 Remipedia	Eg. Speleonectes (eyeless crustacean seen in caves)Class 5.Branchiura Eg., Argulus
(common fish louse)	
	Eg. Sacculina (parasitic castrator of crabs)Class 7 Malacostraca
Class 6 Cirripedia	
Class 6 Cirripedia	Eg. Squilla (spot tail mantis shrimp)
Class 6 Cirripedia 4. Subphylum- Uniramia	Eg. Squilla (spot tail mantis shrimp)

2 Hrs

 Class 2
 Symphyla
 Eg. Scutigerella – (garden centipedes or pseudocentipedes)Class 3
 Diplopoda
 Eg.

 Spirostreptus- (Millipede)
 Eg. Pauropus
 Eg. Pauropus
 Eg.

 Class 4
 Pauropoda
 Eg. Pauropus
 Eg.

 Class 5
 Hexapoda (Insecta)
 Eg.Bombyx mori – (silk moth)
 Eg.

# MODULE IV

Phylum Mollusca	
Salient features, Classification upto classes Class I-	Apalcophora Eg.
NeomeniaClass II- Monoplacophora	Eg. NeopilinaClass III
Amphineura	Eg. Chiton
Class IV Gastropoda	Eg. Aplysia
Class V Scaphopoda	Eg. DentaliumClass VI
Pelecypoda (Bivalvia) Eg. Pinctada Class VII Ceph	halopoda Eg. Sepia
Phylum Echinodermata	
Classification upto classes	
Class I- Asteroidea	Eg. Astropecten
Class II- Ophiuroidea	Eg. Ophiothrix
Class III- Echinoidea	Eg. Echinus Class IV-
Holothuroidea	Eg. HolothuriaClass V –
Crinoidea	Eg.Antedon General
Topics	
1. Water vascular system in Echinodermata	
Phylum Hemichordata:	
Eg. Balanoglossus	
Minor Phyla	
1. Chaetognatha	Eg. Sagitta
2. Sipunculida	Eg. Sipunculus
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2. Barrington, E.J.W.(1967). Invertebrate Structure and function. ELBS and Nelson,

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#### PRACTICAL

# ANIMAL DIVERSITY- NON CHORDATA

36 Hrs.

Credit 1

#### Scientific Drawing:-

Make scientific drawings of 5 locally available invertebrate specimens belonging to differentphyla. Anatomy:-

Study of sections. (Any two)

1. Hydra.

2. Ascaris(male and female)

3. Earthworm

4. Fasciola

# Dissections

1. Prawn - Nervous system

2. Cockroach - Nervous system

Mounting:-

1. Prawn appendages.

 $\label{eq:linear} 2. \ {\rm Mouth \ parts - Cockroach/ \ Plant \ bug/ \ House \ fly \ / \ Mosquito. \ (Any \ Three)}$ 

# Identification:-

General identification & classification - The students are expected to identify, classify and describe the following Phylum -wise number of animals by their common names, generic names and 30% of these by their scientific names. Porifera-1, Coelenterata-3, Platyhelminthes-2, Annelida-2, Arthropoda-5, Mollusca-4, Echinodermata-3

(c)

54 Hrs 3 Credits

Identification of (a) Parasitic protest – any 2 (b) larval forms of *Fasciola-* any 2 Nematode parasites of man- any 3 (Slides/figures may be used for study)

Taxonomic identification with key:-

Identification of insects up to the level of Order (any Four).

# SEMESTER 111. ZY1713103

# CORE COURSE 111: ANIMAL DIVERSITY -CHORDATA

# Objectives

- To acquire in depth knowledge on the diversity of chordates and their systematicposition.
- To make them aware of the economic importance of some classes.
- To understand the evolutionary importance of selected chordate groups

MODULE I			
Introduction			1 Hr
General Characters and outline class	sification of Chordata up to	o class, Origin of Chordatesmention theories in brief	
Protochordates:General characters	and Classification		2 Hrs
<b>1.</b> Sub phylum:	Urochordata		
Class I Larvacea	Eg. Oikopleura		
Class II Ascidiacea Eg: Ascidia (Me	ention Retrogressive	Metamorphosis)Class III	
Thaliacea	Eg: Doliol	um	
2. Sub phylum:	Cephalochordata		2 Hrs
Exa	mple - Amphioxus (Structu	are and affinities)	
MODULE II			
<ol> <li>Sub phylum: Vertebrata General characters and Classification</li> <li>Division 1– Agnatha</li> </ol>			2 Hrs
Class I Ostracodermi		Eg: Cephalaspis	
Class II	Cyclostomata	Eg: Petromyzon	
Division 2 – Gnathostomata			10 Hrs
Super class Pisces General Characters and Classification			
Class: Chondrichthyes - Gen	eral CharactersSub class –	ElasmobranchI Eg:	
Narcine Sub class - Holoce	phali Eg: Ch	himaera	
Class: Osteichthyes - General Char		-	
Order 1 Crossopterigi		Eg: <i>Latimeria</i> (EvolutionarySignificance)	
Order 2 Dipnoi	Eg: Lepido	osiren - Distribution, affinities and systematicposition of lung fishes.	
Sub class: - Actinopterygii			
Super order 1. C	ChondrosteI Eg: Acipencer		
Super order 2.	Holostei	Eg: Amia	
Super order 3. T	eleostei	Eg: Sardine	
General tonics			

# General topics

- 1. Accessory respiratory organs in fishes.
- 2. Parental care in fishes.
- 3. Scales in fishes.
- 4. Migration in fishes

# MODULE III

# Super class: Tetrapoda General characters, Classification up to Orders

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Class Amphibia - Type Frog (Euphlyctis hexadactylu	us)	
Order I Anura Eg: Hyla		
Order II Urodela Eg: Amblystoma	(mention axolotl larva and Paedomorphosis /neotony)	
Order III Apoda	Eg: Ichthyophis.	
Class Reptilia		4 Hrs
Sub class I: Anapsida		
Order Chelonia	Eg: Chelone	
Sub class II: Parapsida	Eg: Ichthyosaurus	
Sub class III: Diapsida		
Order I Rhynchocephalia	Eg: Sphenodon	
Order II Squamata	Eg: Chamaleon	
Order III. Crocodilia	EgCrocodylus	
Sub class IV: Synapsida	Eg: Cynognathus	
General topic		
Identification of poisonous and non-poisonous snakes		
Class Aves		5 Hrs
Sub class I: Archeornithes	Eg: Archaeopteryx (Affinities)	
Sub class II: Neornithes		
Super order I: Palaeognathe	Eg: Struthio	
Super order II: Neognathe	Eg: Brahminy kite	
General topics		
1. Migrations in birds		
2. Flight adaptations in birds		
MODULEW		

### MODULE IV

Class Mammalia

Type: Rabbit (Oryctolagus cuniculus)

17 Hrs

Brief mention of general characters and classification up to order with example. (Mentionany five salient features of each order, detailed accounts of

examples are not necessary) Sub class I: Prototheria Sub class II: Metatheria Eg: Echidna, Ornithorhychus Eg: Macropus

utheria	
Order 1 Insectivora	Eg: Talpa
Order 2 Dermoptera	Eg: Galeopithecus
Order 3 Chiroptera	Eg: Pteropus
Order 4 Primates	Eg: Loris
Order 5 Carnivora	Eg: Panthera
Order 6 Edentata	Eg: Armadillo
Order 7 Pholidota	Eg: Manis
Order 8 Proboscidea	Eg: Elephas
Order 9 Hydracoidea	Eg: Procavia
Order 10 Sirenia	Eg: Dugong
Order 11 Perissodactyla	Eg:Rhinoceros
Order 12 Artiodactyla	Eg: Camelus-mention ruminant stomachOrder 13 Lagomorpha
	Eg: Oryctolagus
Order 14 Rodentia	Eg: Hystrix (Porcupine)
Order 15 Tubulidentata	Eg: Orycteropus
Order 16 Cetacea	Eg: Delphinus
28	

# General topics

- 1. Dentition in Mammals
- 2. Aquatic Mammals and their adaptations.

#### References

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- 2. Jhingran (1977), Fish and Fisheries of India, Hindustan Publishing Co.
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# PRACTICAL

# ANIMAL DIVERSITY - CHORDATA

36 Hrs Credit 1

# 1. Scientific Drawing

Make scientific drawing of 5 locally available vertebrate specimens belonging to different classes

# 2. Dissections

Frog: Photographs/diagrams/one dissected & preserved specimen each/models may be used for study.

- 1. Frog Viscera
- 2. Frog Digestive System
- 3. Frog Arterial System
- 4. Frog 9th & 1st Spinal nerve
- 5. Frog Sciatic Plexus
- 6. Frog Brain
- 3. Mounting of placoid scales; study of cycloid and ctenoid scales
- 4. Osteology

Frog vertebrae - typical, atlas, 8th and 9th Rabbit - Atlas, Axis and typical vertebra

Pectoral and pelvic girdles of Frog and RabbitBird - Keel and Synsacrum Turtle/Tortoise - plastron and carapace

# 5. Study of sections.

Amphioxus T. S. through pharynx/T.S. through intestine

#### 6. Identification:- General

# identification-

Identify, classify and describe the following animals by their generic names and 30 % of them by their scientific names.

Protochordata-1, Pisces-5, Amphibia-5, Reptilia- 5, Aves-2, Mammalia-2.

# Taxonomic identification with key:-

i) Identification of fishes up to the level of order.

ii) Identification of snakes up to family.

# SEMESTER IV. ZY1714104

#### CORE COURSE IV

#### RESEARCH METHODOLOGY, BIOPHYSICS AND BIOSTATISTICS

54 Hrs 3 Credits

#### Objectives

- 1. To familiarise the learner the basic concept of scientific method in research process.
- 2. To have a knowledge on various research designs.
- $\mathbf{3.}$  To develop skill in research communication and scientific documentation.
- 4. To create awareness about the laws and ethical values in biology.
- 5. To equip the students with the basic techniques of animal rearing collection and preservation
- 6. To help the student to apply statistical methods in biological studies.

# RESEARCH METHODOLOGY

#### Module I

Basic concepts of research: Meaning, Objectives, Approaches, Types of research.Research Process: Scientific method in research (eight steps).

Importance of literature reviewing in defining a problem, Identifying gap areas from literature

review.

Research Communication and scientific documentation: Project proposal writing,

Research report writing, (Structure of a scientific paper), Thesis, dissertation, research article. Presentation techniques: Oral presentation, Assignment, Seminar,

Debate, Workshop, Colloquium, Conference

Sources of Information: Primary and secondary sources. Library- Books, Journals, Periodicals, Reviews, Internet.

Search engines Online libraries, e-Books, e-Encyclopedia, Institutional Websites.Plagiarism

#### Module II

Animal Collection – Tools &techniques

Sampling techniques

Quadrate Line transect

Measurements

Density Abundance Frequency

Biodiversity indices - conceptsSimpson index

Collection methods, techniques and equipmentsPlankton InsectsFish 13 Hrs

Bird

Preservation techniques – TaxidermyRearing techniques Laboratory and field.

Units of measurements- units, SI system, Equivalent weight, normality, molarity

# BIOPHYSICS

# Module III

Basic understanding on principle and uses of the following:

# Microscopy

(a) Light microscopy, Bright field (Compound Microscope), Phase contrast, Dark field microscopy, Fluorescence, Polorization microscopy, Video microscopy.

# (b) Electron - Scanning (SEM), Transmission (TEM) and STEM

Micrometry - Stage and Eyepiece micrometersCamera Lucida

Instrumentation

pH Meter

Separation Techniques: Centrifuge, Chromatography, Electrophoresis

Analytical techniques: Colorimeter, Spectrophotometer, X-ray crystallography

#### BIOETHICS

#### Module IV

5 Hrs

Bioethics : Introduction, Animal rights and animal laws in India, Prevention of cruelty toanimals Act 1960, Biodiversity Act 2003. Concept of 3 R – conservation (Refined- to minimize suffering, Reduced – to minimizeanimals, Replaced – modern tools and alternate means), Animal use in research and education.

