Sheth T.J. Education Society's
Sheth N.K.T.T. College of Commerce and
Sheth J.T.T. College of Arts (Autonomous)

F.Y.B.Com (Banking and Insurance)+CFP w.e.f. 2026-27

Category	Semester I	Credits	Category	Semester II	Credits
Major BCI101	Investment Planning and Asset Management	4	**Major BCI201**	Indian Risk Management and Insurance Planning	4
Major BCP102	Personal Financial Management	2	**Major BCG202**	Global Risk Management and Estate Planning	2
Minor	----	---	**Minor BBM203**	Basics of Marketing	2
Open Elective (OE) BCR103	Regulatory Environment, Law and Compliance	4	**Open Elective (OE) BCI204**	Indian Estate Law	4
VSC BBP104	Principles of Management	2	**VSC BBO205**	Organizational Behaviour	2
SEC BBQ105	Quantitative Methods I	2	**SEC BBQ206**	Quantitative Methods II	2
AEC BBC106	Corporate Communication – I	2	**AEC BBC207**	Corporate Communication – II	2
VEC BBI107	Information Technology in B&I – I	2	**VEC BBI208**	Information Technology in B&I – II	2
IKS BBK108	Indian Ethos in Commerce and Management	2	**IKS**	-----	
CC BBS109/BBSL109/BBP109	NSS / Sports / Cultural / Yoga	2	**CC BBS209/BBL209/BBO209**	NSS / Sports / Cultural / Yoga	2
Total		**22**	**Total**		**22**

Sheth T.J. Education Society's
Sheth N.K.T.T. College of Commerce and
Sheth J.T.T. College of Arts (Autonomous)

Programme Name: B.Com (Banking and Insurance) + CFP	**Semester: II**
Course Category: Major	
Name of the Dept: B.Com.(Banking and Insurance)	
Course Title: Indian Risk Management and Insurance Planning	
Course Code: BCI201 **Course Level:** 4.5	**Type:** Theory
Course Credit: 4	**Total Marks: 100 marks** **Total Hours:60 hours**

Course Objectives:

1. To develop a strong understanding of risk management, risk identification, assessment and mitigation strategies in the context of financial planning
2. To equip learners to analyze life insurance needs and recommend suitable life insurance products for clients
3. To develop knowledge of non-life (general) insurance products — health, motor, property and liability insurance
4. To enable learners to integrate insurance planning into a comprehensive financial plan

Course Outcomes:

- CO1: Learners will be able to identify, assess and manage various types of risks including life, health, property and liability risks
- CO2: Learners will be able to analyze life insurance needs, calculate human life value, and recommend suitable insurance products
- CO3: Learners will understand health and general insurance products, their features, limitations and selection criteria
- CO4: Learners will be able to build and review an insurance portfolio integrated into a complete financial plan

Description of the course :

This module covers the principles and practices of risk management and insurance planning in India. It provides a framework for identifying client risk exposure, understanding various insurance products, and integrating insurance strategies into a comprehensive financial plan.Candidates will learn about IRDAI regulations, premium computations, claim procedures, and emerging insurance trends, enabling them to provide holistic risk management advice.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	**Content**	**Hours**
1	**Overview of Risk Management** • Concept of Risk in financial planning; Types of risk: Pure risk vs Speculative risk • Risk identification, assessment and measurement techniques • Risk Management strategies: Risk avoidance, reduction, retention, transfer • Insurance as a risk transfer mechanism; Principles of Insurance	15

2	**Life Insurance Planning** • Principles of Life Insurance; Types of Life Insurance products (Term, Endowment, ULIP, Whole Life, Money Back) • Insurance needs analysis: Human Life Value (HLV) method and Income Replacement method • Premium calculation and policy features; Riders and add-ons • Taxation of Life Insurance; Relevant IRDAI regulations	15
3	**Non-Life (General) Insurance Planning** • Health Insurance: Types (Individual, Family Floater, Group), features, selection criteria • General Insurance: Motor Insurance, Property Insurance, Liability Insurance • Critical Illness and Disability Insurance; Group Insurance products • IRDAI guidelines on General and Health Insurance	15
4	**Insurance in Financial Planning** • Integrating Insurance into a Comprehensive Financial Plan • Insurance portfolio review and gap analysis • Claim settlement procedures and grievance redressal • Emerging trends in Indian Insurance: InsurTech, digital channels, micro-insurance	15
Total Hours		**60**

References:

- Risk Management and Insurance — Dr. P.K. Gupta, Himalaya Publishing House
- Insurance Principles and Practices — M.N. Mishra, S. Chand & Company
- IRDA Act and Regulations — Bare Act, Government of India
- Insurance and Risk Management — FPSB India Study Material
- IC-33 (Life Insurance) and IC-34 (General Insurance) — IRDAI

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Major	
Name of the Dept: B.Com (Banking and Insurance)	
Course Title: Global Risk Management and Estate Planning	
Course Code: BBG202 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks** **Total Hours: 30 hours**

Course Objectives:

1. To equip learners with an understanding of global risk management principles, cross-border insurance mechanisms and international risk frameworks
2. To build foundational knowledge of estate planning — wills, succession, trusts, nominations and power of attorney — to enable learners to guide clients in wealth transfer

Course Outcomes:

- CO1: Learners will be able to identify and assess global financial risks, understand political and currency risks in international contexts and evaluate cross-border insurance and risk transfer mechanisms
- CO2: Learners will be able to explain estate planning objectives, distinguish between various succession tools, and help clients plan for wealth transfer using wills, trusts, nominations and POA

Description of the course :

This module covers global risk management principles applicable to internationally mobile clients, cross-border investment risks, and global insurance mechanisms.

The estate planning component covers Indian legal frameworks for succession, will planning and trust structures.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
1	**Global Risk Management** • Global financial risks: political risk, currency risk, country risk and systemic risk • Cross-border insurance mechanisms: global health insurance, travel insurance, expatriate insurance • International risk frameworks and regulatory considerations • Risk transfer and reinsurance in the global context	15
2	**Fundamentals of Estate Planning** • Introduction to Estate Planning: Objectives, Process and Importance • Will and Succession: Legal Framework in India; Tools for wealth transfer • Trusts, Nominations and Power of Attorney: roles, limitations and revocation • Tax implications in estate planning; Family arrangements and succession structures	15
	Total Hours	**30**

References:

- Estate Planning — FPSB India Study Material
- Law of Succession — B.M. Gandhi
- The Indian Succession Act, 1925 — Bare Act (Government of India)
- Financial Planning and Wealth Management — Sathya Swaroop Debasish

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Minor	
Name of the Dept: B.Com **(**Banking and Insurance)	
Course Title: Basics of Marketing	
Course Code: BBM203 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50marks** **Total Hours: 30 hours**

Course Objectives:

1. To make learners aware of the basic concepts of marketing
2. To make learners aware about the importance of marketing research and use of marketing mix in framing effective marketing plans

Course Outcomes (CO):

Learners will be able to

- CO1: Gain knowledge about the concepts of marketing and its implications in business
- CO2: Understand the importance of marketing research and its contribution in analysing the market and decision making, and utilization of marketing mix for formulating marketing plans

Description of the course:

This course introduces fundamental marketing concepts, marketing environment, marketing research, and the elements of the marketing mix with practical application in business.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
I	**Introduction to Marketing, Marketing Environment and Research** • Introduction to Marketing: Definition, features, advantages, scope; The 4P's and 4C's; Marketing v/s Selling; Functions of marketing • Concepts of Marketing: Needs, wants and demands, transactions, transfer and exchanges • Orientations of a firm: Production concept, Product concept, Selling concept, Marketing concept, Holistic marketing • Micro environment: Management structure, Marketing Channels, Markets, Competitors and Stakeholders • Macro environment: PEST Analysis — Political, Economic, Socio-Cultural, Technological Factors • Marketing Research: Meaning, features, Importance; Types — Product research, Sales research, Consumer research, Production research	15

II	**Marketing Mix and Core Marketing Concepts** • Marketing Mix: Meaning and Elements (Product, Price, Place, Promotion) • Product: Product mix, product line, lifecycle • Pricing: Objectives, factors influencing pricing policy and pricing strategy • Physical Distribution: Meaning, factors affecting channel selection, types of marketing channels • Promotion: Meaning, significance and tools • Segmentation: Meaning, importance, basis; Targeting: Meaning, types; Positioning: Meaning and strategies	15
	Total Hours	**30**

References:

- Saxena, Rajan — Marketing Management, 4th edition, Tata McGraw Hill
- Ramaswamy V.S. and Namakumari S. — Marketing Management, 4th edition, Macmillan
- Kumar Arun & N Meenakshi — Marketing Management, 2nd Edition, Vikas Publications
- Michael Vaz — Manan Prakashan; Kale — Vipul Publication

