

Exam Code: 510011

Paper Code: 1311 – R

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester – I

Course Title: Nutrition and Immunity

Course Code: BVNL-1283

Time: 3 Hours

Max. Marks: 70

Note: Attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 14 marks.

Section -I

1. Define nutrition and explain its essential elements. How do these elements contribute to maintaining overall health?
2. Discuss the role of antioxidants in human health and how positive health behaviors can enhance their effectiveness.

Section -II

3. Explain the defense mechanisms of the body and discuss the role of nutrients in supporting immune functions.
4. Describe how undernutrition affects susceptibility to infections and how infections, in turn, influence nutritional status.

Section -III

5. Explain how nutrients contribute to the prevention of infections and support the immune system, particularly in different age groups.
6. Discuss the role of nutraceuticals and functional foods in enhancing immunity and combating age-related immune depression.

Section -IV

7. Explain the role of nutrition in the management of HIV/AIDS and tuberculosis, and how it affects immune function and disease progression.
8. Discuss the impact of probiotics and prebiotics on immunity, and describe common food allergies and their management in relation to current health concerns.

Exam Code: 510011
(40)

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Semester-I

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Time Allowed: 3 Hours

Max Marks: 70

Instructions:- Students are required to attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 14 marks.

Section -I

1. Explain the meaning of nutrition and list its essential elements.
2. Describe the role of antioxidants in nutrition and their significance in promoting health.

Section -II

3. Describe the immune system's defense mechanisms and its importance for human health.

4. Discuss the role of specific nutrients in immune functions and the consequences of undernutrition on immunity.

Section -III

5. Discuss the role of various nutrients in preventing the risk of infections.
6. Define nutraceuticals and functional foods, and discuss their role in enhancing immune health.

Section -IV

7. Discuss the nutritional challenges faced by individuals with HIV/AIDS and tuberculosis and the strategies to address these challenges.
8. Define food allergies and discuss their implications for nutrition and immune response.

Exam Code: 510011

Paper Code: 1312 – R

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester – I

Course Title: Basic Food and Nutrition

Course Code: BVNL-1284

Time Allowed: 3 Hours

Max Marks: 70

Note: Attempt five questions in all, selecting at least one question from each section. Fifth question may be attempted from any section. Each question carries 14 marks.

Section A

1. Explain functions of food in detail.
2. What is malnutrition? Explain the causes of malnutrition.

Section B

3. Explain any one method of cooking in detail.
4. What is the effect of cooking on nutritive value of food?

Section C

5. Write about the classification and functions of carbohydrates.
6. Write about the functions and deficiency of proteins.

Section D

7. What are the factors affecting energy requirements.
8. Explain Specific Dynamic Action and Basal Metabolic Rate.

**Exam Code: 510011
(40)**

Paper Code: 1312

**Programme: Bachelor of Vocation (Nutrition and Dietetics)
Semester-I**

Course Title: Basic Food and Nutrition

Course Code: BVNL-1284

Time Allowed: 3 Hours

Max Marks: 70

Instructions:- Students are required to attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 14 marks.

Section -I

1. What is the Importance of water in Nutrition?
2. Write a note on Fortification.

Section -II

3. What is the classification of Carbohydrates?
4. What are functions of Carbohydrates?

Section -III

5. What are functions of Proteins?

6. Write the classification of Fats and Oils.

Section -IV

7. What are the factors affecting energy requirements?
8. What are the functions and Deficiency of Vitamin D?

Exam Code: 510011

Paper Code: 1103 - R

PROGRAMME: BACHELOR OF VOCATION (NUTRITION AND
DIETETICS) SEMESTER - I

COURSE TITLE - PUNJABI (COMPULSORY)

COURSE CODE: BVNL-1421

Time Allowed: 3 Hrs

Max. Marks: 70

ਨੋਟ- ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਹਰੇਕ ਪ੍ਰਸ਼ਨ ਦੇ 14 ਅੰਕ ਹਨ।

ਸੈਕਸ਼ਨ - I

1. ਹੇਠ ਲਿਖੇ ਕਾਵਿ ਸਤਰਾਂ ਦੀ ਪ੍ਰਸੰਗ ਦੱਸ ਕੇ ਵਿਆਖਿਆ ਕਰੋ:

ੳ. ਬਾਂਕੇ ਛਬੀਲੇ ਪੰਜਾਬ- ਪਿਆਰ ਦੇ ਰਹਿਣ ਵਾਲੇ,
ਪੰਜਾਬੀ ਮਾਵਾਂ ਦੇ ਪੁੱਤਰ,
ਰਖਣ ਨਾ ਜਾਣ ਸੰਭਾਲ ਇਹ ,
ਜਾਨ ਨੂੰ ਵਾਰਨ ਇਹ ਜਾਣਦੇ ,
ਲਹੂ ਵਿਟਣ ਥੀਂ ਨਾ ਡਰਨ ਇਹ,
ਤੇ ਜੰਗ ਮੈਦਾਨ ਵਿੱਚ ਨਸਣਾ ਨਾ ਪਛਾਣਦੇ।

2. "ਦੁਆਈਆ" ਕਵਿਤਾ ਦਾ ਸਾਰ ਲਿਖੋ।

ਸੈਕਸ਼ਨ - II

3. "ਮਨ ਦੀਆਂ ਮਨ ਵਿੱਚ" ਇਕਾਂਗੀ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ ਲਿਖੋ।

4. "ਕੁੱਤਾ ਤੇ ਮਨੁੱਖ" ਇਕਾਂਗੀ ਦਾ ਸਾਰ ਆਪਣੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ।

ਸੈਕਸ਼ਨ - III

5. ਹੇਠ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ ਉੱਤੇ ਪੈਰਾ ਰਚਨਾ ਲਿਖੋ:

1. ਕੁਦਰਤੀ ਆਫਤ - ਪੰਜਾਬ ਵਿੱਚ ਹੜ੍ਹ
2. ਦਿਵਾਲੀ ਦਾ ਤਿਉਹਾਰ
3. ਕਾਲਜ ਦੀ ਲਾਇਬਰੇਰੀ

6. ਹੇਠ ਲਿਖੇ ਪੈਰੇ ਨੂੰ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਓ:

ਜਟਿਲ ਪਰਿਵਾਰ ਜਾਂ ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਦਾ ਦਾਇਰਾ ਵਧੇਰੇ ਵਿਸ਼ਾਲ ਹੁੰਦਾ ਹੈ। ਇਸ ਵਿੱਚ ਬਹੁ ਪਤਨੀ ਪਰਿਵਾਰ ਭਾਵ ਇੱਕ ਪਤੀ ਅਤੇ ਦੋ ਜਾਂ ਇਸ ਤੋਂ ਵੱਧ ਪਤਨੀਆਂ ਅਤੇ ਹਰ ਪਤਨੀ ਦੇ ਵਿਆਹੇ , ਅਣਵਿਆਏ ਬੱਚੇ ਸ਼ਾਮਿਲ ਹੁੰਦੇ ਹਨ। ਪਰਿਵਾਰ ਦੀ ਇਹ ਕਿਸਮ ਉਸ ਸਮੇਂ ਹੋਰ ਜਟਿਲ ਹੋ ਜਾਂਦੀ ਹੈ, ਜਦੋਂ ਪਤੀ ਜਾਂ ਪਤਨੀ ਦੂਜਾ ਵਿਆਹ ਕਰਾ ਲੈਂਦੇ ਹਨ , ਜਿਸ ਤੋਂ ਮਤਰ ਸਬੰਧ ਬਣਦੇ ਹਨ ।

ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਵਿੱਚ ਦੋ ਜਾਂ ਦੋ ਤੋਂ ਵੱਧ ਮੂਲ ਪਰਿਵਾਰ ਹੁੰਦੇ ਹਨ। ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਵਿੱਚ ਬੱਚੇ ਦੇ ਮਾਂ ਤੇ ਪਿਉ , ਉਸਦੇ ਵਿਆਹੇ , ਅਣਵਿਆਹੇ ਭੈਣ-ਭਰਾ , ਚਾਚੇ , ਤਾਏ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਵਿਆਹੇ, ਅਣਵਿਆਹੇ ਬੱਚੇ ਅਤੇ ਦਾਦਾ - ਦਾਦੀ ਇੱਕੋ ਛੱਤ ਥੱਲੇ ਰਹਿੰਦੇ ਹਨ। ਆਮਦਨ, ਖਰਚ ਤੇ ਭੋਜਨ ਪਾਣੀ ਸਾਂਝਾ ਹੁੰਦਾ ਹੈ। ਪੁਰਾਤਨ ਪੰਜਾਬ ਵਿੱਚ ਪਰਿਵਾਰ ਦੀ ਇਹ ਪ੍ਰਥਾ ਪ੍ਰਧਾਨ ਰਹੀ ਹੈ।

(ੳ) ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਦਾ ਖੇਤਰ ਕਿਹੋ ਜਿਹਾ ਹੁੰਦਾ ਹੈ?