Laboratory animal use, care and welfare, Animal protection initiatives- Animal Welfare Board of India, CPCSEA, ethical commitment. Working with human: Consent, harm, riskand benefits.

#### BIOSTATISTICS

#### Module V

Sample & Sampling techniques: Collection of data, classification of data, frequency distribution tables, graphical representation: - Bar diagrams, Histogram, Pie diagram and Frequency curves - Ogives.

Measures of Central Tendency: Mean, Median, Mode (Problem - Direct method only) Measures of dispersion: Range, Quartile Deviation, Mean

Deviation, Standard Deviation, Standard error. (Merits & demerits and problems on SD).

Correlation: Definition, Types of correlation.(mention in brief)

Test of Hypothesis and Test of Significance: Basic concept, Levels of significance, test of significance, Procedure for testing hypothesis, types of

hypothesis- Null hypothesis and Alternate hypothesis.

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(PRACTICAL)

2 creditsPART

# CORE COURSE IV

# RESEARCH METHODOLOGY, BIOPHYSICS AND BIOSTATISTICS

# A. RESEARCH METHODOLOGY

Animal collection Tools, Techniques & Estimation

- 1. Quadrate study
- 2. Transect study
- 3. Sampling Methods
- 4. Species area curve

5. Simpson index

#### PART B - BIOPHYSICS

- 1. Study of simple and compound light microscopes
- 2. Micrometry -calibration and measurement of microscopic objects -low power
- 3. Camera Lucida (draw a few diagrams using Camera Lucida)
- 4. Paper chromatography (demonstration only)
- 5. Instrumentation demonstration (write notes on principle, equipment and its use)pH Meter, Colorimeter/ Spectrophotometer, Centrifuge

### PART C BIOSTATISTICS

1. MS Excel : To create mean and median, Construction of bar diagram, Pie diagram and Linegraphs.

2. MS Access: To create grade of students

- 3. Internet: Access a web page on any biological topic.
- 4. Frequency distribution of the given samples to find out arithmetic mean, median, mode.
- 5. Range and standard deviation for a biological data
- 6. Correlation using any biological data.

7. Graphical representation of data. Construction of bar diagrams, Histograms, Pie diagram and Linegraphs.

# SEMESTER V. ZY1715105 CORE COURSE V

#### ENVIRONMENTAL BIOLOGY AND HUMAN RIGHTS

Objectives

To instill the basic concepts of Environmental Sciences, Ecosystems, Natural Resources, Population, Environment and Society

To make the students aware of natural resources, their protection, conservation, the factorspolluting the environment, their impacts and control measures.

To teach the basic concepts of toxicology, their impact on human health and remedialmeasures

To create a consciousness regarding Biodiversity, environmental issues & conservationstrategies

To develop the real sense of Human rights - its concepts & manifestations

MODULE 1

#### ECOSYSTEM

Basic concepts of ecosystem Components of ecosystem: Abiotic (Sunlight, temperature, soil, water, atmosphere) and Biotic components (Producers, consumers, decomposers), Ecological pyramid- number, biomass, energy, Functions of ecosystem: Productivity-Food chain-Food web- Energy flow-Laws of Thermodynamics.Types of Ecosystem: Terrestrial-Forest-Grassland-Desert, Aquatic-Marine-Fresh water, Wetland &Biome Concept of limiting factors: Liebig's and Shelford's laws of limiting factors.

54 Hrs

**Biogeochemical cycles:** Concept, gaseous and sedimentary cycles, Carbon cycle, Nitrogen cycle. **Renewable resources** (solar, wind, hydroelectric, biomass and geothermal) and **Non renewable resources** (mineral and metal ore, fossil fuels)

#### MODULE 2 CONCEPTS OF POPULATION AND COMMUNITY 8 Hrs

Concept of population: Population attributes- Population growth forms, Basic concepts of growth rates, density, natality, mortality, growth curves Animal interactions: Positive- Commensalism- Mutualism-Protocooperation, Negative-Predation- Parasitism-Competition-Antibiosis Characteristics of a community: Species diversity- richness, eveness, stratification, dominance, ecological indicators, Ecotone and Edge effect, Keystone species, Concepts of Ecological Niche and Guild, Ecological succession, community evolution- climax.

#### MODULE 3 BIODIVERSITY AND ENVIRONMENTAL ISSUES

16 Hrs

Introduction to Biodiversity: Types of biodiversity- Alpha, Beta and Gamma diversity. Concept and importance of Biodiversity: Levels of Biodiversity-Species diversity, Genetic diversity, Microbial, Ecosystem diversity, India as a mega-diversity nation, Biodiversity hotspots

Global Environmental Issues: Ozone depletion, Greenhouse effect, Global warming, Climate change, Carbon trading, carbon credit; Carbon sequestration, Acid rain, Oil spills, Nuclear accidents, IPCC/UNFCC.

National Environmental issues: Deforestation, forest fire, pollution(air, water, soil, noise thermal, nuclear- brief account only) solid waste management, sewage, drinking water crisis and water logging,

Toxic products and disaster: Types of toxic substances – degradable, non degradable, Impact on human – case studies: Endosulphan tragedy, Bhopal disaster Flood, drought, cyclone, earthquake and landslide (Management and mitigation)

Local Environmental issues: Landscape alteration, sand mining, quarrying, changing crop pattern, conversion of paddy lands,

Threats to water resources of Kerala: Degrading Mangrove and wetland ecosystems of Kerala,

#### MODULE 4 CONSERVATION OF BIODIVERSITY

Protected area concept – Sanctuary, National Park, Biosphere reserve, Core Zone, Buffer Zone, Corridor concept. Conservation reserves Concept of threatened fauna – IUCN categories - extinct, extinct in the wild, critically endangered, endangered, vulnerable, near threatened, least concern and data deficient. Red and Green Data Books.

Man-animal conflict (Tiger, Elephant, Dog, Monkey) - causes and concernWater conservation- rainwater harvestiong,

watershed management Environment education

Environmental laws (Brief account only): The Water (Prevention and Control of Pollution) Act, 1974, The Air (Prevention and Control of Pollution) Act, 1981, Indian Forests Act (Revised) 1982. The Environment (Protection) Act, 1986, Hazardous Wastes (Management and Handling) Rules, 1989, The Forest (Conservation) Act, 1980, The Wildlife Protection Act, 1972, Biodiversity Act, 2002.

MODULE 5 HUMAN RIGHTS

Introduction, main concepts associated with Human Rights, Different types of human rights, Manifestations & phenomena, Role of agencies in promoting human rights, Mechanisms for checking violations of human rights, National human right commission, Constitutional provisions related to Human rights.

#### References

1. Erach Bharucha 2008 (UGC). Text Book of Environmental Studies of Undergraduate course. University Press.

2.J.B Sharma (2009), Environmental studies' - 3<sup>rd</sup>Ed. University science Press

3. Misra S.P., Pandy S.N. 2009Essential Environmental Students, Ane books Pvt. Ltd.

4.P.D Sharma (2012), Ecology and Environment' - 11th Ed. Rastogi Publications

Impact of tourism onEnvironment.

12 Hrs

5. R.B Singh & Suresh Mishra PaulamiMaiti (1996), Biodiversity – Perception, Peril and Preservation' — PHI Learning, Environmental Law in India: Issues and Responses

6. Rajagopalan, R. 2005. Environmental Studies from Crisis to Cure. Oxford University Press, New Delhi.

7. Paul R.C., 2000.Situations of Human Rights in India. Efficient offset printers.

8. Arun kumar Palai(1999) National Human Rights Commission of India, Atlantic publishers

9. Sharma P.D. (2005)Environmental biology and Toxicology, Rastogi publication

10. Meera Asthana and Astana D.K. 1990 Environmental pollution and Toxicology Alkaprinters.

11. Odum, E.P. 1971.Fundamentals of Ecology.W.B. Saunders College Publishing, Philadelphia

12. Alan Beeby, 2006 Anne – Maria Brennan First Ecology, Ecological principles and Environmental issues . International students edition Sec. edition Oxford UniversityPress.

13. Robert Ricklefs (2001). The Ecology of Nature. Fifth Edition. W.H. Freeman and Company.

14. Stiling Peter (2002). Ecology: Theories and applications. Prentice Hall of India pvt.Ltd.New Delhi.

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# PRACTICAL ENVIRONMENTAL BIOLOGY &

#### TOXICOLOGY

36 HRS

CREDIT 1

- 1. Estimation of dissolved Oxygen
- 2. Estimation of carbon di oxide
- 3. Estimation of soil organic carbon (Demonstration only)

4. Identification of marine/ fresh water planktons

5. Counting of plankton using plankton counting chamber

6. Study of equipments - Sechi disc, Plankton net

7. Study of sandy shore fauna, rocky shore fauna.

8. Study of animal Association

9. Visit to any two important areas of bio diversity: 1. Forest, 2.Sea shore, 3. Mangrove, 3.

Wet lands, 4. Bird sanctuary, 5. Wild life sanctuary, 6. Sacred grovesField study (compulsory)

SEMESTER V. ZY1715106

#### CORE COURSE VI

#### CELL BIOLOGY AND GENETICS

1. To understand the structure and function of the cell as the fundamentals for understanding the functioning of all living organisms.

2. To make aware of different cell organelles, their structure and role in living organisms.

3. To develop critical thinking, skill and research aptitudes in basic and applied biology 4. To emphasize the central role of genes and their inheritance in the life of all organisms.

CELL BIOLOGY

Module I

Objectives

Introduction of cell and Diversity of cells: History, Cell theory, Prokaryotes, Eukaryotes, Mycoplasmas, Virus, Virions and Viroids, Prions.

Cell membrane & Permeability: Molecular models of cell membrane (Sandwich model, Unit membrane model, Fluid mosaic model). Cell properties - permeability, Transport[Diffusion, Osmosis, Passive transport, Active transport, bulk transport], Cell coat and Cell recognition.

#### Module II

Cell Organelles :Structure and functions of following cell organelles: Endoplasmic reticulum - Structure and functions. Ribosomes (Prokaryotic and Eukaryotic) Golgi complex

- Structure and functions. Lysosomes - Polymorphism - GERL concept, functions.

54 Hrs Credits 3

.e

22 HRS

6 Hrs

Mitochondria - Structure and functions. Nucleus: Structure and functions of interphase nucleus, Nuclear membrane, pore complex, structure and functions of nucleolus

Chromosomes - Structure & organization, Heterochromatin, Euchromatin, Nucleosomes, Polytene chromosomes-Balbiani rings, Endomitosis, Lamp brush chromosomes.

#### Module III

**Cell Communication:** Basic principles of cell communications, Cell signaling(in brief), Types of signaling, Mention signaling molecules (neurotransmitters, hormones, Growth Factors, Cytokines Vitamin A and D derivatives),

Cell Division: Cell cycle - G1, S, G2 and M phases, Mitosis and Meiosis. The difference between Mitosis and Meiosis.

#### References

1 Zoological Society of Kerala Study material. 2002. Cell Biology, Genetics and Biotechnology

2. Karp, G. (2010). Cell and Molecular Biology: Concepts and Experiments. VI Edition.

John Wiley and Sons.Inc.

3. Koshy Thomas & Joe Prasad Mathew (Editors) (2011) Cell Biology and MolecularBiology.

4. Sarada K & Mathew Joseph (Editors) (1999) Cell Biology, Genetics and Biotechnoloy,

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- 10. Bruce Albert, Bray Dennis, Levis Julian, Raff Martin, Roberts Keith and Watson James(2008). *Molecular Biology of the Cell*, V Edition, Garland publishing Inc., New York and London.
- 11. Cooper, G.M. and Hausman, R.E. (2009). *The Cell: A Molecular Approach*. V Edition.ASM Press and Sunderland, Washington, D.C.; Sinauer Associates, MA.

