# S.Y.B.Com (Accounting and Finance) 2025-26

Code	Semester III subjects	Credit	Code	Semester IV subjects	Credit
Major1 BFF301	Financial Accounting -III	4	Major 1 BFF401	Financial Accounting - IV	4
Major 2 BFC302	Cost Accounting		Major 2 BFA402	Advance cost Accounting	
Minor BFM303	Financial Market	4	Minor BFC403	Commodity and Derivative Market	4
Open Elective BFB304 BFD304	Consumer Behavior Data analysis with Excel.	2	Open Elective BFW404 BFE404	Web Technology E Commerce and Digital Marketing	2
VSC BFS305 BFB305	Fundamentals of Stock market Basics of Financial literacy	2	SEC BFP405 BFT405	Portfolio management Product and TQM	2
AEC BFH306/ BFM306	HINDI-1/MARATHI-1	2	AEC BFH406/ BFM406	HINDI-2/MARATHI-2	2
FP BFFP307	FP	2	CEP BFCP407	СЕР	2
CC BFN308/ BFY308	CC:NSS/Yoga/sports/cultural	2	CC BFN408/ BFY408	CC:NSS/Yoga/sports/cultural	2
		22			22

Programme Name:B.com (Accoutning & Finance)Semester:IV				
Course Category: Major				
Name of the Dept: Accounting and Finance				
Course Title: Financial Accounting IV				
Course Code:BFF401	Course Level:5			
Course Credit: 4 Credits				
Hours Allotted:60 Hours				
Marks Allotted: 100 Marks				
Course Objectives (CO): (List the course objectives)	ctives)			
1. Learners should develop skills of analys	is, evaluation and synthesis in shares and			
Financial accounting				
	industrial organizations within which the various			
facets of decision-making and controllir				
3. Learner should understand the concept of	f redemption of shares and debentures			
management with practical approach.				
4. Learner should come up with good mana	gement skills and financial skills used at			
business level.				
Course Outcomes (CO): (List the course outco				
CO 1. Learners would get knowledge about fina	incial accounting, Practical understanding of			
finance management.				
	npany final accounts, investment into shares and			
its redemption, Performance assessment of vari	-			
CO 3. The learners will be able to formulate and	create Company Final Accounts as per Indian			
Company's Act, 2013 with notes to accounts				
CO 4. The learners will be able to recognize pro				
the areas Piecemeal Distribution of Cash on dis	013 and review accounting practice prevailing in			
Description of the course:	The focus is on understanding finance concepts,			
(Including but not limited to)	behavior, and structures from a theoretical standpoint, ensuring students are well-equipped			
This course delves deeply into the practical foundations of financial accounting, offering	to make financial decisions based on creative			
students a robust understanding of how	analysis.			
various accounting behaviors, allocation				
methods, and redemption strategies can				
significantly influence an organization's				
financial performance.				
initiational performance.				

Unit No.	Content	Hours
Ι	Preparation of Final Accounts of Companies	15
	a) Relevant provisions of Companies Act related to preparation of Final	
	Account (excluding cash flow statement)	
	b) Preparation of financial statements as per Companies Act.	
	(excluding cash flow statement)	
	c) AS 1 in relation to final accounts of companies (disclosure of	
	accounting policies)	
II	RedemptionofPreferenceShares	15
	a) Provision of the Companies Act for redemption of Preference Shares	
	(Sec. 55 of the Companies Act, 2013), Companies (Share and	
	Debentures)Rules.	
	b) Methods of Redemption of fully paid up Preference Shares as per	
	Companies Act, 2013 : The proceed of a fresh issue of shares, the	
	capitalization of undistributed profits and a combination of both,	
	calculation of minimum fresh issue to provide the fund for redemption	
	(Question on entries and/or Balance Sheet)	
III	RedemptionofDebentures	15
	a) Introduction : Provisions of Section 71 (1) and (4) of the Companies	
	Act, 2013, Creation and investment of DRR including The Companies	
	(Share Capital and Debentures) Rules, 2014, the methods of writing-off	
	discount/loss on issue of debentures; Terms of issue of debentures	
	Methods of redemption of debentures: By payment in lump-sum and by	
	payment in installments (excluding from by purchase in open market),	
	Conversion.	
	(Question on entries, ledgers and/or Balance Sheet and /or redemption	
	of preference shares)	
IV	Ascertainment and Treatment of Profit Prior to Incorporation	15
	a) Principles for ascertainment	
	b) Preparation of separate, combined and columnar Profit and Loss	
	Account including different basis of allocation of expenses / incomes	
	Total	60