(ਅ) ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਵਿੱਚ ਜਟਿਲਤਾ ਕਿਵੇਂ ਪੈਦਾ ਹੁੰਦੀ ਹੈ?

(ੲ) ਸੰਯੁਕਤ ਪਰਿਵਾਰ ਕਿਵੇਂ ਬਣਦਾ ਹੈ?

(ਸ) ਪੁਰਾਤਨ ਪੰਜਾਬ ਵਿੱਚ ਪਰਿਵਾਰ ਦੀ ਕਿਹੜੀ ਵੰਨਗੀ ਪ੍ਰਧਾਨ ਰਹੀ ਹੈ?

(ਹ) ਪੈਰੇ ਦਾ ਢੁੱਕਵਾਂ ਸਿਰਲੇਖ ਦੱਸੋ ।

ਸੈਕਸ਼ਨ - IV

7. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵੰਨਗੀਆਂ ਬਾਰੇ ਜਾਣਕਾਰੀ ਦਿਓ।

8. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਨਿਕਾਸ ਤੇ ਵਿਕਾਸ ਉੱਤੇ ਨੋਟ ਲਿਖੋ।

Exam Code: 510011

Paper Code: 1113 – R

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester – I

Course Title: Communication Skills in English - I

Course Code: BVNM-1102

Time Allowed: 3 Hours

Maximum Marks: 50

Note: Attempt five questions in all, selecting atleast one question from each section. Fifth question may be attempted from any section. Each question carries 10 marks.

Section – A

1. Write a detailed note on the tactics and strategies of reading.
2. What are the purposes of reading?

Section – B

3. Read the following passage and answer the questions in multiple choice form. Mark (✓) in front of the right answer:

At night Buddha repaired to the threshold of his wife's chamber and there by the flickering lamp, he gazed on a scene of perfect bliss. The young wife lay surrounded by flowers with one hand on her infant's head. A yearning arose in his heart to take the baby in his arms for the last time before leaving all earthly bliss. But that he might not do. The mother might be awakened and the entreaties of the fond and loving soul might unnerve his heart and shake his resolution. Silently then he tore himself away from that blissful sight – the nest of all his joy and love and affection. In that one eventful moment in the silent darkness of the night, he renounced for ever his wealth and position and power, his proud rank and his princely fame and more than all this, the affection of a happy home, the love of a young wife and a tender infant now lying unconscious in sleep. He renounced all this and rode away that night to become a poor student and a homeless wanderer.

i. Buddha saw a scene of bliss which was:

- a) His young wife lying amid flowers with one hand on the infant's head.
- b) The rays of the moon falling on the mother and the baby.
- c) The atmosphere of serenity in the room.
- d) The wife had a smile on her face while sleeping.

ii. Buddha decided against taking the baby in his arms because:

- a) It might frighten his wife.
- b) It might make the baby cry
- c) His wife's entreaties might shake his firm resolve to leave home.
- d) His wife might inform the king, Buddha's father.

iii. What might have shaken Buddha's resolution to renounce the worldly self and power?

- a) His love for his son.

- b) His love for his wife.
- c) His reawakened love for the throne.
- d) His wife's entreaties.
- iv. **What did Buddha become after his renunciation?**
 - a) An ascetic.
 - b) A beggar.
 - c) A preacher.
 - d) A poor student and homeless wanderer.
- v. **Which word substitutes "bliss"?**
 - a) Skill.
 - b) Contentment.
 - c) Purity.
 - d) Extreme happiness.