12. De Robertis, E.D.P. and De Robertis, E.M.F. (2006). *Cell and Molecular Biology*. VIIIEdition. Lippincott Williams and Wilkins, Philadelphia. .13. Gupta, P. K (2002) *Cell and Molecular Biology*, (2ed), , Rastogi Publications., Meerut

14. James Darnell. (1998) Molecular Biology. Scientific American Books Inc

15. Ariel G Loewy Philip Sickevitz, John R. Menninger and Jonathan A.N. Gallants (1991) cell structure and function. Saunder's College Publication

16. James Darnell. (1998) Molecular Biology. Scientific American Books Inc.

# GENETICS

#### Module I

MendelianGenetics: Mendel's experiments- Monohybrid Cross, Dihybrid Cross, Mendel's Laws, Test Cross, Back Cross and Reciprocal Cross. Chromosome Theory of Inheritance

Interaction of genes: Allelic: Incomplete Dominance (Four O Clock Plant). Co- Dominance (Skin colour in Cattle) Lethal Alleles: Dominant lethal gene Creeper chicken] and recessive lethal gene

[ cystic fibrosis].

Non Allelic: Complementary (Flower colour in Sweet Pea), Supplementary (Coat colour in mice), Epistasis - dominant (Plumage in poultry) and recessive (Coat colour in mice). Polygenes (Skin colour inheritance in man), Pleiotropism (Vestigial wing gene inDrosophila).

Multiple alleles - ABO Blood group system, Rh group and its inheritance. Erythroblastosis foetalis.

#### Module II

Sex determination: Chromosome theory of sex determination (Autosome and Sex chromosomes), male heterogamy and female heterogamy, (xx-xy, xx-xo, ZZ-ZW, ZZ-ZO), Genic Balance theory of Bridges. Barr bodies, Lyon's hypothesis, Gynandromorphism, sex

12 Hrs

32 Hrs

mosaics, intersex (Drosophila), Hormonal [free martin in calf] and Environmental (Bonelia)influence on Sex determination

Recombination and Linkage: Linkage and recombination of genes based on Morgan's workin Drosophila, Linked genes, Linkage groups, Chromosome theory of Linkage, Types of linkage- complete and incomplete. Recombination, cross over value, chromosome mapping. [Definition]

Sex Linked inheritance : Characteristics of Sex Linked inheritance, X Linked inheritance of man (Hemophilia), Y linked inheritance [Holandric genes], Incompletely Sex Linked genes or pseudoautosomal genes (Bobbed bristles in *Drosophila*), Sex limited genes (Beard in man) and Sex influenced genes (inheritance of baldness in man).

#### Module III

Mutation: Types of mutations - Somatic, germinal, spontaneous, induced, autosomal andallosomal, chromosomal mutations, structural and numerical changes. Gene mutations. [Addition, Deletion and substitution].

HumanGenetics: Karyotyping, Normal Human chromosome Complement, Pedigree analysis, Aneuploidy and Non- disjunction. Autosomal abnormalities (Down syndrome, Cry du chat syndrome) Sex chromosomal abnormalities (Klinefelters syndrome, Turner's syndrome) Single gene disorder (Brief mention) Autosomal single gene disorder [ sickle cell anaemia), Inborn errors of metabolism such as phenylketonuria, alkaptonuria, , Albinism. Multifactorial traits – polygenic disorder- cleft lip and cleft palate.

Genetic Counseling, Eugenics and Euthenics -Brief account only

#### References

- 1. Gardner, J.E., Simmons, J.M and Snustad D.P. (2007). Principles of Genetics (8th edn.). John Wiley and Sons, India.
- 2. Klug, W.S and Cummings, M.R. (2011). Concepts of Genetics (7th edn). PearsonEducation Inc. India.
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- 5. Singh, B.D. (2006). Biotechnology. Kalyani Publishers, New Delhi.
- 6. Thomas A. P (Editor), (2012). Genetics and Biotechnology- The Fundamentals. GreenLeaf Publications, TIES, Kottayam.
- 7. Vijayakumaran Nair K. (2012). Genetics and Biotechnology. Academica, Trivandrum.

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- 10. Das, H.K. (2007). Text Book of Biotechnology. Willey India Pvt. Ltd. New Delhi.
- 11. Hartl, L.D. and E.W.Jones. (2009). Genetics: Analysis of Genes and Genomes (7th edn)Jones and Barlett Publishers Inc, USA.
- 12. Primrose, S.B., Twyman, R.M. and Old, R.W. (2001). Principles of Gene Manipulation (6th edn.) Blackwell Science Ltd., London.
- 13. Sobti, R.C. and Pachauri, S.S. (2009). Essentials of Biotechnology. Ane's Book Pvt.Ltd.New Delhi.
- 14. Sinnat Dunn & Dobzhansky 1959. Principles of Genetics (T.M.H. New Delhi)

# SEMESTER V

### CORE COURSE VI

36 Hrs

Credits

2

#### CELL BIOLOGY AND GENETICS(PRACTICAL)

# PART A: CELLBIOLOGY

1. Squash preparation of onion root tip for mitotic stages

- 2. Mounting of polytene chromosome (Drosophila/Chironomous.) Demonstration
- 3. Tissues (permanent slides of epithelial tissues, striated muscle, smooth muscle, cartilage, bone)
- 4. Identification of cell organelles
- 5. Preparation of temporary whole mount.
- **6.** Preparation of permanent whole mount (demonstration)
- 7. Preparation of human blood smear and identification of Leucocytes

# PART B : GENETICS

1. Genetic problems on Monohybrid, Dihybrid Crosses and Blood group inheritance

- 2. Study of normal male and female human karyotype (use photographs or Xeroxcopies)
- 3. Abnormal human karyotypes Down, Edwards , Klinefelter and Turner syndromes

(use photographs or Xerox copies)

4. Sexing of Drosophila.

5. Study of Barr body in human buccal epithelium

# SEMESTER V. ZY1716604

# CORE COURSE - V11: EVOLUTION, ETHOLOGY & ZOOGEOGRAPHY

	54 Hrs
Objectives:	Credits 3
• To acquire knowledge about the evolutionary history of earth - living and nonliving	
• To acquire basic understanding about evolutionary concepts and theories	
• To study the distribution of animals on earth, its pattern, evolution and causativefactors	
• To impart basic knowledge on animal behavioural patterns and their role	
Prerequisite:	
• Basic knowledge on principles of inheritance and variation	
• Knowledge on molecular basis of inheritance	
Basic understanding on the mechanism and factors affecting evolution	
• Knowledge on origin and evolution of man	
PART I - EVOLUTION	30 Hrs
Module I - Origin of life	8 Hrs
Theories - Panspermia theory or Cosmozoic theory, Theory of spontaneous generation(Abiogenesis or Autogenesis), Spec	ial creation, Biogenesis,
Endosymbiosis.	
Chemical evolution - Haldane and Oparin theory, Miller-Urey experiment;	
Direct evidences of evolution - Recapitulation Theory of Haeckel, Fossilization, Kinds offossils, fossil dating, Homologo	us organs and analogous organs.
Module II - Theories of organic evolution	9 Hrs Lamarckism and its

Criticism, Weismann's Germplasm theory, Darwinism and its Criticism, Neo-Darwinism, Theory of De Vries,

<b>Population genetics and evolution:</b> Hardy-Weinberg Equilibrium, gene pool, gene frequency. Factors that upset Hardy-Wei	nberg Equilibrium,
Effects of genetic drift onpopulation: Bottleneck effect and founder effect	
Module III – Nature of evolution	13 Hrs Species and
Speciation: Species concept, subdivisions of species (sub species, sibling species, cline and deme), Speciation: Types of species	iation, Phyletic speciation
(autogenous and allogenous transformations), True speciation, Instantaneous and gradual speciation, allopatric and sympatric	speciation
Isolation: Types of isolating mechanisms-Geographic isolation (mention examples) and Reproductive isolation. Role of isolation	ing mechanisms in
evolution	
Microevolution, Macroevolution (Adaptive radiation -Darwin finches) Mega evolution, Punctuated equilibrium, Geolog	ical time scale, and Mass
extinction (brief account only). Evolution of Horse	
PART II- ETHOLOGY	14 Hrs
Module IV – Introduction	1 Hr
Definition, History and scope of ethology	
Module V – Learning, imprinting and behaviour	9 Hrs
Types of learning with examples; patterns of behaviors - types of rhythms, navigation, homing instinct, hibernation, aestivati	on; pheromones- types and
their effect on behavior, hormones and their action on behavior (aggressive and parental behavior)	
Module VI – Social organization	4 Hrs Social
organization in insects (ants) and mammals (monkey), Courtship behaviour and reproductive strategies	
PART III- ZOOGEOGRAPHY	10 Hrs
Module VII – General Topics	4 Hrs
Continental drift theory, Types and means of animal distribution, Factors affecting animaldistribution; insular fauna - oceanic	islands and continental
islands,	
Module VIII - Zoogeographical realms	6 Hrs Palaearctic

region, Nearctic region, Neotropical region, Ethiopian region, Oriental region, Australian region (brief account with physical features and fauna, Wallace's line, Weber'sline, Biogeography of India with special reference to Western Ghats

#### **References:**

#### EVOLUTION

- 1. Barton, N. H., Briggs, D. E. G., Eisen, J. A., Goldstein, D. B. and Patel, N. H. (2007). Evolution. Cold Spring, Harbour Laboratory Press.
- 2. Barnes, C.W. (1988). Earth, Time and Life. John Wiley & Sons, NewYork
- 3. Bendall, D. S. (ed.) (1983). Evolution from Molecules to Man. Cambridge UniversityPress, U.K.
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- 5. Campbell, N. A. and Reece J. B. (2011). Biology. IX Edition, Pearson, Benjamin, Cummings.
- 6. Chattopadhyay Sajib. (2002). Life Origin, Evolution and Adaptation.Books and Allied (P)Ltd. Kolkata, India.
- 7. Douglas, J. F (1997). Evolutionary Biology. Sinauer Associates.
- 8. Goodwin, B. (1996). How the Leopard Changed its Spots: The Evolution of Complexity. Simon & Schuster, NY, USA.
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- 10. Coyne J.A. and Allen Orr H. (2004). Speciation, Sinauer Associates
- 11. Ridley, M. (2004), Evolution 3<sup>rd</sup> Edition. Blackwell Publishing
- 12. Rob Desalle and Ian Tattersall (2008). Human Origins: What Bones and Genomes TellUs about Ourselves. Texas A&M University Press, USA.
- 13. Strickberger, M.W.2000. Evolution. Jones and Bartlett, Boston.

#### ETHOLOGY

- 1. Agarwal. V. K. (2009). Animal Behaviour.S.Chand and Company Pvt. Ltd., New Delhi.
- 2. Bonner, J.T. (1980). The Evolution of Culture in Animals. Princeton University Press.NJ,USA.
- 3. David McFarland. (1999). Animal Behaviour. Pearson Education Ltd. Essex, England.
- 4. Dawkins, M.S. (1995). Unravelling Animal Behaviour. Harlow: Longman.
- 5. Dunbar, R. (1988). Primate Social Systems. Croom Helm, London.
- 6. Gundevia J.S. and Singh H.G. (1996), A Text Book of Animal Behaviour. S. Chand and Company Pvt. Ltd., New Delhi.
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- 8. Sherman P.W and Alcock J., (2001) Exploring Animal Behaviour- Readings from

American Scientist 3rd Edn. Sinauer Associates Inc. MA,USA. (Module 10 & 11).

9. Wilson, E.O. (1975). Sociobiology.Harvard University Press, Cambridge, Mass.USA.(Module 9). ZOOGEOGRAPHY

1. Briggs, J.C. (1996). Global Biogeography. Elsevier Publishers.(Module VI and VII).

2. Chandran Subash M.D. (1997). On the ecological history of the Western Ghats.CurrentScience, Vol.73, No.2.146-155.

3. Chundamannil Mammen. 1993, History of Forest management in Kerala. Report No. 89. Kerala Forest Research Institute, Peechi, India.