- 1. Ainapure & Ainapure. Financial Accounting, Manan Prakashan, 2020.
- 2. Praveen Sharma, Kapileshwar Bhall. Advance Accounting, MacGraw Hill, 2020.
- 3. Institute of Chartered Accountants of India (ICAI).
- 4. Accounting, Board of Studies, 2020. M.P. Vijay Kumar.
- 5. First Lessons in Advance Accountancy for CA-IPCC, Snow White, 2017. Dr. Vijay Saxena. Accounting, Bharat Law Publications, 2018

# Sheth T. J. Education Society's Sheth N.K.T.T College of Commerce and

# Sheth J.T.T College of Arts, Thane (W) Autonomous

Programme Name: B.Com.(Accounting & Finance)	Semester: IV
Course Category: Major	
Name of the Dept: Accounting & Finance	
Course Title: Advanced Cost Accounting	
Course Code:BFA402	Course Level:5
Course Credit: 4 credits	
Hours Allotted: 60 Hours	
Marks Allotted: 100 Marks	
Course Objectives(CO):	
CO 1. To comprehend the concepts of process costing, such as j	oint products and process
losses.	
CO 2. To gain expertise in standard costing for variation analys	
CO 3. To become familiar with operating costing techniques use	ed in the transportation,
hotel, and healthcare industries.	
CO 4. To understand the principles of financial control and bud	
CO 5. To improve problem-solving abilities by studying case stu	udies of different costing
techniques.	
Course Outcomes (OC):	
OC 1. Students will determine anomalous gains and losses and o	
OC 2. Students will examine labor, material, and overhead diffe	
OC 3. Students will efficiently gather costing data and calculate	
OC 4. For financial planning, students will create and evaluate	
OC 5. Students will tackle real-world advanced cost accounting	problems by applying their
theoretical understanding.	
Description of the course:	
(Including but not limited to)	
Key ideas for efficient cost management are well understood in	
course. In addition to traditional costing for cost control and var	
costing, which includes cost calculations, process losses, and	
learning how to create and evaluate different budgets, such a	as zero-based and performance

costing, which includes cost calculations, process losses, and joint products. In addition to learning how to create and evaluate different budgets, such as zero-based and performance budgets, students will investigate operating costing techniques pertinent to the healthcare, hospitality, and transportation industries. Participants will gain the necessary tools for efficient cost management in any business by improving their problem-solving abilities and applying theoretical knowledge to real-world situations through case studies and practical issues.

Unit No.	Content	Hours
Ι	Process costing	15
	1.1 Process loss, Abnormal gains and losses, Joint products and by	
	products	
	1.2 Excluding Equivalent units, Inter-process profit	
	1.3 Practical Problems Process Costing and joint and by products	
II	Standard costing	15
	2.1 Standard Costing as an instrument of Cost Control and Cost	
	Reduction Fixation of Standards.	
	2.2 Theory and Problems based on Analysis of Variances of Materials,	
	Labour Overheads and Sales including Sub-variances.	
III	Operating costing	15
	3.1 Meaning of Operating Costing - Determination of Per Unit Cost -	
	Collection of Costing Data.	
	3.2 Practical Problems based on Costing of Hospital, Hotel and Goods	
	and Passenger Transport	
IV	Budgetory control	15
	4.1 Budget and Budgetary Control - Zero Based Budget - Performance	
	Budgets – Functional Budgets Leading to the Preparation of Master	
	Budgets.	
	4.2 Capital Expenditure Budget - Fixed and Flexible Budgets -	
	Preparation of Different Types of Budgets, Cash Budget, Sale Budget,	
	Flexible Budget	
	Total Hours	60

- Cost Accounting Part III, Arvind A. Dhond
- Cost Accounting by CA (Dr.) Varsha Ainapure &/ CA Mukund Ainapure
- Advanced Cost and Management Accounting-I, L.N. Chopde, Meghna Chotalla, Dr. B.
   R. Deshpande, Pankaj Jain & Dr. Sandeep Chopde
- Advanced Cost Accounting Kalyan