4. Read the following passage carefully and answer the questions that follow:

Gandhiji is known for his successful efforts to liberate India. Actually, for him, the development of an Indian into a free man was more important than the freeing of India. Most of Gandhi's followers in India were not Gandhians and did not share his ideals; they merely accepted his leadership because it smoothed the way to their objective which was an Indian nation without the British, but with all the usual attributes of nationhood. For them, national independence was an end, good in itself, for him it was means to a better man and a better life, and because his heart was heavy with doubts whether these purposes would be furthered by the manner in which independence was achieved- two bleeding children torn violently from the body of mother India- he did not celebrate on August 15, 1947, the day Indian nation came into its own. He was sad and refused congratulations.

Questions:

- i. **What is Gandhi known for?**
- ii. **What is more important to Gandhiji than the freedom of India?**
- iii. **Why did his followers accept Gandhi's leadership?**
- iv. **What did national independence mean to Gandhiji's followers?**
- v. **Why was Gandhiji sad when India became free on August 15, 1947?**

Section – C

- 5. What are the guidelines for effective writing?
- 6. Write a letter to your friend congratulating her on her success in examination.

Section – D

- 7. What are the characteristics of effective memo? Write a memo warning an employee for his being habitually late.
- 8. Write an application along with the resume for the post of a lady receptionist in a reputed institution.

Exam Code: 510011

Paper Code: 1313 – R

Programme: Bachelor of Vocation (Nutrition and Dietetics)

Semester – I

Course Title: Human Physiology

Course Code: BVNM-1285

Time: 3 Hours

Max. Marks: 50

Note: Attempt five questions in all, selecting at least one question from each section. The fifth question may be attempted from any section. Each question carries 10 marks.

Section – I

1. Describe Cell Structure and Functions of inclusion bodies.
2. Explain Blood Pressure & factors affecting it and Hypertension.

Section – II

3. Write in detail the secretory and digestive functions of the following:
i. Salivary gland ii. Pancreas
4. Explain with the help of diagram the structure and function of spinal cord.

Section – III

5. Explain well the structure and function of Respiratory Organs.
6. Explain well the mechanism of Urine Formation.

Section – IV

7. Explain well the functions of the following:
i. Thyroid ii. Para Thyroid
8. Explain with the help of diagram the structure and functions of Male Reproductive System.

Exam Code: 510011
(40)

Paper Code: 1313

Programme: Bachelor of Vocation (Nutrition and Dietetics)
Semester-I

Course Title: Human Physiology

Course Code: BVNM-1285

Time Allowed: 3 Hours

Max Marks: 50

Note:

- Each question carries equal marks(10)
- Student is required to attempt 5 questions out of 8, selecting at least one question from each section (section A-D)
- The fifth question may be attempted from any section

Section A

1. What is blood pressure and the factors effecting it.
2. Explain the functions of inclusion bodies.

Section B

3. Explain the secretory and digestive function of liver.
4. Explain the mechanism of absorption of carbohydrates and fats.

Section C

5. Discuss the function of respiratory organs.
6. What is the mechanism of urine formation.

Section D

7. Explain the functions of adrenal cortex.
8. Explain the structure and functions of male reproductive organs.

Paper Code: 1107

Programme	Exam Code	Course Code
Bachelor of Vocation (Retail Management)	122001	BVRL-1031 ✓
Bachelor of Vocation (Animation)	112801	BVAL-1031 ✓
Bachelor of Vocation (Nutrition and Dietetics)	510011	BVNL-1031 ✓
Bachelor of Vocation (Beauty and Wellness)	112601	BVBL-1031 ✓
Bachelor of Vocation (Artificial Intelligence and Data Science)	112901	BVIL-1031 ✓
Bachelor of Vocation (Hospitality and Tourism)	113001	BVHL-1031 ✓

Semester-I
Course Title: Basic Punjabi
(20)

Time Allowed: 3 Hours**Max Marks: 70**

ਨੋਟ: ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਦੋ ਪ੍ਰਸ਼ਨ ਪੁੱਛੇ ਜਾਣਗੇ। ਵਿਦਿਆਰਥੀ ਨੇ ਕੁੱਲ ਪੰਜ ਪ੍ਰਸ਼ਨ ਕਰਨੇ ਹਨ, ਹਰ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਹਰ ਪ੍ਰਸ਼ਨ ਦੇ 14 ਅੰਕ ਹਨ।