4. Daniels, R.J.R and Vencatesan J. (2008), Western Ghats Biodiversity. PeopleConservation; Rupa& Co. New Delhi. India.

5. Mani, M.S. (1974). Ecology and Biogeography of India; The Hague: .Dr. W. Junk b.v.Publishers,

6. Nair, C.S. (1991). The Southern Western Ghats: A Biodiversity Conservation Plan.INTACH, New Delhi.

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8. Tiwari, S. (1985), Readings in Indian Zoogeography (vol.1). Today & Tomorrow Printers& Publishers

# PRACTICAL

# EVOLUTION, ETHOLOGY AND ZOOGEOGRAPHY

36 Hrs

Credit 1

- 1. Identification of Zoogeographical realms using map
- 2. Study on endemic species of each realm
- 3. Show the discontinuous distribution of (lung fishes, camel, elephant)
- 4. Providing a map trace the route of HMS Beagle
- 5. Providing a map mark any two continental/oceanic islands.: Greenland, Madagascar, New Zealand, New Guinea, Maldives, Iceland, Hawaii any two
- 6. Contributions of scientists (showing photos) Any four
- 7. Identification of different stages of horse evolution
- 8. Study on Homology and Analogy
- 9. Study on connecting links (Peripatus, Archaeopteryx, Protopterus, Echidna)

# 10. Pheromone traps

- 11. Skinner box & T Maze
- 12. Experiment to demonstrate phototaxis and chemotaxis using Drosophila/House fly
- 13. Identification of behaviour (Grooming/courtship dance of flamingos/stickle back fish/Tail wagging dance/ Aggressive behaviour/ Auto/Allo grooming, Flehmen response) showing pictures (Any five)

# SEMESTER V. ZY1715108

#### CORE COURSE VIII

# HUMAN PHYSIOLOGY, BIOCHEMISTRY, AND ENDOCRINOLOGY

54 Hrs

Credits 3

# **Objectives:**

- 1. This course will provide students with a deep knowledge in biochemistry, physiology and endocrinology.
- 2. Defining and explaining the basic principles of biochemistry useful for biological studies for illustrating different kinds of food, their structure, function and metabolism.
- 3. Explaining various aspects of physiological activities of animals with special reference tohumans.
- 4. Students will acquire a broad understanding of the hormonal regulation of physiological processes in invertebrates and vertebrates.
- 5. By the end of the course, students should be familiar with hormonal regulation of physiological systems in several invertebrate and vertebrate systems.
- 6. This also will provide a basic understanding of the experimental methods and designs thatcan be used for further study and research.

7. The achievement of above objectives along with periodic class discussions of currentevents in science, will benefit students in their further

studies in the biological/physiological sciences and health-related fields, and will contribute to the critical societal goal of a scientifically literate citizenry.

Module I Nutrition: Nutritional requirements - carbohydrates, proteins, lipids, minerals (Ca, P, Fe, I), vitamins (sources and deficiency disorders). Importance of dietary fibre and antioxidants.Balanced diet, Recommended Dietary Allowance (RDA). Nutrition during pregnancy and lactation, Infant nutrition, Malnutrition(PEM). Digestion: Anatomy and histology of digestive glands (liver, pancreas, salivary, gastric and intestinal). Digestion and absorption of carbohydrates, proteins and fats.Nervous and hormonal control of digestion. Module II 8 Hrs

Respiration: Phases of respiration (external respiration, gas transport and internal respiration). Respiratory pigments: Haemoglobin, Myoglobin (Structure and Function). Transport of respiratory gases - transport of oxygen, oxyhaemoglobin curve, factors affecting oxyhaemoglobin curve, transport of carbon dioxide,(chloride shift). Control of respiration. Respiratory disturbances (Hypoxia, Hypercapnia, Asphyxia). Physiological effect of smoking, carbon monoxide poisoning, Oxygen therapy and artificial respiration.

Circulation: ESR, Haemopoiesis, blood pressure, ECG. Haemostasis (blood coagulation) - clotting factors, intrinsic and extrinsic pathways, anticoagulants and its mechanism of action. Cardiovascular diseases (Jaundice, Atherosclerosis, Myocardial infarction, Thrombus, Stroke). Angiogram and angioplasty.

#### Module III

HUMAN PHYSIOLOGY

Excretion: Histology of Bowman's capsule and tubular part. Urine formation - glomerular filtration, tubular reabsorption, tubular secretion. Urine concentration - counter current mechanism. Acid - base balance, hormonal regulation of kidney function. Renal disorders (kidney stone, acute and chronic renal failure, and dialysis). Homeostasis: Definition,

# 31 Hrs

8 Hrs

concept and importance in biological system. Thermal regulation and thermal adaptation in homeotherms. Module IV

**Nerve physiology:** Ultra structure of neuron. Nerve impulse production (resting membrane potential, action potential), transmission of impulse along the nerve fiber, interneuron (synaptic) transmission, neuromuscular junction and transmission of impulses.Neurotransmitters (acetyl choline, adrenalin, dopamine).EEG. Memory, Neural disorders (brief account on Dyslexia, Parkinson's disease, Alzheimer's disease, Epilepsy).

Muscle physiology: Ultra structure of striated muscle, muscle proteins (myosin, actin, tropomyosin, troponin), Muscle contraction and relaxation-Sliding Filament Theory, cross bridge cycle, biochemical changes and ATP production in muscle, Cori cycle. Kymograph, Simple muscle twitch, muscle fatigue, tetanus, rigor mortis.

# BIOCHEMISTRY

Module V

Carbohydrates: Basic structure, biological importance and classification of monosaccharides, oligosaccharides, polysaccharides with examples.

Proteins: Basic structure and classification of amino acids; structure, biological importance and classification of proteins with examples.

Lipids: Structure of fatty acid, saturated and unsaturated fatty acid, biological importance and classification of lipids with examples.

Vitamins and minerals: Major fat soluble and water soluble vitamins. Important minerals and trace elements required for living organisms. Biological importance of vitamins and minerals.

Enzymes: Chemical nature of enzymes, enzyme activation, enzyme inhibition, allosteric enzymes, isoenzymes, co-enzymes. Michaelis-Menten enzyme kinetics.

Module VI

10 Hrs

10 Hrs

15 Hrs 5 Hrs

Carbohydrate metabolism: Glycogenesis, Glycogenolysis, Gluconeogenesis, Hexose monophosphate Shunt, Glycolysis, Citric Acid Cycle, Electron Transport Chain and ATP synthesis. Ethanol metabolism.

Protein metabolism: Deamination, Transamination, Transmethylation, Decarboxylation, Ornithine cycle.

Lipid metabolism: Biosynthesis of fatty acids, Beta oxidation, physiologically important compounds synthesized from cholesterol.

# ENDOCRINOLOGY

**Endocrinology and reproduction** 

# Module VII

Endocrine physiology: Hormones - classification and mechanism of hormone action. Majorendocrine glands( Histology is not included) their hormones, functions and disorders (hypothalamus, pituitary gland, pineal gland, thyroid gland, parathyroid gland, islets of Langerhans, adrenal gland),. Homeostasis and feedback mechanism.

# References

Albert L. Lehninger, Michael Cox and David L. Nelson; 2004; Biochemistry Lehninger.

Palgrave - Macmillan.

Arthur C. Guyton and John E. Hall; 2016; Text Book of Medical Physiology: Guyton, 13thedition; Elsevier

Barrington, E. J. W.; 1975; General and Comparative Endocrinology, Oxford, ClarendonPress.

Bhagavan, N.V.. 2007. Medical biochemistry, fourth edition Academic Press, Awapara J, 1968. Introduction to Biological chemistry.

Prentice Hall. New Jersey

Geetha N. 2014. Textbook of Medical Physiology.: Paras Medical Publishers, 3rd editionJain, A K.; 2016; Textbook of Physiology., Avichal Publishing

Company

Martin, C.R. 1985. Endocrine Physiology: Oxford University Press.

Melmed, Shlomo, Williams, Robert Hardin; 2011; Textbook of Endocrinology: Elsevier,

8 Hrs

# 12th edition

Prosser and Brown,; 1962; Comparative Animal Physiology:, W. B. Saunders Co., WestWashington Square, Philadelphia 5.

Rastogi, S. C.; 2007; Outlines of Biochemistry . CBSPublishers, New Delhi.

Robert K. Murray and Victor W. Rodwell; 2012; Harper's Illustrated Biochemistry, Harper;.

29th edition (Lange basic science.)

Sarada Subramanyam and K. Madhavankutty; 2014; Textbook of human physiology., S. Chand & Company Ltd,

Satyanarayana U. and Chakrapani, U.; 2013. Biochemistry Elsevier; 4 edition

# PRACTICAL

# HUMAN PHYSIOLOGY, BIOCHEMISTRY, AND ENDOCRINOLOGY

36 Hrs Credit1

# HUMAN PHYSIOLOGY

1). Determination of haemoglobin content of blood2). Total RBC count using

Haemocytometer

3). Total WBC count using Haemocytometer4). Estimation of

microhaematocrit

5). Effect of hypertonic, hypotonic and isotonic solutions on the diameter of RBC.

6). Instruments: Kymograph, Sphygmomanometer and Stethoscope (principle and use)7). Measurement of blood pressure using

sphygmomanometer (demonstration only) BIOCHEMISTRY

- 1. Qualitative analysis of protein, glucose, starch and lipids.
- 2. Chromatography Determination of Rf value of amino acids and identification of aminoacids (Identify the Amino Acids using different solvent front and solute front)

# ENDOCRINOLOGY

- 1. Cockroach Corpora cardiaca & Corpora allata (Demonstration)
- 2. Effect of adrenalin on heart beat of Cockroach (Demonstration)

# SEMESTER VI. ZY1716109

# CORE COURSE IX

# DEVELOPMENTAL BIOLOGY

**Objectives:** 

1. To achieve a basic understanding of the experimental methods and designs that can be used for future studies and research.

2. To provide the students with the periodicclass discussions of

current events in science which will benefitthem in their future studies in the biological/physiological sciences and health-related fields

3. To contribute to critical societal goal of a scientifically literate citizenry.

# Module 1

Introduction: Definition, Scope of developmental biology, sub-divisions (descriptive, comparative, experimental and chemical), historical perspectives, basic concepts and theories.

**Reproductive Physiology:** Gonads- anatomy of testis and ovary, spermatogenesis, oogenesis, gonadal hormones and their functions. Hormonal control of human reproduction - Female reproductive cycles (Estrous cycle, Menstrual cycle). Structure of mammalian sperm and egg, Pregnancy, parturition and lactation.Reproductive health and importance of sex education.

.Egg types: Classification of eggs based on the amount, distribution and position of yolk. Mosaic and regulative, cleidoic and noncleidoic eggs.Polarity and symmetry of egg.

# 54 Hrs 3 Credits

10 Hrs

40

Fertilization: Mechanism of fertilization-(Encounter of spermatozoa and Ova, Approach of the Spermatozoon to the Egg, Acrosome Reaction and Contact of Sperm and Ovum, Activation of Ovum, Migration of Pronuclei and Amphimixis, ), Significance of fertilization, Polyspermy, Parthenogenesis- Different types and significance.

# Module II

Cleavage: Types, planes and patterns of cleavage, Cell lineage of Planaria. Influence of yolkon cleavage.

Blastulation: Morula, blastula formation, types of blastula with examples.

Fate maps: Concept of fate maps, construction of fate maps (artificial and natural), structureof a typical chordate fate map. Significance of fate map. Gastrulation: Major events in gastrulation. Morphogenetic cell movements. Influence ofyolk on gastrulation. Exogastrulation.Concept of germ layers and derivatives.

**Cell differentiation and gene action:** Potency of embryonic cells (Totipotency, Pleuripotency, Unipotency of embryonic cells). Determination and differentiation inembryonic development, Gene action during development with reference to Drosophila (maternal effect genes), Zygotic genes.

# Module III

Embryology of Frog: Gametes, fertilization, cleavage, blastulation, fatemap, gastrulation, neurulation, notogenesis. Differentiation of Mesoderm and Endoderm, Development of eye. Metamorphosis of frog, Hormonal and environmental onrol.

**Embryology of chick:** Structure of egg, fertilization, cleavage, blastulation, fate map, gastrulation. Development and role of Primitive streak, Salient features of 18hour, 24 hour, 33 hour & 48 hour chick embryo.Extra embryonic membranes in chick.