Programme Name:B.com (Accounting & Finan	ce) Semester: IV			
Course Category: Minor				
Name of the Dept: Accounting & Finance				
Course Title: Commodity And Derivative Mark	tet			
Course Code:BFC403	Course Level:5			
Course Credit: 4 credits				
Hours Allotted: 60 Hours				
Marks Allotted: 100 Marks				
Course Objectives(CO): (List the course objectives)	ctives)			
CO 1. To understand the working of derivative	instruments and commodity market.			
CO 2. To give basic understanding of Applica	tion of derivative in commodity.			
CO 3. To study the various aspects related to o				
CO 4. To acquaint learners with the trading, cle	aring and settlement mechanism in derivatives			
market.				
Course Outcomes (OC): (List the course outc				
OC 1. After the successful completion of the course the student will have Knowledge about				
derivative instruments and commodity mar				
OC 2. Students will be aware about commodity markets and its types.				
OC 3. Students will be Develop critical thinking skills to assess Commodity market and future and option.				
OC 4. Students will understand the trading, clea	aring and settlement mechanism in derivatives			
market.	and settement meenanism in derivarives			
Description the course:         Basic Knowledge of Commodity And				
(Including but not limited to) The learner	Derivative Market ,Types and Understanding			
will understand the commodity market its	of Trading Mechanism, Contract &its			
functions, Derivative Contract its Types	Types, Fundamentals, Functioning, Risk			
Clearing trading Mechanism	Management, Types of Risk			
,Instruments,Risk management ,Techniques				

Unit No.	Content	Hours
Ι	Module-1: Commodity And Derivative Market	15
	Introduction to Commodities Market - Meaning History & amp; Origin,	
	Types of Commodities Traded, Structure of Commodities Market in	
	India, Participants in Commodities Market, Introduction to Derivatives	
	Market – Meaning, Elements of a Derivative Contract, Types of	
	Derivatives, Types of Underlying Assets Participants in Derivatives	
	Market, Difference Between Forwards & amp; Futures	
II	Module-2: Futures Contract and Hedging	15
	Futures Contract	
	Introduction, Future terminology, Key features of futures contracts-	
	Future vs. Forwards, Pay off for futures Equity futures, Initial Margin	
	and Maintenance Margin, Marking to Market and Variation Margin.	
	(Numerical on future pricing)	
	Hedging	
	Speculation & Arbitrage using Futures, Long Hedge – Short Hedge,	
	Cash & Carry Arbitrage, Reverse Cash & Carry Arbitrage, Payoff Charts	
	& Diagrams for Futures Contract, Perfect & Imperfect Hedge.	
	(Numerical on Hedging)	
III	Module-3: Options and Option Pricing Models	15
	Options:	
	Introduction- Option terminology, Types, Difference between Futures &	
	Options, Valuation of Options Contract, Factors affecting Option	
	Premium, Payoff Charts & Diagrams for Options Contract, Basic	
	Understanding of Option Strategies (Numerical on Options)	
	Option pricing models:	

	Binominal pricing model- The black and Scholes model–Pricing of Index options. Sensitivity of option premium (Delta, Gamma, Lambda,	
	Theta, Rho) (Numerical)	
IV	Module-4: Trading, Clearing & Settlement In Derivatives Market	15
	and Types of Risk	
	Trading, Clearing & Settlement In Derivatives Market:	
	Meaning and Concept, SEBI Guidelines, Trading Mechanism – Types of	
	Orders, Clearing Mechanism – NSCCL – its Objectives & Functions,	
	Settlement Mechanism – Types of Settlement	
	Types of Risk:	
	Value at Risk, Methods of calculating VaR, Risk Management Measures	
	, Types of Margins, SPAN Margin (Numerical on Risk)	
	Total Hours	60

- Commodities Market Module, Workbook from NSE
- Chatnani, (2010), Commodity Markets, 1st edition, Tata McGraw Hill.
- Kleinman, George, (2001), Commodity Futures & Options, 2nd (revised, illustrated edition), Prentice Hall.
- Stephens, John. (2001), Managing Commodity Risk, John Wiley & Sons. Indian
- Institute of Banking & Finance, (2007), Commodity Derivatives, Macmillan India
- Neil C. Schofield, (2021) Commodity Derivatives: Markets and Applications, 2nd Edition