ਸੈਕਸ਼ਨ-1

1. ਗੁਰਮੁਖੀ ਲਿਪੀ ਵਿੱਚ ਵਰਨਮਾਲਾ ਦੀ ਤਰਤੀਬ ਲਿਖੋ।

2. ਲਗਾਖਰ ਕੀ ਹੁੰਦੇ ਹਨ? ਉਦਾਹਰਨ ਸਹਿਤ ਲਿਖੋ।

ਸੈਕਸ਼ਨ-2

3. ਸਧਾਰਨ ਸ਼ਬਦ ਕੀ ਹੁੰਦੇ ਹਨ? ਉਦਾਹਰਨ ਸਹਿਤ ਲਿਖੋ।
4. ਹੇਠ ਲਿਖੇ ਅਗੇਤਰ ਲਗਾ ਕੇ ਮਿਸ਼ਰਤ ਸ਼ਬਦ ਬਣਾਓ।
ਉਪ, ਖੁਸ਼, ਸੈਰ, ਅਪ, ਕਮ, ਬੇ, ਮਹਾ

ਸੈਕਸ਼ਨ-3

5. ਕੋਈ ਦੱਸ ਰਿਸ਼ਤੇ-ਨਾਤੇ ਦੱਸੋ ।
6. ਕਿੱਤਾਕਾਰੀ ਨਾਲ ਸੰਬੰਧਿਤ ਦੱਸ ਸ਼ਬਦ ਲਿਖੋ।

ਸੈਕਸ਼ਨ-4

7. ਰੁੱਤਾਂ ਦੇ ਨਾਮ ਲਿਖੋ।
8. 1 ਤੋਂ 20 ਤੱਕ ਗਿਣਤੀ ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ।

Paper Code: 1103

Programme	Exam Code	Course Code
Bachelor of Vocation (Retail Management)	122001	BVRL-1421 ✓
Bachelor of Vocation (Animation)	112801	BVAL-1421 ✓
Bachelor of Vocation (Nutrition and Dietetics)	510011	BVNL-1421 ✓
Bachelor of Vocation (Beauty and Wellness)	112601	BVBL-1421 ✓
Bachelor of Vocation (Hospitality and Tourism)	113001	BVHL-1421 ✓
Bachelor of Vocation (Artificial Intelligence and Data Science)	112901	BVIL-1421 ✓

Semester-I

Course Title: Punjabi (Compulsory)
(150)

Time Allowed: 3 Hours**Max Marks: 70**

ਨੋਟ- ਪ੍ਰਸ਼ਨ ਪੱਤਰ ਦੇ ਚਾਰ ਸੈਕਸ਼ਨ ਹਨ। ਹਰ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਇੱਕ ਪ੍ਰਸ਼ਨ ਕਰਨਾ ਲਾਜ਼ਮੀ ਹੈ। ਪੰਜਵਾਂ ਪ੍ਰਸ਼ਨ ਕਿਸੇ ਵੀ ਸੈਕਸ਼ਨ ਵਿੱਚੋਂ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਹਰ ਪ੍ਰਸ਼ਨ ਦੇ 14 ਅੰਕ ਹਨ।

ਸੈਕਸ਼ਨ-1

- ਹੇਠ ਲਿਖਿਆਂ ਕਾਵਿ ਟੁਕੜਿਆਂ ਦੀ ਪ੍ਰਸੰਗ ਦੱਸ ਕੇ ਵਿਆਖਿਆ ਕਰੋ:
ਖਾਨਗਾਹੀਂ ਦੀਵਾ ਬਾਲਦੀਏ,

ਕੀ ਲੋਚਦੀਏ? ਕੀ ਭਾਲਦੀਏ।
 ਕੀ ਰੁੱਸ ਗਿਆ ਤੇਰਾ ਢੋਲ ਕੁੜੇ?
 ਯਾ ਸਖਣੀ ਤੇਰੀ ਝੋਲ ਕੁੜੇ?
 ਯਾ ਸਰਘੀ ਵੇਲੇ ਤੱਕਿਆ ਈ
 ਕੋਈ ਡਾਢਾ ਭੈੜਾ ਸੁਫਨਾ ਨੀ?
 ਜੋ ਕਰਦੀ ਮਾਰੋ ਮਾਰ ਕੁੜੇ,
 ਤੂੰ ਪਹੁੰਚੀ ਵਿੱਚ ਉਜਾੜ ਕੁੜੇ।