Human development: Fertilisation, cleavage, blastocyst, implantation, placenta. Gestation, parturition and lactation. Human intervention in reproduction, contraception and birth control. Infertility, Invitro fertilization (test tube baby)

# Module IV

**Experimental embryology:** Spemann's constriction experiments, Organizers and embryonicinduction. Embryo transfer technology, cloning, stem cell research. Ethical issues.

41

14 Hrs

20Hrs

Teratology / Dysmorphology, Developmental defects: Teratogenesis, important teratogenic agents.(Radiations, chemicals and drugs, infectious diseases) genetic teratogenesis in human beings,

Developmental defects: Prenatal death (miscarriage and still birth). Intrauterine Growth Retardation (IUGR).

# Module V

General topics: Classification and functions of placenta in mammals. Prenatal diagnosis (Amniocentesis, Chorionic villi sampling, Ultra sound scanning, Foetoscopy, Maternal serumalpha-fetoprotein, Maternal serum beta-HCG).Regeneration in animals.

### References

Anthony S. Fauci, Eugene Braunwald, Dennis L. Kasper, Stephen L. Hauser, Dan L. Longo,

J. Larry Jameson and Joseph Loscalzo; 2008; Harriosns Principles of Internal Medicine; Chruch Livingston 17th Ed.

Balnisky B.I.; 1981 An Introduction to Embryology, W.B. Saunders and Co.Berril, N.J.; and Kars, G.; 1986. Developmental

biology, Mc Graw Hills Dutta 2007 Obstrestics , Church Livingston 17 Ed

Majumdar N. N -1985 Vetebrate embryology; Tata McGraw-Hill, New Delhi

Melissa A & Gibbs, 2006; A practical Guide to Developmental Biology, Oxford universitypress (Int. student edition)

Scott F. Gilbert; 2003; Developmental biology; Sinauer Associates Inc.,U.S.; 7th Revisededition.

Vijayakumarn Nair, K. & George, P. V. 2002. A manual of developmental biology, Continental publications , Trivandrum

Taylor D J, Green NPO & G W Stout. (2008) Biological Science third edition. Cambridge

# PRACTICAL DEVELOPMENTAL

BIOLOGY

36 Hrs

54 Hrs

# Credit 1

# Model/Chart/ Slide may be used

- 1. Embryological studies- Blastula (frog, chick)
- 2. Embryo transfer, cloning, gastrula (frog, chick)
- 3. Amniocentesis
- 4. Embryotransfer technology, cloning
- $5. \quad {\rm Study} \ {\rm of} \ {\rm placenta-} \ {\rm pig} \ {\rm and} \ {\rm man}$
- $6. \quad 18 \text{ hour, } 24 \text{ hour, } 33 \text{ hour and } 48 \text{ hour chick embryo.}$
- 7. Candling method.
- 8. Vital staining- demonstration.
- 9. Male and female reproductive organs in cockroach
- 10. Calculate the fecundity of fish.
- 11. Calculate the gonado-somatic index of given fish.

# SEMESTER VI. ZY1716110

# CORE COURSE X. MICROBIOLOGY AND IMMUNOLOGY

	3 Credits
MICROBIOLOGY	
Module I	10 Hrs
Introduction: History and scope of microbiology. Outline classification of Microbes.(bacteria, fungus & virus )	

Methods in Microbiology: Sterilization and disinfection - physical and chemical methods.

Culture media – selective media, enrichment media, differential media. Plating techniques and solation of pure colony. Culture preservation techniques: refrigeration, deep freezing,

# freezing under liquid nitrogen, lyophilization.

# Module II

spheroplast, intracellular membrane systems, cytoplasm, vacuoles, genetic material, cell inclusions, bacterial spores. Bacterial growth Curve, Staining

# techniques - gram staining.

Bacterial Reproduction Sexual – (conjugation, transduction) and Asexual (budding,, fragmentation). Virology: Structure of virus; Human, animal, and bacterial virus. Viralreplication, cultivation of animal viruses.

Morphology and fine structure of bacteria: Size, shape, cilia, pili, flagella, capsule, cell wall and its composition. Cytoplasmic membrane, protoplast,

# Module III

# Infections & Diseases: Types of infections - primary, secondary and nosocomial infections. (Brief Account only) Contagious diseases - epidemic, endemic

and pandemic, mode of Transmission - food, water, air, vectors and carriers.

Diseases: Epidemiology, symptomology, diagnosis and treatment. Bacterial - Clostridiumtetany (tetanus), Viral – HIV virus (AIDS), fungal –*Candida albicans* (candidiasis).

# IMMUNOLOGY

# Module IV

Introduction to Immunology: Innate and acquired immunity, passive (natural and artificial) and active immunity (Natural and Artificial). Mechanisms of

innate immunity - barriers, inflammation, phagocytosis.

Lymphoid organs: Primary (Thymus, Bone marrow) and secondary lymphoid organs (lymphnodes, spleen).

Lymphocytes: T and B cells, Natural killer cells, memory cells, macrophages.

# 15 Hrs

8 Hrs

# Module V

9 Hrs

Antigens, Types of antigens, haptens, adjuvants, immunoglobulin structure, classes and functions of immunoglobulins.

Types of Immunity- , humoral & cell mediated immunity Monoclonal & polyclonalantibodies

Antigen – antibody reactions, Precipitation test, Agglutination test, VDRL WIDAL, ELISA.Auto immune diseases: Pernicious Anemia, Rheumatoid Arthritis. Immunodeficiency -

AIDS. Hyper sensitivity- Type I, (E.g. Anaphylaxix) II( Transfusion reaction), III (Arthusreaction) and IV (Mantaux Test) (in brief).

# Vaccines

Introduction Types of vaccines, Current Vaccines, Recent trends in vaccine preparation

# References

- 1. Ananthanarayan R & Jayaram Paniker C K. (2009) Text Book of Microbiology OrientLongman Private Ltd.
- 2. Gladys Francis & Mini K.D., (Editors) (2012), Microbiology, Zoological Society of Kerala, Kottayam.
- 3. Kuby J, Kindt T., Goldsby R. and Osborne B. (2007). Kuby immunology
- 4. Sharma K. (2005) Manual of Microbiology: Tools and Techniques, Ane books
- 5. Susan Panicker & George Abraham (Editors) (2008), Micro Biology and Immunology, Zoological Society of Kerala, Kottayam.
- 6. Colemen: (2002). Fundamentals of Immunology

7. Darla J. Wise & Gordon R. Carter: (2004): Immunology A Comprehensive Review Iowastate University Press. A Blackwell science company,

8. Hans G. Sch, Legal General Microbiology, Seventh Ed. Cambridge Low Price Ed.

- 9. Helen Hapel, Maused Harney Siraj Misbah and Next Snowden: (2006) Essentials of Clinical Immunology Fifth Ed. Blackwell Publishing Company,
- 10. Heritage, J, E.G.V. Evaus and R.A.Killungten (2007): Introductory Microbiology Cambridge University Press 6. Ivan Roitt I (2002) Essentials of ImmunologyELBS.

PRACTICAL MICROBIOLOGY

IMMUNOLOGY

72 Hrs2

Credits

AND

1. Instruments -Autoclave, Hot air oven, Bacteriological incubator - Laminar air flow

- 2.Preparation of solid and liquid media for microbial cultures. (Ingradients, pH and method of preparation) (Demonstration)
  - (a) Solid media (1) Nutrient agar (2) Mac Conkey's agar

(b) Liquid Media(1) Nutrient broth (2) Peptone water.

3. Culture methods (Demonstration)

(a) Streak plate technique and isolation of pure colonies.

(b) Lawn culture (c) Pour plate culture (d) Liquid culture

4. Examination of microbes in living condition

Hanging drop method for demonstrating motility of bacteria.

5. Gram staining – preparation, procedure, identification of Gram + ve and Gram –vebacteria.

 $6. \ \ {\rm Antibiotic \ sensitivity \ test \ (demonstration \ only)}$ 

7. Streak plating (individual performance)

- 8. Preparation of a fungal smear Lactophenol cotton blue staining and mounting
- 9. Determination of ABO blood groups and Rh factor (Antigen antibody Reaction)
- 10. Study through photographs/ illustration, the primary immune (Bone marrow and thymus) and secondary immune (spleen and lymph nodes) organs in Rat/Man

# SEMESTER VI. ZY1716606 CORE COURSE XI. BIOTECHNOLOGY, BIOINFORMATICS AND MOLECULAR BIOLOGY BIOTECHNOLOGY

# Module I

Introduction: Scope, Brief History, Scope and Importance

Tools and Techniques in Biotechnology: Enzymes (restriction endonucleases, ligases, linkers & adapters), Vectors-[ Plasmids, Phage vectors, Cosmids, Artificial Chromosomes] Host cells. Basic steps & techniques in rDNA technology

Gene Libraries, Construction of genomic library and cDNA Library. PCR technique and DNA amplification, Brief description of screening methods – Probes, Nucleic Acid hydridization, In situ Hybridization, Fluorescence in situ Hybridization (FISH), Colony hybridization. Methods of transfer of desired gene into target cell.Blotting Techniques- Southern, Northern, Western blotting.DNA Finger printing (DNA Profiling) and its application. Molecular markers - RFLP

# Module II

Animal Cell Culture: Brief account on methods, substrates, media and procedure of animal cell culture, Stem Cells, types and potential use, Organismal Cloning- reproductive & therapeutic- brief account only.

Applications of Biotechnology: Applications in Medicine(insulin, growth hormone, gene therapy), Agriculture(GM plants and biopesticides),Environment(bioremediation), Industry(Single Cell Protein) and applications of Fermentation Technology- lactic acid, vitamins, food and beverages.

Potential Hazards of Biotechnological Inventions: Risks related to genetically modified organisms (GMO) and biologically active products, Biological warfare & Biopiracy. Protection of biotechnological inventions.Intellectual Property Rights, Patenting and patent protection.

20 Hrs

11Hrs

# References

1. Singh B.D Biotechnology 2002. Kalyan Publishers New Delhi.

2. Brown C.H., Campbell I & Priest F, G. 1987. Introduction of Biotechnology (Blackwellscientific publishers Oxford).

3. Colin Ratledge Bijorn Kristiansesn, 2008. Basic Biotechnology 3 rd ed. CambridgeUniversity.

4. Janarathanan S & Vincent S. 2007. Practical Biotechnology, Method of Protocols.University Press.

5. John E. Smith. Biotechnology Cambridge Low priced ed. (Third Ed) 2005 Madingan, Martinko and Parker 2002, Biology of Microorganisms, Brock Eighth Ed. Prentice Hall.

6. Singh B.D. Biotechnolgy 2002, Kalyan Publishers New Delhi.

7. Sudha Gangal 2007. Biotechnology Principles and & practice of Animal Tissue culture, Universities Press.

Module III		8 Hrs

Introduction: Definition, importance and role of bioinformatics in life sciences. Computational Biology.

Biological databases: Nucleotide sequence databases (NCBI- GENBANK, DDBJ and EMBL). Protein databases - structure and sequence databases (PDB, SWISSPROT and UNIPROT). Introduction to Sequences alignments: Local alignment and Global alignment, Pair wise alignment (BLAST and FASTA] and multiple sequence alignment. Phylogenetic Tree construction and Analysis

14 Hrs

6 Hrs

# Module IV

BIOINFORMATICS

Molecular visualization software - RASMOL. Basic concepts of Drug discovery pipe line, computer aided drug discovery and its applications. Human Genome Project.

# MOLECULAR BIOLOGY

# Module V

# Nature of Genetic Materials: Discovery of DNA as genetic material – Griffith's transformation experiments. Avery Macarty and Macleod, Hershey Chase Experiment of Bacteriophage infection, Prokaryotic genome; Eukaryotic genome.Structure and.types of DNA & RNA.DNA replication. Modern concept of gene (Cistron, muton, recon, viral genes)., Brief account of the following-- Split genes (introns and exons), Junk genes, Pseudogenes, Overlapping genes, Transposons.

# Module VI

Gene Expressions: Central Dogma of molecular biology and central dogma reverse, one gene-one enzyme hypothesis, One gene-one polypeptide hypothesis Characteristics of geneticcode, Contributions of Hargobind Khorana.