## Sheth T. J. Education Society's

# Sheth N.K.T.T College of Commerce and Sheth J.T.T College of Arts, Thane (W) Autonomous

Programme Name:B.com (Accounting & Fina	nce) Semester:IV
Course Category:Open Elective	
Name of the Dept: Science & Technology	
Course Title: Web Technology	
Course Code:BFW404	Course Level:5
Course Credit: 2 credits	
Hours Allotted: 30 Hours	
Marks Allotted: 50 Marks	
Course Objectives (CO):	
1. Describe the basic structure of HTML files.	
2. To become familiar with the concept of CS	S and frames
<b>Course Outcomes (OC):</b> OC1. Students will able to Acquainted with eleme OC2. Students will implement effective use of L navigation and also learn to design web page lay	ist and Tables and effective web page
Description the course:	Through this course learners will explore the
The course enables understand of web Technology.	core concepts and Technologies including
Students will able to Acquainted with elements,	HTML, CSS and Frames. Participants will gain
Tags and basic structure of HTML files.	hands on experience in creating Web
Students will implement effective use of List and Tables and effective web page navigation.	applications in corporating multimedia content.
and racies and checkine web page navigation.	

Unit No.	Content	Hours
Ι	Introduction to Web	15
	Introduction to Internet, Advantages of Internet, Working of Internet,	
	World Wide Web (WWW), Hypertext Transfer Protocol (HTTP),	
	Universal Resource Locator (URL), Introduction to Web Browser and	
	Web server, Introduction to Web page, Static and Dynamic Web page,	
	Fundamentals of HTML	
	Introduction to HTML, Basic structure of HTML document,	
	Formatting Text, Font Tags and Attributes, Headings Tags, Image Tag	
	and Attributes, Background Color and Background Images, Inserting	
	Audio and Video Files, Marquee Tag and Attributes	
	List, Hyper link and Table	
	List Tag - Ordered List, Unordered List, Definition List, Introduction	
	to Hyperlink, Internal and External Hyperlink, Image Link, Table Tags	
	& Attributes, Cell Spacing, Cell Padding, Row Span, Col Span	
II	Frame, Frameset and Form	15
	Frame, Frameset, Creating Framesets, Target Frameset, Form Tag and	
	Attributes, Form Elements - Textbox, Text Area, List Box, Radio	
	Button, Checkbox, Submit and Reset Button	
	Introduction to CSS	
	Basic of CSS, Advantages of CSS, Role of CSS in Web Designing,	
	CSS Structure and Syntax, Internal CSS, Inline CSS, External CSS,	
	Font Properties of CSS	
	CSS Selectors	
	Selectors and declarations, Element Selector, Class Selector, ID	
	Selector, Child Selector, Universal Selector, Group Selector	
	Total Hours	30

- 1. Textbook of Web Designing By Joel Sklar, Cengage Learning Publication 2009
- Web designing in Nut Shell (Desktop Quick Reference) by Jennifer Niederst Publication O'Reilly publication
- 3. Designing web navigation by James Kalbach Publication O'Reilly publication
- Textbook of Web Designing By Joel Sklar, Cengage Learning Publication 2009 ISBN, 1423901940

# Sheth T. J. Education Society's

# Sheth N.K.T.T College of Commerce and Sheth J.T.T College of Arts, Thane (W) Autonomous

Programme Name:B.com ( Accounting & Finance )	Semester: IV
Course Category: Open Elective	
Name of the Dept: Science & Technology	
Course Title: E- Commerce and Digital Marketing.	
Course Code: BFE404	Course Level:5
Course Credit: 2 credits	
Hours Allotted: 30 Hours	
Marks Allotted: 50 Marks	
Course Objectives(CO):	
CO1: To acquaint the students with the knowledge of growin	ng integration between the traditional and
digital marketing concepts and practices in the digital era	
CO2: To familiarize the students with the tools and technique	es used by the digital marketers for
driving the marketing decisions to attain marketing objective	es.
Course Outcomes (OC):	
OC1: Students will be able to understand the concept of digit	al marketing and its integration with
traditional marketing as well as examining various tactics fo	r enhancing a website's position and
ranking with search engines.	
OC2: Students will be able to understand social media marke	eting and apply the learnings to create
digital media campaigns.	
Description the course: (Including but not	Digital marketing comprises all
limited to)	marketing efforts that use the Internet.
	These include digital channels such as
	search engines, email, websites, social
	media, etc., that can be used to
	connect with current and prospective
	customers.