2. “ਅੱਜ ਆਖਾਂ ਵਰਿਸ਼ ਸ਼ਾਹ ਨੂੰ ” ਕਵਿਤਾ ਦਾ ਸਾਰ ਆਪਣੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ।

ਸੈਕਸ਼ਨ-II

3. “ਦੂਜਾ ਵਿਆਹ” ਇਕਾਂਗੀ ਦਾ ਵਿਸ਼ਾ ਵਸਤੂ ਲਿਖੋ।
4. “ਬ੍ਰਹਮ ਭੋਜ” ਇਕਾਂਗੀ ਦਾ ਸਾਰ ਆਪਣੇ ਸ਼ਬਦਾਂ ਵਿੱਚ ਲਿਖੋ।

ਸੈਕਸ਼ਨ-III

5. ਹੇਠਾਂ ਲਿਖੇ ਵਿਸ਼ਿਆਂ ਵਿੱਚੋਂ ਕਿਸੇ ਇੱਕ ਵਿਸ਼ੇ ਉੱਤੇ ਪੈਰਾ ਰਚਨਾ ਲਿਖੋ:
 1. ਕਾਲਜ ਦੀ ਕੰਟੀਨ
 2. ਦਿਵਾਲੀ ਦਾ ਤਿਉਹਾਰ
 3. ਘਰੇਲੂ ਬਗੀਚਾ

6. ਹੇਠ ਲਿਖੇ ਪੈਰੇ ਨੂੰ ਪੜ੍ਹ ਕੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਓ:

ਸਾਡੇ ਜੀਵਨ ਦਾ ਇੱਕ ਪ੍ਰਤੱਖ ਅਤੇ ਬੜਾ ਮਹਾਨ ਅੰਗ ਉਪਜੀਵਿਕਾ ਕਮਾਉਣਾ ਹੈ। ਇਸ ਦ੍ਰਿਸ਼ਟੀਕੋਣ ਤੋਂ ਵੇਖਿਆ ਪਤਾ ਲੱਗਦਾ ਹੈ ਕਿ ਜਿਸ ਮਨੁੱਖ ਜਾਂ ਇਸਤਰੀ ਨੇ ਆਪਣੀ ਪਹਿਲੀ ਅਵਸਥਾ ਵਿੱਚ ਆਪਣੇ ਆਪ ਨੂੰ ਉਪਜੀਵਿਕਾ ਕਮਾਉਣ ਦੇ ਯੋਗ ਬਣਾਉਣ ਲਈ ਘਾਲ ਨਹੀਂ ਘਾਲੀ, ਉਹ ਇਸ ਖੇਤਰ ਵਿੱਚ ਪਿੱਛੇ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਜੇ ਕਿਸੇ ਵਿਹਾਰ ਜਾਂ ਕਾਰਜ ਉੱਤੇ ਦਿਲ ਲਗਾ ਕੇ ਮਿਹਨਤ ਕਰਨ ਵੱਲੋਂ ਅਵੇਸਲੇ ਹੋ ਜਾਣ, ਉਹਨਾਂ ਦਾ ਇਸ ਸੰਸਾਰ ਵਿੱਚ ਝੱਟ ਨਹੀਂ ਟੱਪਦਾ। ਨਿਰੀ ਉਪਜੀਵਿਕਾ ਕਮਾਉਣ ਵਾਸਤੇ ਹੀ ਜਿਉਣਾ ਬਹੁਤ ਉੱਚ ਆਦਰਸ਼ ਨਹੀਂ। ਮਿਹਨਤ ਦਾ ਮਨੁੱਖੀ ਸੁਭਾਅ ਉੱਤੇ ਅਦੁੱਤੀ ਪ੍ਰਭਾਵ ਪੈਂਦਾ ਹੈ। ਉਪਰੋਕਤ ਪੈਰੇ ਨੂੰ ਧਿਆਨ ਨਾਲ ਪੜ੍ਹੋ ਤੇ ਹੇਠਾਂ ਲਿਖੇ ਪ੍ਰਸ਼ਨਾਂ ਦੇ ਉੱਤਰ ਦਿਓ-

ੳ) ਜਿਹੜੇ ਜ਼ਿੰਦਗੀ ਦੇ ਮੁੱਢ ਵਿੱਚ ਮਿਹਨਤ ਨਹੀਂ ਕਰਦੇ ਉਹ ਪਿੱਛੋਂ ਰੋਜ਼ੀ ਕਮਾਉਣ ਵਿੱਚ ਕਿੰਨੇ ਕੁ ਸਫਲ ਹੁੰਦੇ ਹਨ?