Protein synthesis [prokaryotic]: Transcription of mRNA, Reverse transcription, post transcriptional modifications, Translation, Post translational modifications.

Gene regulations: Prokaryotic( inducible & repressible systems) Operon concept -Lac operon and Tryptophan operon, Brief account of Eukaryotic gene regulation.

# References

1. Bruce Albert, Bray Dennis, Levis Julian, Raff Martin, Roberts Keith and Watson James

(2008). Molecular Biology of the Cell, V Edition, Garland publishing Inc., New Yorkand London.

- 2. De Robertis, E.D.P. and De Robertis, E.M.F. (2006). Cell and Molecular Biology. VIIIEdition. Lippincott Williams and Wilkins, Philadelphia.
- 3. Gupta, P. K (2002) Cell and Molecular Biology, (2ed), , Rastogi Publications., Meerut
- 4. James Darnell. (1998) Molecular Biology. Scientific American Books Inc
- 5. Thomas AP(Editor). 2011 Cell & Molecular Biology The Fundamentals. Green leafpublications .TIES Kottayam
- 6. Zoological Society of Kerala Study material. (2011) Cell and Molecular Biology

# 20 Hrs 8 Hrs

# PRACTICAL.

# **BIOTECHNOLOGY, BIOINFORMATICS & MOLECULAR BIOLOGY**

# BIOTECHNOLOGY

- 1. Identify and comment on the item provided: (Western blotting / Southern blotting / PCR)
- $2. \quad \text{Write down the procedure involved in DNA isolation}$

# BIOINFORMATICS

- 1. Download/use print out/pictures of genome sequences of any 2 organisms. Identifyand mention the characteristic features of both.
- 2. Download/ use print out/pictures of a protein sequence , identify it & comment on itsamino acid composition
- 3. Download / use print out/pictures of a macromolecule. Write a brief note on thebioinformatics tool used to visualize its structure.

# MOLECULAR BIOLOGY

1. Identify and comment on its molecular composition / structural orientation / functional significance (Any tissue / Cell organelles/ DNA, DNA replication, RNA different typesusing models or diagrams)

# V1 SEMESTER. ZY1716112 CORE COURSE XII OCCUPATIONAL ZOOLOGY .

# (APICULTURE, VERMICULTURE, QUAIL FARMING & AQUACULTURE)

54 Hrs Credits 3

# Objectives:

1. To equip the students with self employment capabilities.

2. To provide scientific knowledge of profitablefarming.

3. To make the students aware of cottage industries.

# Module 1. APICULTURE

Definition, Different species of honey bees, Organization of honey bee colony, Social life and adaptation of honey bees. Communication among honey bees. Bee keeping methods andequipments, Management and maintenance of an apiary, Growth period, honey flow period and dearth period Division of the colony, uniting two colonies, , replacing old queen with new queen, swarming management, monsoon management. Enemies of bees. Diseases of bees, Bee pasturage. Uses of honey bees, By-products of honey bees, Honey and wax composition. Testing the quality of honey.Extraction of wax, Uses of honey and wax.Royal jelly, Propolis. Apitherapy, Agencies supporting apiculture.

Activity :Visitto an apiculture unit.

Field visit and report submission - 10 Hrs

Field visit and report submission on any two items are taken for internal evaluation.

# **MODULE: 2. VERMICULTURE**

Introduction, Ecological classification of earth worms. Species of earth worms used for vermicultre, Reproduction & life cycle, Role of earth worm in solid waste management, in agriculture, in medicine etc. Preparation of vermibed, Maintenance & monitoring, Preparation of vermicompost, Preparation of vermiwash.

Activity : Submission of a report after preparing a vermiculture unit or visiting avermicomposting unit.

# MODULE: 3.QUAIL FARMING (Coturnix coturnix)

Introduction, care of quait chicks, care of adult quaits, care of breeding quaits, ration forquait, care of hatching eggs, health care, use of quait egg and meat. Sources of quality chicks.

# MODULE: 4. AQUACULTURE.

18 Hrs

8 Hrs

4 Hrs

Advantages and salient features of aquaculture, Types of Aquaculture, Biotic and abiotic features of water, Importance of algae in aquaculture, Common cultivable fishes of Kerala, Fish diseases, Composite fish culture, Integrated fish culture, Carp culture, Prawn culture Mussel culture Pearl culture. Processing & Preservation.

Aquarium management - Setting up of an aquarium, Biological filter & Aeration, Breeding of gold fish, gourami (Osphronemus), fighter and Guppy (live bearer). Nutrition and types of feed for aquarium fishes, Establishment of commercial ornamental fish culture unit. Fish Transportation - Live fish packing and transport Common diseases of aquarium fishes and their management. Aquaponics (a brief introduction only).

Activity - Setting up of an Aquarium Field visit - Visiting an

Aquaculture farmReferences

NPCS Board, The complete book on Bee keeping and honey processing, NIIR Projectconsultancy services, 106E, Kamala nagar, Delhi- 110007. Shukla G.S, & Updhyay V.B, Economic zoology ,Rastogi Publ. Meerut.Pradip.V.Jabde , Text book of applied zoology, 2005

Applied Zoology, Study Material Zoological Society of Kerala , CMS college Campus Clive. A Edwards, Norman. Q. & Rhonda. 2011.

Vermitechnology: earthworms, organicwaste & environmental management.

Chauhan, H.V.S. Poultry, Disease, diagnosis and treatment, Wiley eastern Ltd Delhi.Otieno.F.O 2014. Quail farming: markets & market strategies

Pillai T.V.R., Aquaculture, principles and practices.

Ronald j. Roberts (1978) Fish pathology, Cassel Ltd London.

Cowey C. B. et. al. (1985) Nutrition and feeding in fishes, academy press.Farm made aquafeeds. FAO fisheries Technical paper, 343.

Harisankar J. Alappat& A. Bijukumar, Aquarium Fishes. B. R. Publ. Corporation, Delhi.MPEDA, A hand Book on AquafarmingOrnamentalfishes, MPEDA, Kochi.

Amber Richards. 2014. Aquaponics at home. Pradip.V.Jabde. 1993. Text book of applied zoology

Venkitaraman, P.R,1983, Text book of Economic zoology(SudharsanaPuubl. Kochi)Addison Webb, Bee Keepingfor profit and pleasure, Agrobios Ltd.

Edwards.C.A.&Lafty, J.R.1972 Biology of earthworms(Chapman & Hall Led.London)Applied Zoology, Study Material Zoological Society of Kerala, CMS college Campus

George cust& Peter Bird, Tropical Fresh water Aquaria, Hamlyn London.Verreth J. Fish larval nutrition, Chapman & Hall Publ. Bone Packer. 2014. Aquaponic system

# PRACTICAL OCCUPATIONAL

# ZOOLOGY

36 Hrs Credit 1

1. General Identification, Economic importance, Morphology, scientific names and commonnames of the following

- a) Economic important and morphology of culturable fishes (Catla, Rohu, Grasscarp, Common carp, Silver carp, *Etroplus suratensis*, *Oreochromis /Tilapia, Mugil cephalus* and *Anabas Testudineus*)
- b) Identification and morphology of ornamental fishes (gold fish, fighter, Gourami, Angel fish, Guppy
- c) Two species of earthworms used in Vermiculture
- d) Four species of honey bees
- e) Economic importance and morphology of shell fishes (Any three species of prawn, two marine mussels, two oysters one rock oyster *Crasostria* and pearloyster *Pinctada fucata* and freshwater mussel *Lamellidens marginalis*).
- 2. Castes of bees
- 3. Principle & uses of Aquarium filters, Aquarium aerator, Aquarium plants, Oven, Pelletiser, Screw Press, die plate
- 4. Identification and study of fish parasites and diseases (five numbers each) usingslides/pictures
- 5. Bee keeping equipments, Beehive, Smoker, honey extractor, Queen Cage,
- 6. Bees wax, Honey, Vermicompost (Identification-Uses)
- 8. Tests for determining the adulteration in honey.

# $9. \ {\rm Mounting \ of \ pollen \ basket}$

10. Mounting of mouth parts of honey bee

11. Separation of cocoon from worm castings.

# SEMESTER V. OPEN COURSES (FOR OTHER STREAMS)ZY5OPT01

# **1.** VOCATIONAL ZOOLOGY

72 Hrs

4 Hrs/Week, Credits 3

# Objectives of the Course

- To develop critical thinking skill and research aptitude amongstudents, by introducing the frontier areas of the biological science.
- To emphasize the central role that biological sciences plays in the lifeof all organisms.
- To introduce the student to some of the present and futureapplications of bio-sciences
- To acquire basic knowledge and skills in aquarium management, Quail farming, vermicomposting and apiculture for self-employment
- To learn the different resources available and to develop an attitudetowards sustainability
- Give awareness to society about need for waste management and organic farming

# Module 1 Aquarium management

introduction to Aquarium, Aims and types of aquarium (material, size and shape), Requirements of an aquarium - filtration of waste, physical, chemical and biological; Settingan aquarium (self-sustainable with biological filters), Major indigenous aquarium fishes of Kerala.

Activity: Setting up of a freshwater aquariumand rearing of aquarium fishes

# Module 2 Ornamental Fish Culture

Introduction to ornamental fishes: Present status of ornamental fish culture in India withspecial reference to Kerala, Breeding of Gold fish, Fighter, Gourami (*Osphroneus*), andGuppy (live bearer). Nutrition and types feed for aquarium fishes,Use of live fish feed

20 Hrs

12 Hrs General

organisms in Ornamental fish culture. Methods and techniques involved in the formulation of fish feed. Fish Transportation: Live fish packing and transport, Common diseases of aquarium fishes and their management, Establishment of commercial ornamental fish culture unit, Activity: field visit to an ornamental fish breeding Centre to understand breeding practices of various aquarium fishes.

Module 3 Quail farming ( Coturnix coturnix )

Introduction, care of quail chicks, care of adult quails, care of breeding quails ,ration forquail, care of hatching eggs, health care, use of quail egg and meat, Sources of quality chicks. Activity: Visit to a quail farm or viewing a quail documentary to familiarize the quailfarming practices

# Module 5 Vermiculture and composting

Introduction, ecological classification of earth worms, Life history, Species of earth wormsused for vermicultre, Preparation of vermibed; Preparation of vermicompost, Preparation of vermiwash, Maintenance and management of vermicomposting unit, Role of vermiculture insolid waste management.

Activity: - Preparation of a vermiculture unit or visit to a vermicomposting unit.

# Module 6 Apiculture

Definition, Uses of bees, species of bees cultured, organization of honey bee colony, bee keeping methods (modern method only) and equipments, management and maintenance of anapiary-growth period, dividing the colony, uniting two colonies, replacing old queen with new queen, honey flow period, Bee pasturage, Death period, Enemies of bees, Bee diseases, uses of honey and wax, Apitherapy, Propolis, Royal jelly, Agencies supporting apiculture.

Activity: Identify different types of honey bees and rearing equipments

### Field visit and report Submission

Field visit and report writing on any two items are taken for internal evaluation, instead of assignment and seminar. Conduct a workshop on various cultural practices and the preparation of byproducts.

# References

- 1. Applied Zoology, Study Material Zoological Society of Kerala, CMS CollegeCampus, Kottayam.
- 2. Addison Webb (1947), Bee Keeping- for profit and pleasure, Museum Press, agrobios India Ltd.