Unit No.	Content	Hours
I	1. Introduction to E-Commerce & Digital marketing-	15
	Introduction of E-commerce, Features, Importance, Merits & demerits Recent	
	Trend in Marketing. Introduction to digital marketing, Features, Importance,	
	advantages & disadvantages, Recent Trend in Marketing, Difference between	
	Traditional Marketing & Modern Marketing, Tools use for successful	
	Marketing, SWOT Analysis of Business for digital marketing	
	Meaning of Blogs, Website, Portal and their differences, Visibility, visitors	
	Engagement	
	2. Search Engine Optimization (SEO): On page Optimization Techniques,	
	Off Page Optimization Techniques, Preparing Reports, Creating Search	
	Campaigns, and Creating Display Campaigns. Social Media Optimization (SMO): Introduction to Social Media Marketing, Advanced Facebook	
	Marketing	
II	<b>1. Word press Blog Creation:</b> Twitter Marketing, LinkedIn Marketing,	15
	Instagram Marketing, social media Analytical Tools. Search Engine	
	Marketing: Meaning and Use of Search Engine Marketing, Tools used — Pay	
	Per Click, Google Adwords, Display Advertising Techniques, Report	
	Generation	
	2. Website Traffic Analysis, Affiliate Marketing and Ad Designing: Google	
	Analytics, Online Reputation Management, EMail Marketing, Affiliate	
	Marketing, Understanding Ad Words Algorithm, Advertisement Designing	
	Total Hours	30

- 1. Digital Marketing by Seema Gupta Mcgraw Hill
- 2. Internet Marketing: A practical approach in the Indian context: Oxford Publishing
- 3. Digital Marketing: Strategy, Implementation & Practice Dave Chaffey & Fiona Ellis
- Art of SEO (3rd edition) Eric Enge

# Sheth T. J. Education Society's

# Sheth N.K.T.T College of Commerce and Sheth J.T.T College of Arts, Thane (W) Autonomous

Programme Name: B.com (Accounting and	I Finance ) Semester: IV		
Course Category: Skill Enhancement Course			
Name of the Dept: Accounting & Finance			
Course Title: Portfolio Management			
CourseCode:BFP405	Course Level:5		
Course Credit: 2 credits			
Hours Allotted: 30 Hours			
Marks Allotted: 50 Marks			
Course Objectives(CO): (List the course objectives)	ctives)		
<ul> <li>CO 1. To expose students to real-world investment scenarios through case studies and financial modeling and Foster knowledge of financial regulations, ethical investment practices, and compliance requirements.</li> <li>CO 2. To develop skills for careers in wealth management, asset management, investment banking, and financial consulting.</li> <li>Course Outcomes (OC): (List the course outcomes)</li> <li>OC 1. To utilize portfolio optimization techniques, risk-adjusted performance metrics, and diversification strategies.</li> <li>OC 2. To understand global investment trends, emerging financial instruments, and behavioral finance implications</li> </ul>			
Description the course: (Including but not limited to) The Course provide a strong foundation in investment principles, asset allocation, and risk-return trade-offs It enables learner to analyze securities, construct efficient portfolios, and apply modern portfolio theory and to equip students with tools for portfolio construction, diversification, and risk management.	Learner enables to understand the concept of decision making in respect of portfolio management.it enables leaner to frame strategies in respect of risk management and portfolio evaluation.		