ਅ) ਨੌਕਰੀ ਜਾਂ ਕੰਮ ਕਰਨ ਵਿੱਚ ਲਾਪਰਵਾਹੀ ਕਰਨ ਦਾ ਸਿੱਟਾ ਕੀ ਹੁੰਦਾ ਹੈ?

ੲ) ਕੀ ਕੇਵਲ ਰੋਜ਼ੀ ਕਮਾਉਣ ਲਈ ਜੀਵਨ ਬਤੀਤ ਕਰਨਾ ਬੜੀ ਚੰਗੀ ਗੱਲ ਹੈ?

ਸ) ਲਕੀਰੇ ਸ਼ਬਦਾਂ ਦੇ ਅਰਥ ਲਿਖੋ।

ਹ) ਇਸ ਪੈਰੇ ਦਾ ਸਿਰਲੇਖ ਲਿਖੋ।

ਸੈਕਸ਼ਨ-IV

7. ਭਾਸ਼ਾ ਤੇ ਉਪਭਾਸ਼ਾ ਦਾ ਅੰਤਰ ਸਪਸ਼ਟ ਕਰਦੇ ਹੋਏ ਪੰਜਾਬੀ ਦੀਆਂ ਉਪਭਾਸ਼ਾਵਾਂ ਬਾਰੇ ਚਰਚਾ ਕਰੋ।
8. ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਦੇ ਨਿਕਾਸ ਅਤੇ ਵਿਕਾਸ ਤੇ ਨੋਟ ਲਿਖੋ।

Paper Code: 1111

Programme	Exam Code	Course Code
Bachelor of Vocation (Retail Management)	122001	BVRL-1431
Bachelor of Vocation (Animation)	112801	BVAL-1431
Bachelor of Vocation (Nutrition and Dietetics)	510011	BVNL-1431
Bachelor of Vocation (Beauty and Wellness)	112601	BVBL-1431
Bachelor of Vocation (Hospitality and Tourism)	113001	BVHL-1431
Bachelor of Vocation (Artificial Intelligence and Data Science)	112901	BVIL-1431

Semester-I**Course Title: Punjab History and Culture****(20)****Time Allowed: 3 Hours****Max Marks: 70**

Candidates shall attempt 5 questions in 800 words, by atleast selecting One question from each section and the 5th question may be attempted from any of the four section. Each question will carry 14 marks.

Section-I

1. How has the geography of the Punjab affected its history.

2. Describe the sources of the ancient history of Punjab.

Section-II

3. Describe the Social and religious life of people of Indus Valley People.
4. Describe the original home and settlement of Indo Aryans in Punjab.

Section-III

5. Describe the Social and economic life of people of Rig Vedic Age?
6. Describe the religious and economic life of people of Later Vedic Age?

Section-IV

7. Describe the life and teachings of Mahatma Buddha.
8. Describe the life and teachings of Mahavira.

Hindi Version

सैक्शन-1

1. पंजाब के भूगोल ने इसके इतिहास को किस प्रकार प्रभावित किया है ?
2. पंजाब के प्राचीन इतिहास के स्रोतों का वर्णन करें।

सैक्शन-2

3. सिंधु घाटी के लोगों के सामाजिक और धार्मिक जीवन का वर्णन करें।
4. पंजाब में इंडो आर्यों के मूल घर और बस्ती का वर्णन करें।

सैक्शन-3

5. ऋग्वैदिक युग के लोगों के सामाजिक और आर्थिक जीवन का वर्णन करें ?
6. उत्तर वैदिक युग के लोगों के धार्मिक और आर्थिक जीवन का वर्णन करें ?