# 18 Hrs

12 Hrs

- 3. Alka Prakash (2011), Laboratory Manual of Entomology, New age International, NewDelhi.
- 4. Arumugan N. (2008) Aquaculture, Saras publication.
- 5. Biju Kumar A and Harishanker J Alappat (1995) A Complete Guide To AquariumKeeping. Published by Books For All, New Delhi.
- 6. Chauhan, H.V.S. and S. Roy, (2008). Fungal Diseases. In: Poultry Diseases, Diagnosis and Treatment, Chauhan, H.V.S. and S. Roy (Eds.). 3rd Ed., New AgeInternational (P) Ltd., New Delhi
- 7. Cowey C. B. Mackie, A.M. and Bell, J. G (1985) Nutrition and feeding in fishes. Academy press.
- 8. David Alderton (2008). Encyclopedia of Aquarium and Pond fish. Published byDorling Kindersley, DK Books.
- 9. Dey, V.K. (1997). A Hand Book on Aquafarming- Ornamental fishes. Manual.MPEDA Cochin.
- 10. George Cust and & Peter Bird. (1978). Tropical Fresh water Aquaria, Published byHamlyn London. illustrated by George Thompson.
- 11. Harisankar J. Alappat and Bijukumar. A. (2011) Aquarium Fishes. B. R. Publ.Corporation, Delhi.
- 12. Herbert R. and Leonard P. Schultz Axelrod (1955) Handbook of Tropical AquariumFishes, McGraw-Hill, 1955.
- 13. Joy P.J., George Abraham K., Aloysius M. Sebastian and Susan Panicker (Eds)(1998) Animal Diversity, Zoological Society of Kerala, Kottayam
- 14. Michael B. New; Alber G.J. Tacon (1994) Farm made aquafeeds FAO fisheriestechnical paper No.343, Rome, FAO. 1994
- 15. Nalina Sundari, M.S and Santhi, R (2006) Entomology. MJP Publishers
- 16. NPCS Board of Consultants & Engineers, Chennai.(2015) The complete book on Bee keeping and honey processing, 2<sup>nd</sup> Edition, NIIR Project consultancy services, 106- E kamala Nagar Delhi 110007.
- 17. Ronald j. Roberts (1978) Fish pathology, Cassel Ltd London.
- 18. Vijayakumaran Nair, K, Manju, K.G. and Minimol, K. C.(2015) Applied Zoology, Academia press, Thiruvananthapuram

# OPEN COURSE (FOR OTHER STREAMS)

# ZY5OPT02

# 2. PUBLIC HEALTH AND NUTR

		72 Hrs	
		4hrs/WeekCredits 3	
Objectives:			
• 1	o inculcate a general awareness among the students regarding the real sense ofhealth.		
• ]	o understand the role of balanced diet in maintaining health.		
• 1	o motivate them to practice yoga and meditation in day-to-day life.		
PART I HEALTH, EXERCISE & NUTRITION			
Module 1	Definition and Meaning of Health	10 Hrs	
	Dimensions and Determination of HealthPhysical Activity and Health		
benefits			
Effect of exer	cise on body systems - Circulatory, Respiratory, Endocrine, Skeletal andMuscular		
Programmes	on Community health promotion (Individual, Family and Society) Dangers of alcoholic and drug abuse, medico-lega	l implications	
Module 2	Nutrition and Health	10 Hrs	
	Concept of Food and Nutrition, Balanced dietVitamins, Malnutrition,		
	Deficiency Disease Determining Caloric intake and expenditure Obesity, causes		
	and preventing measures		
	Role of Diet and Exercise, BMI		
Module 3	Safety Education in Health promotion	8 Hrs	
Principles of A	Accident preventionHealth and Safety in		
daily life.			
Health and Sa	fety at work. First aid and		
emergency ca	re.		

Common injuries	and their management. Modern life style	and	
hypokinetic disea	ises.		
Diabetese, Cardio	ovasculard disorders-Prevention andManag	gement.	
Module 4	Life Skill Education		8 Hrs
Life skills, emoti	onal adjustment and well being,. Yoga, Me	editation and Relaxation, Psychoneuroimmunology	
PART II PUBLI	IC HEALTH AND SANITATION		
Module 5	Public health and water quality		11 Hrs
Potable water, He	ealth and Water quality		
Faecal bacteriae	and pathogenic microorganisms transmitte	d by water. Determination of sanitary quality of drinking water,	water purification
techniques			
Module 6	Public health and diseases		15 Hrs
Water borne dse	eases-Cholera and Typhoid.Prevention of	Water borne diseases.	
Food borne dise	ases and Prevention Botulinum, Salmene	llosis, Hepatitis A	
Vector borne dis	seases & Control measuresChikungunya	, Filariasis and	
Dengu fever Zoo	notic disease-Leptospirosis & its control		
Eme	erging diseases - Swine flue (H1N1), bird	flue (H5N1),SARS, Anthrax	

Re-emerging diseases –TB, Malaria

# Health Centre visit & Report Presentation

**References:** 

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- 2. Greenberg, Jerol S and Dintiman George B (1997) Wellness Creating a lifeof Health and Fitness , London Allyn and Bacon Inc.

10 Hrs

3. K Park, (2008) Park's Text Book of Preventive and Social Mediine 18thEdition. Banarasidass Bhenot Publication

4. Norman Bezzaant HELP First Aid for everyday emergencies. JaicoPublishing House, Bombay, Delhi

- 5. Tom Sanders and Peter Emery. (2004) Molecular basis of human nutrition: Taylor & Francis Publishers Ane Book
- Pelczar M.J. Jr. E.C.S. Chane & N.R. Krieg, Microbiology (Concept & Applications). 5th edition. Tata McGraw Publishing Company Ltd.

# SEMESTER V.

# OPEN COURSE (FOR OTHER STREAMS)ZY5OPT03

# **3.** MAN, NATURE AND SUSTAINABLE DEVELOPMENT

# **Objectives:**

- $1. \quad \text{To understand how Man originated and attained present status} \\$
- 2. To learn the basic concepts of Ecosystems and its functioning
- $3. \quad \text{To study the use and abuse of nature by Man} \\$
- 4. To learn the different resources available on earth
- 5. To study global environmental problems and its impact on human well being
- 6. To appreciate the perspectives of Man on nature and learn the strategies for conservation
- 7. To familiarize with sustainable development and develop an attitude for sustainability

# Module I. Man in Nature

Introduction Evolution of Man Out of Africa and Candelabra Model The Fossils and the Molecular EvidencesHunter-Gatherer and the Agriculturist Speech and Languages Cultural Evolution Altruism and Morality Module II.The Biosphere

Earth-Continents and Continental drift

72 Hrs 4Hrs/WeekCredits 3

10 Hrs

Concept of Landscapes and Habitats Lithosphere- Forest (Tropical and Temperate)Grasslands, Deserts and Montane The Biomes of the WorldHydrosphere-Oceans, Estuaries

# Freshwater

Water the Elixir of Life

# Atmosphere- Structure and stratification

# Module III.Dominance of Man on Earth

Industrial Revolution

Human Population GrowthResource Utilization

Environmental Consequences Modern Agriculture and

# Green Revolution

Environmental Impacts Imperialism and its Ecological

Root

# Module IV.Natural Resources

Renewable and Non- renewableBiodiversity Importance of Biodiversity -the Six  $E^{S}$ 

# Hotspots of Biodiversity

Biotic Richness of India

Monoculture and loss of Genetic DiversityExtinction Crisis, IUCN and

Red Data Book

# Module V.Global Environmental Issues Threatening Natural

# **Resources and Human Life**

# 10 Hrs

Deforestation, Landscape alterations, Soil erosion, Flood and Drought, Desertification, Overexploitation, Pollution (Air, Water and Soil- Pollutants and Consequences only), Acid rain, Ozonedepletion, Greenhouse effect and Global Warming (use case studies to illustrate the points) Waste disposal (Biodegradable and Non-degradable eg. Plastic and E- waste), Oil spill Energy - Production, Consumption and its Impact on Environment Quality of the Environment and Human Health

7 Hrs

# Module VI.Man's Perspective on Nature

Eco Spirituality, Eco-theology and Eco-feminismCommunity initiatives

Indigenous People's Perspective (tribal and traditional communities)

Native American, Amazonian, Australian Aborigines, Bishnoi Contributions of -John Muir, Aldo Leopold, Thoreau, Rachel Carson Edward Abbey, Arne Ness, Carolyn Merchant, Vandana Shiva

# Module VII. Global Strategies for Conservation

UN conference on Man and Environment-1972UNEP and its Contributions

The World Conservation Strategy-1980

World Commission on Environment and Development The Earth Summit -1992

The UNFCC and IPCC

Conservation Strategies in India-MoEF

Legal System- Mention Major Conservation ActsPeople's Participation in Conservation:

Chipko Movement and Narmada Bachao Andolan, Silent Valley

# Module VIII Sustainable Development

Definition and ConceptPrinciples and

# Goals

Environment versus Development DebateJohannesburg Conference -2002 Strategies for Sustainable development

Sustainable Development in the era of GlobalizationGandhian Environmentalism

Education for Sustainable Development (UNESCO-ESD)Building a Sustainable society

Sustainable life styles

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10 Hrs

8 Hrs

# Encyclopedia Britannica Inc.UK

Harrison, Lawrence E. and Samuel P. Huntington. 2000. *Culture Matters: How Values Shape HumanProgress*. Basic Books. Perseus. Rob DeSalle and Ian Tattersal.2008. *Human Origins:What Bones and Genomes Tell Us aboutourselves*. Texas A&MUniversity Press, USA. Strickberger, M.W.2000. *Evolution*. Jones and Bartlett, Boston.

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Agrawal, Arun. 2001. "Common Property Institutions and Sustainable Governance of Resources,"

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Carlos Hernandez and Rashmi Mayur. 1999. Pedagogy of the Earth: Education for a Sustainable Future.

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Chandran, Subash M .D.1997. On the ecological history of the Western Ghats. Current Science, Vol.73, No.2.146-155.

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Gandhi,M.K.-Writings on Ecology

Gore A.1993. Earth in Balance. Penguin Books, NY.USA.

Gregory Cochran and Henry Harpending. 2009. *The 10,000 Year Explosion: How CivilizationAccelerated Human Evolution*. Basic Books Hardin, Garrett. 1968. "The Tragedy of the Commons," *Science*, 162(1968): 1243-1248.

Harrison, Lawrence E. and Samuel P. Huntington. 2000. Culture Matters: How Values Shape HumanProgress. Basic Books. Perseus.

Herman Daly. 1990."Toward Some Operational Principles of Sustainable Development". Ecological Economics 2:1-6.

IUCN-UNEP-WWF 1991. Caring for the Earth: A Strategy for Sustainable Living. Gland, Switzerland. Joy A.Plamer (Edn.).2004. Fifty Great Thinkers on the Environment. Routledge, London and New York. Khanna, G.N.1993. Global Environmental Crisis and Management. Ashish Publishing House, New

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# SEMESTER VI.

# ZOOLOGY CORE CHOICE BASED COURSES

# FOR B.Sc. ZOOLOGY PROGRAMMEZY6CBT01. ELECTIVE COURSE.

# **1.** ECOTOURISM & SUSTAINABLE DEVELOPMENT

72 Hrs 4hrs/week Credits 3

# **Objectives:**

1. To introduce the concepts, principles and applications of tourism and its sustainability

2. To critically analyse the cost and benefits of ecotourism, including related laws and policies, community involvement and future trends

3. To develop an appreciation among students with respect to tourism development from the

sustainability perspective

4. To equip the students with basic knowledge for the emerging ecotourism industry	
Module I. Fundamentals of Tourism	12 Hrs
Introduction- Tourism, concepts and definitionsHistory, types, Characteristics	
The facilitating sectors Attractions	
Geography, heritage Wildlife, nature	
Quality Control	
Module II. Major areas of eco-tourism	10 Hrs
Concepts, practices and case studies for each:	
Marine tourism Wildlife	
tourism Adventure tourism	
Module III. Emerging trends in eco-tourism	10Hrs
Cultural tourism Pilgrimage	
tourismFarm tourism Backwater	
tourismHealth tourism	
Module IV. Problems and prospects of eco-tourism	10 Hrs
Economics and benefits of ecotourism	
Cultural issues and negative aspects of ecotourismEnvironmental Impacts of Tourism	
Module V. Sustainable tourism	12 Hrs
Quality, Standards	
Systems of sustainable tourism: environmental, sociocultural, EconomicalEnvironment and conservation: basic principles	
Current practices of eco-conservation in tourism industrySustainable tourism and society	
Community based ecotourism	
Eco development committee (EDC) of Periver Tiger PersenvePeople initiatives	

Eco-development committee (EDC) of Periyar Tiger RerservePeople initiatives

# Module VI. Eco-tourism guides

Ecotourism guiding and case studies

# Activity

Field visit to Ecologically relevant places & Report writing

# References

Bruner, E.M. 2005. Culture on tour: ethnographies of travel. The University of ChicagoPress.