Unit No.	Content	Hours
I	<ul> <li>Module - I Introduction to Portfolio Management Environment         <ul> <li>Introduction,,Process &amp; Meaning of PortfolioManagemennt</li> <li>Concept and Importance of Portfolio Management</li> <li>Investment Objectives and Constraints</li> <li>Types of Investors</li> <li>Factors of Investment and Investment Alternatives</li> <li>Overview of Capital Markets and Instruments</li> </ul> </li> <li>Module –II Portfolio Performance Evaluation and Risk Management in Portfolio Management</li> <li>Fundamental Analysis ,Security Analysis &amp; Industry Analysis</li> <li>Use &amp; Type of Charts (Line Chart,Bar Chart &amp; Candle Stick)</li> <li>Practicale Problems on Calculation of Standrad Deviation ,Beta &amp; Variance</li> <li>Practicale Problems on Portfolio Evaluation (Sharpes Ratio,Treynors Ratio &amp; Jensens ratios)</li> </ul>	15
	Total Hours	30

### References:

Portfolio Management for New Products (Robert G. Cooper, Scott J. Edgett, and Elko J. Kleinschmidt) The Elements of Investing (Charles D. Ellis and Burton G. Malkiel) Manan Prakashan-Vipul Prakashan

Programme Name: B.Com (Accounting & Finance)	Semester: IV
Course Category: Skill Enhancement Course	
Name of the Dept: B.Com (Management Studies)	
Course Title: Product and Total Quality Management	
Course Code: BFT405	Course Level: 5
Course Credit: 2 credits	
Hours Allotted: 30 Hours	
Marks Allotted: 50 Marks	
Course Objectives(CO): (List the course objectives)	
Course Objectives:	
CO1: To provide an understanding of key concepts in produc	5
manufacturing systems, plant layout, materials management, a	
CO2: To introduce Total Quality Management (TQM) princip	
strategies, and industry certifications to enhance productivity	and product/service quality.
Course Outcomes (OC): (List the course outcomes)	
OC1: Students will be able to apply production management to	echniques, such as inventory
control and EOQ, to optimize manufacturing processes.	
OC2: Learners will understand and apply quality management	practices, including TOM and
Six Sigma, to improve organizational efficiency and product	
Description the course:	
The course aims to provide an understanding of key concepts	in production management,
including manufacturing systems, plant layout, materials mana	agement, and inventory control
techniques, while also introducing Total Quality Management	t (TQM) principles and quality
improvement strategies. By the end of the course, students wi	Il be able to apply production

improvement strategies. By the end of the course, students will be able to apply production management techniques like inventory control and EOQ to optimize processes, as well as implement quality management practices such as TQM and Six Sigma to enhance efficiency and product quality.

Unit No.	Content	Hours
Ι	<ul> <li>Production Management</li> <li>Objectives, Components–Manufacturing systems: Intermittent and Continuous Production Systems. Plant location &amp; Plant layout–types of layout.</li> <li>Importance of purchase management.</li> <li>Materials Management: Concept, Objectives and importance of materials management</li> <li>Inventory Management: Importance–Inventory Control Techniques ABC, VED, FSN, GOLF, XYZ, SOS, HML.</li> <li>EOQ: Economic Order Quantity, Simple numerical on EOQ, Lead Time, Reorder Level, Safety Stock.</li> </ul>	15
Π	Basics Of Productivity &TQMConcepts of Productivity, modes of calculating productivity, numerical on productivity. Importance Of Quality Management, TQM- concept and importance, Philosophies and Approaches to Quality: J. Juran , Kaizen , P. Crosby's philosophy.Product & Service Quality Dimensions: Characteristics of Quality Quality Circles, Ishikawa Fish Bone.Quality Improvement Strategies & Certifications Lean Thinking, six Sigma features, JSO 9000,ISO 1400, Malcolm Baldrige National Quality Award(MBNQA), Deming's Application Prize.	15
	Total Hours	30

- Abemathy, W. J., & Utterback, J. M. (1978). Patterns of industrial innovation. Technology Review, #0(June/July), 41-47.
- Adam, E. E.,, Jr., & Swamidass, P. M. (1989). Assessing operations management from a strategic perspective. Journal of Management, 15, 181-203.
- Ahire, S. L. (1996). TQM age versus quality: An empirical investigation. Production and Inventory Management Journal, 37(1), 18-23.