सैक्शन-4

7. महात्मा बुद्ध के जीवन और शिक्षाओं का वर्णन करें।
8. महावीर के जीवन और शिक्षाओं का वर्णन करें।

Paper Code: 1113

Programme	Exam Code	Course Code
Bachelor of Arts (Journalism and Mass Communication)	116401	BJMM-1102
Bachelor of Science (Fashion Designing)	119601	BFDM-1102
Bachelor of Science (Home Science)	119701	BHSM-1102
Bachelor of Computer Applications	117901	BCAM-1102
Bachelor of Science (Information Technology)	118001	BITM-1102
Bachelor of Science (Bio-Technology)	120601	BBTM-1102
Bachelor of Science (Medical Laboratory Technology)	509701	BMLM-1102
Bachelor of Business Administration (Airlines and Airport Management)	509501	BBMM-1102
Bachelor of Vocation (Retail Management)	122001	BVRM-1102
Bachelor of Vocation (Animation)	112801	BVAM-1102
Bachelor of Vocation (Nutrition and Dietetics)	510011	BVNM-1102
Bachelor of Vocation (Beauty and Wellness)	112601	BVBM-1102
Bachelor of Vocation (Artificial Intelligence and Data Science)	112901	BVIM-1102
Bachelor of Vocation (Hospitality and Tourism)	113001	BVHM-1102

Semester-I

Course Title: Communication Skills in English – I
(300)

Time Allowed: 3 Hours**Max Marks: 50**

Note: The candidates will have to attempt five questions in all selecting one from each section and the fifth question from any of the four sections. Each question will carry 10 marks.

Section – A

1. Describe the various kinds of reading.
2. What is PSQ5R model of reading?

Section – B

3. Read the following passage and answer the questions in multiple choice form. Mark (✓) in front of the right answer:

Trees give shade for the benefits of others, and while they themselves stand in the sun and endure the scorching heat, they produce the fruit by which others profit. The character of good men is like that of trees. What is the use of this perishable body if no use is made of it for the benefit of mankind? Sandalwood, the more it is rubbed, the more scent does it yield. Sugarcane, the more it is peeled and cut up into pieces, the more juice does it produce. The men who are noble at heart do not lose their qualities even in losing their life. What matters it whether men praise them or not. What difference does it make whether they die at this moment or whether their lives are prolonged? Happen

what may, those who tread in the right path will not set foot in any other. Life itself is unprofitable to a man who does not live for others. To live for the mere sake of living one's life is to live the life of dogs and crows. Those who lay down their lives for the sake of others will assuredly dwell forever in a world of bliss.

I. There is great similarity between trees and good men, which is:

- a) both do good to others
- b) both live long
- c) both face hardships
- d) both do not complain of suffering

II. Life itself is ⁴⁷profitable if man does not live for others.

This statement means:

- a) Man should serve others
- b) he should improve his well-being
- c) he should give away to others whatever he has
- d) he should do good to others when they need help.

III. Sandalwood, when rubbed more, gives

-
- a) solace
 - b) more scent
 - c) relief
 - d) satisfaction

IV. A noble person does not set his foot in :

- a) other's shoes
- b) wet land
- c) slush
- d) the wrong path

V. 'Endure' can be replaced with _____

- a) beat
- b) assure
- c) last long
- d) care

4. Read the following passage carefully and answer the question the follow:

That science has become one of the most powerful factors in modern life is a generally accepted and indeed obvious fact. The proper role of the scientist himself is, however, a point on which there is no general agreement. On the one hand are those diehards who, ignoring the changed circumstances of the outside world, contend that outside the laboratory, the personal influence of the scientist should be no more than that of any other citizen. On the other hand are extremists who advocate a state verging on a technocracy in which scientists would have special privileges and a large measure of control. Those who tend towards the latter view are much more vociferous than their conservative and much more numerous

colleagues, with unfortunate result that there is a widespread impression that scientists generally share these views and wish to claim a far larger share in the control of the world affairs than they possess at present. It is therefore, time to attempt an assessment of the proper status of the scientist in modern society.

Questions:

- a) What is the present position of science and that of a scientist in society?
- b) Is there any common view about the role of a scientist in modern society?
- c) What is the argument advanced by the conservatives?
- d) How do the extremists contradict the conservatives?
- e) What is the need of the hour?

Section – C

5. What are the different guidelines for effective writing?
6. Write a letter to your father requesting him to allow you to attend the marriage of your friend.

Section – D

7. As Coordinator of a Youth Club you conducted a meeting of all the members regarding a Tree Plantation Drive to be organized in the coming week. Draft a notice, agenda and minutes of the meeting.

8. Write in detail the meaning and tips for effective blog writing.