Ghimire, K.B. and M. Pimbert. 1997. Social change and conservation: environmental politics and impacts of national parks and protected areas. London: Earthscan Publications.

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Whelan, T. 1991. Nature tourism: managing for the environment. Washington, D.C.: IslandPress.

Brian Garrod and Julie C. Wilson. 2002. Marine Ecosystem. Channel View Publications.

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# ELECTIVE COURSE . ZY1716301

# 2. AGRICULTURAL PEST MANAGEMENT

72 Hrs4

Hrs/week - 3 Credits

Objectives

1. To acquire basic skills in the observation and study of nature.

2. To impart basic awareness regarding pest problem and crop loss due to their dominance.

 $\mathbf{3.}$  To inculcate interest in adopting biological control strategies for pest control.

4. To understand various pests affecting our local crops and select the best method for their control

8 Hrs

5. To acquire basic knowledge and skills in agriculture management to enable the learner forself-employment.

Module I

Module II

pests-key pests, occasional pests, potential pests.

Pest and crop loss: Introduction, historical perspective-origin of pest, Evolution of pest. Causes of pest outbreak- biotic, abiotic and genetic factors. Modern agricultural practices and pest problem - high yielding varieties, monoculture, fertilizers, pesticides, irrigation, and cultural practices.

Pest categories: Types of pests- insect pest and non-insect pest. Insect pest: insect structure and function-external features (body parts), mouth parts of phytophagous insects, internal anatomy, growth, development, reproduction, life cycle and metamorphosis (one example each from ametabolous, hemimetabolous and holometabolousinsect), diapause. types of insect

Non insect pests: General features, different types-Rodents(mention the nature of crop loss by them), Mites-Main types of mites; plant injury caused by mite, millipedes and centipedes, slugs and snails (mention the damage of invasive Giant African Snail).

Activity: Identify a minimum of 5 invasive species (plant / animal) in your locality and make a report on their ecological impact.

# Module III

Pest and plants: Plant feeding insects-plant host range, types of injury, relationship of pestinjury and yield.

Host plant resistance: Characterization of resistance, mechanism of resistance (antixenosis, antibiosis, tolerance), biophysical, biochemical and genetic bases of resistance.

# Module IV

Pest control-principles and practices: Types of control-cultural control, biological control, chemical control, integrated pest management, miscellaneous control.

5 Hrs

15Hrs

7 Hrs

Cultural control: Water management, tillage, sanitation, plant diversity, crop rotation, planting time, harvesting practices etc

**Biological control**: Parasitoids and predators, control by insect pathogens. Techniques inbiological control-conservation, introduction and augmentation. Biopesticides

**Chemical control**: Origin of chemical control, chemistry, mode of action and nomenclature (organochlorines, organophosphates, carbamates, synthetic pyrethroids, miscellaneous group)of pesticides, pesticide formulations and pesticide appliances (sprayers and dusters). Brief mention of attractants, repellents, chemosterilants and pheromones

Activity 1: Conduct a workshop on preparation of biopesticides of various types suitable forkitchen garden and agricultural fields.

# Integrated Pest Management (IPM)

Miscellaneous control: Mechanical (hand picking, exclusion by screens and barriers, trapping, clipping, pruning etc), physical (hot and cold treatment, moisture, light traps etc), sterility principle

# Module V

25 Hrs

Bionomics and control of major pests of crops and stored grains: Biology, life cycle and nature of damage by different pests of following crops and their control

Pests of paddy: Leptocorisa acuta, Scirpophaga incertulas, Spodoptera mauritia, Orseoliaoryzae, Nilaparvata lugens

Pests of coconut: Oryctes rhinoceros, Rhyncophorus ferrugineus, Opisina arenosella, Aceriaguerreronis

Pests of Banana: Cosmopolites sordidus, Pentalonianigronervosa

Pests of vegetables - Brinjal: Leucinodesorbonalis, Euzopheraperticella,Henosepilachnavigintioctopunctata, Urentiushystricellus

Gourds -Bactoceracucurbitae, Anadevidiapeponis, Epilachna spp. Raphidopalpafoveicollis, Baristrichosanthis

Pest of stored grains: Sitophilusoryzae, Corcyra cephalonica Triboliumcastraneum, Trogodermagranarium, Callasobruchuschinensis

Activity 2: Conduct a poster exhibition on various types of pests of paddy, coconut, bananaand vegetable varieties of Kerala.

Activity 3: Collect different types of pest of stored grains from the local provision shops orhouses and make a taxonomic study and prepare a powerpoint presentation on them.

Activity 4: Visit a minimum of 5 kitchen gardens in the neighborhood and enlist the commontraditional pest control measures used in them.

Activity 5: Organise awareness classes on the ill effects of chemical pesticides and manureon human health with the support of local examples.

# References

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# ELECTIVE COURSE, ZY6CBT03.

# 3. VECTOR AND VECTOR BORNE DISEASES

# **Objectives:**

# Module I

Introduction: Vector : mechanical and biological vector, Reservoirs, Host-vectorrelationship, Vectorial capacity, Host Specificity. Insect vectors: Mosquitoes, flies, fleas, lice, ticks and bugs- General account of ecologymorphology and mouth parts Module I1

Salient features and distribution of mosquito species: Anopheles, Aedes, Culex, and Mansonia.

# Module II1

Study of Vector Borne diseases[Life cycle and pathology]: Mosquito-borne diseases - Malaria, Dengue, Chikungunya, Filariasis. Sand fly-borne diseases -Leishmaniasis, Phlebotomus fever. Tse- tse fly - sleeping sickness. House fly borne diseases :typhoid fever, cholera, dysentery, anthrax, Myiasis, . Flea-borne diseases - Plague, Typhus fever. Louse- borne diseases - Relapsing fever, Trench fever, Vagabond's disease, Phthiriasis.

# Module IV

Introduction to Vector control: Aims, objectives and advantages. History and background, recent trends, alternatives to the use of insecticides (chemical & microbial), types of vector control - selective, integrated and comprehensive vector control.

Control measures of mosquitoes, sand fly, tsetse fly and domestic flies

# ModuleV

Introduction to epidemiology: History, Definition, scope and uses of epidemiology. Epidemiology and public health. Achievements in epidemiology: Smallpox Methyl mercury

72 Hrs 3 Credits

10Hrs

6 Hrs

25 Hrs

13 Hrs

poisoning Rheumatic fever and rheumatic heart disease Iodine deficiency diseases Tobaccouse, asbestos and lung cancer, Hip fractures. HIV/AIDS, SARS.

Field report on two case studies of epidemiology in India.

# References

- 1. Bates M (1949) Natural History of mosquitoes The Macmillan Co.
- 2. Chapman, R.F. (1998). The Insects: Structure and Function. IV Edition, CambridgeUniversity Press, UK.
- 3. De Barjac. 1990. Bacterial control of mosquitoes & black flies: biochemistry, genetics & applications of Bacillus thuringiensisisraelensis & Bacillus sphaericus.
- 4. Gordon RM, Lavoipierre MMJ (1962) Entomology for students of Medicine. BlackwellScientific Publ.
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- 9. Mathews, G. (2011). Integrated Vector Management: Controlling Vectors of Malaria and Other Insect Vector Borne Diseases. Wiley-Blackwell.
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- 13. Richard and Davies Imm's general Text book of Entomology, Vol I & II. Chapman and Hall
- $14. {\rm Roy\,DN} {\rm ~and} {\rm ~Brown~AWA~(1970)~Entomology~(Medical~\&~veterinary)~Bangalore~printing and Publishing~co.}$
- 15. Rozendaal, J. A. 1997. Vector Control.Methods for use by individuals and communities.World Health Organisation, Geneva.
- 16. Rao, T. R. 1984. The Anophelines of India. Malaria Research Centre, ICMR, New Delhi.
- 17. Service M. W. 1996. Medical Entomology for students. Chapman & Hall, London

- 18. Speight, M.R., Hunter, M.D. & Watt, A.D. 1999. Ecology of Insects- Concepts and Applications. Blackwell Science Ltd., London.
- 19. Wall, R., Shearer, D. 2001. Veterinary ectoparasites: biology, pathology and control. Blackwell Science.
- 20. Wall, R., Shearer, D. 1997. Adult flies (Diptera). In: Wall, R., Shearer, D. (eds.): Veterinary Entomology. Chapman & Hall, London.
- 21. Ward, J.V. 1992. Aquatic Insect Ecology. John Wiley & Sons, Inc., USA.
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- 23.R Bonita R Beaglehole T Kjellström Basic epidemiology 2nd edition WHO Library Cataloguing-in-Publication Data Bonita ISBN 92 4 154707 3 (NLM classification:WA 105) ISBN 978 92 4 154707 9 © World Health Organization 2006.

# ELECTIVE COURSE. ZY6CBT04

# 4. NUTRITION, HEALTH AND LIFESTYLE MANAGEMENT

# **Objectives:**

1. To provide students with a general concept of health and the parameters that define healthand wellness.

- 2. To understand principles of nutrition and its role in health.
- 3. To familiarize the students regarding food safety, food laws & regulations.
- 4. To provide knowledge and understanding regarding life style diseases.

5. To promote an understanding of the value of good life style practices, physical fitness andhealthy food habits for life style disease management.

# Module I

Nutrition and health: Nutritional requirements of man, classification of major nutrients

15 Hrs

72 Hrs. 3 Credits including protein, vitamins and minerals, water, role of fibre, biological value of food components, food groups and sources, balanced diet, RDA, BMI, BMR, Calorie intake and expenditure, Healthy eating pyramid, Nutrition in infancy, preschool, school, adolescent, pregnancy, lactation and old age. Nutrition in diseases and special conditions. Food safety: Nutrition education, food sanitation and hygiene, food adulteration and consumer protection.

# Module II

Understanding of health: Define health, basic concepts, dimensions of health, basic parameters of health care. (Health Parameters: Individual normal standards, devices.1. Bloodpressure, 2. Brain activities and sleep, 3.Focus or attention, 4.Pulse, 5. Body temperature,

6. Daily physical activities, 7. Electrocardiogram (ECG), 8.Cardiac fitness 9. Stress,

10. Haematological parameters, 11. BMI

# Module III

Introduction to Life style diseases

Common life style diseases: Alzheimer's disease and other neural disorders, asthma, cancer, cardio vascular diseases - including hypertension, Atherosclerosis and stroke, chronic obstructive pulmonary disease, Diabetes Mellitus or Type 2 Diabetes, kidney disorders and chronic renal failure, constipation, depression, gastro-intestinal disturbances including diarrhoea and peptic ulcer, liver cirrhosis and other liver diseases, obesity, osteoporosis, occupational lifestyle diseases.

Modern lifestyle disorders: sleeping habits, junk food, poor eating habits, anxiety, foodpoisoning

### Module IV

Causes of lifestyle diseases: Defects of modern food habits and unbalanced diet options, food adulteration, environmental pollution, poor life style choices, drug abuse, tobacco smoking, alcohol and drug consumption, lack of adequate exercise, wrong body posture,

18 Hrs

15 Hrs

disturbed biological clock, stressful environmental conditions

# Module V

Prevention and control of life style diseases:

Healthy life style habits and practices, healthy eating habits, exercise and fitness, good sleep patterns, a strict no to alcohol, drugs, and other illegal drugs.

14 Hrs

Uncontrollable factors like age, gender, heredity and race.

Healthy diet: disease prevention through appropriate diet and nutrition, avoiding foods thatare high in fats, salt and refined products. Avoid junk food and

replace by natural food/ organic food.

Physical exercise: Moderate exercise for fitness of body, walking, stretching, right postures of sitting & standing, relaxation and cutting down of stress, sports, aerobic exercise and yoga.

Health literacy as a public health goal: Awareness programs in schools, colleges andthrough mass media.

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