Programme Name:B.com (Accounting & Finance)	Semester:IV
Course Category: Certificate Course (CC)	
Name of the Department: Sociology	
Course Title: National Integration and Communal Harmony	
Course Code: BFN408	Course Level: 5
Course Credit: 2 credits	
Hours Allotted: 30 Hours	
Marks Allotted: 50 Marks	
Course Objectives:	
1. To develop an understanding of the significance of National Integratio	on and Communal
Harmony.	
2. To enable students to appreciate the role of youth in fostering unity an	nd peace in society.
2	
Course Outcomes:	
1. Understand the principles of National Integration and Communal	•
2. Develop leadership and teamwork skills through NSS activities f	ocused on unity and

**Introduction:** National Integration and Communal Harmony are essential for a diverse country like India. This course introduces students to the importance of unity in diversity and the role of NSS in promoting peace, social justice, and inclusive development. Students will engage in activities and discussions to strengthen their commitment to harmony and national unity.

peace.

Relevance and Usefulness: Given the challenges of communal tensions and social divisions, fostering National Integration is crucial. This course empowers students with the knowledge and skills to actively participate in building a more inclusive and peaceful society.

Interest and Connection with Other Courses: This course complements subjects such as Sociology, Political Science, and Social Work, reinforcing the importance of civic responsibility, human rights, and peacebuilding in a democratic society.

Unit No.	Content	Hours
I	UNIT I: Concept and Importance of National Integration and Communal Harmony A. Meaning and Significance of National Integration B. Factors Affecting National Integration in India C. Challenges to Communal Harmony	15
Π	UNIT II: Role of NSS in Promoting National Integration and Communal Harmony A. NSS and Its Role in Community Development B. Social Service as a Tool for Unity C. Case Studies of Successful NSS Interventions for National Integration	15
	Total Hours	30

- National Service Scheme Manual (Revised) 2006, Government of India, Ministry of Youth Affairs and Sports, New Delhi.
- 2. University of Mumbai National Service Scheme Manual 2009.
- 3. <u>http://nss.nic.in</u>
- 4. https://www.rccmindore.com/wp-content/uploads/2023/04/NSS-Notes-II.pdf

Programme Name: B.Com( Accounting and F	Vinance)Semester: IV	
Course Category: Co-Curricular (CC)		
Name of the Dept: Psychology		
Course Title: Yoga		
Course Code: BFY408	Course Level: 5	
Course Credit: 2 credits		
Hours Allotted: 30 Hours		
Marks Allotted: 50 Marks		
<ol> <li>To impart to the students the knowledge of teachings and philosophy of yoga tradition.</li> <li>To provide the knowledge of various Yoga therapy practices like asana (posture), pranayama (voluntarily regulated breathing techniques).</li> </ol>		
<ul><li>Course Outcomes (CO):</li><li>OC 1. Students will be able to understand the basic principles and applications of Yoga.</li><li>OC 2. Students will be able to use the Practical knowledge in their day to day life.</li></ul>		
(Including but not limited to)	Yoga practices will be important for the upcoming lifestyle hence students can seek a career in the same. Students will understand the importance of yoga in life. Students will be having practical exposure. Hence, practicing yoga will help students to maintain	

their health.

Unit No.	Content	Hours
I	Theory of Yoga	15
	<ul> <li>A) Yogic Sanchalan (Yogic Movements), Kapalbhati (Cleansing Breath Technique), Suryanamaskar (Sun Salutation)</li> <li>B) Anulom-Vilom (Alternate Nostril Breathing), Dirgha Shwasan (Deep Breathing), Bhramari (Humming Bee Breath)</li> </ul>	
II	Practical	15
	<ul> <li>A) Vajrasana (Thunderbolt Pose), Paschimottanasana (Seated Forward Bend), Parivritta Janushirasana (Revolved Head-to- Knee Pose), Vakrasana (Twisting Pose), Marjarasana (Cat Pose), Naukasana (Boat Pose)</li> <li>B) Shalabhasana (Locust Pose), Dronasana (Warrior Boat Pose), Pavanmuktasana (Wind-Relieving Pose), Bramha Mudra (Sacred Gesture for Neck Strength), Utthita Dwipadasana (Raised Two-Leg Pose), Netra Sanchalan - 1 (Eye Movement Exercise - 1), Netra Sanchalan - 2 (Eye Movement Exercise - 2)</li> </ul>	
	Total Hours	30

- 1. G. V Kadam Yoga Life Sutra, Girish Vasant Kadam (2012)
- 2. ajayoga Swami Vivekananda Ramakrishna Ashrama Publications
- C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications 2003