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Open Elective (OE)	
Name of the Dept: B.Com **(**Banking and Insurance)	
Course Title: Indian Estate Law	
Course Code: BBI204 **Course Level: 4.5**	**Type:** Theory
Course Credit: 4	**Total Marks: 100 marks** **Hours : 60 hours**

Course Objectives:

1. To provide clear understanding of India's estate and succession legal framework including the Indian Succession Act, 1925; domicile; law of situs; kindred and consanguinity; succession certificates and letters of administration
2. To understand the succession laws across religions — Hindu Succession Act, 1956 (amended 2005), Sharia Law 1937, and ISA for Parsis and Indian Christians
3. To understand testamentary succession including who can make a will, types of wills, lapse of legacy, types of bequests, rule against perpetuity and the duties of an executor
4. To understand will substitutes including gift deeds, nominations, survivorship accounts, power of attorney, trust planning and family arrangements

Course Outcomes:

- CO1: Learners will be able to explain the legal foundations of estate and succession in India, interpret rules related to domicile, law of situs, intestate succession and the legal processes required for estate settlement
- CO2: Learners will be able to understand succession laws across all religions in India, explain priority of heirs under each system, and apply these principles to practical estate distribution scenarios
- CO3: Learners will be able to interpret ISA provisions related to wills, distinguish between types of wills, identify requirements of a valid will, understand executor duties and apply probate process principles
- CO4: Learners will be able to differentiate between joint tenancy and tenancy-in-common, understand nomination rules across financial products, evaluate POA limitations, understand gift laws and trust structures, and apply these to family and business succession planning

Description of the course :

In this module, candidates will learn about Estate planning and how an individual wants to address the end of his or her life. Postmortem estate distribution is a significant planning focus.

Further, even though estate planning may prepare for the end of life, a lot of the planning and plan execution happens much earlier. More than the legalities of preparing a will, this module will also delve into the emotional intelligence piece and sensitivities around this topic.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
1	**The Indian Succession Act — Governing Principles and Applicability** • Legal structure of estate and succession in India • Key principles under the Indian Succession Act, 1925 • Laws governing succession of individuals (domicile, law of situs, kindred and consanguinity) • Process of Succession Certificate, Letters of Administration and Mutation	15
2	**Succession Laws Applicable to Individuals as per Religion** • Basic Principles and Sources • Hindu Succession Act (HSA) 1956 (amended 2005): Class I and II heirs, agnates and cognates, daughters' equal rights • Sharia Law 1937: Basic Principles of Muslim inheritance • ISA and Parsis's Succession: succession rules for Parsis and Indian Christians	15
3	**Testamentary Succession** • Salient features, Common Definitions and Terminologies • Will Planning: Types of Will, Legacy Lapse • TOPA Act: Rule against Perpetuity • Bequest and Types of Bequest; Executor — Duties, Powers and Legal Responsibilities • Probate Process: Verifying the Will, Assessing Estate Value, Settling Debts and Distributing Assets	15
4	**Will Substitutes and Family Arrangements** • Gift Deed: Laws governing gifts of movable and immovable property, Tax implications • Survivorship Accounts and Nomination: across financial products, cooperative housing and life insurance • Power of Attorney: Legal role, limitations, revocation and execution abroad • Process of claiming deceased person's assets (including unclaimed accounts process) Trust Planning: Indian Trusts Act, 1882; Types of trusts; Private trusts for family and business succession	15
Total Hours		**60**

References:

- Law of Succession — B.M. Gandhi
- Hindu Law — Paras Diwan
- Muslim Law in India — Tahir Mahmood
- Indian Succession Act — Bare Act (Government of India)
- Family Law in India — Poonam Pradhan Saxena

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Vocational Skill Course (VSC)	
Name of the Dept: B.Com. **(** Banking & Insurance)	
Course Title: Organizational Behaviour	
Course Code: BBO205 **Course Level: 4.5**	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks** **Total Hours:30 hours**

Course Objectives:

1. To build self-awareness among the learner and enable the learner to identify and acknowledge individual and group differences
2. To introduce the learner to group behavior, group processes, teamwork & team conflicts and acquaint the learner with motivation theories at workplace and skills to overcome modern workplace stress

Course Outcomes:

Learners will be able to

CO1: study various aspects of Personality Development — Perception, Attitude, Thinking, Learning and Decision Making; and develops analytical and integration skills in applying knowledge to enhancing individual and organizational effectiveness

CO2: develop an understanding of the theories and concepts associated with individual and group behavior within an organization and foster introspection regarding the role as a business practitioner

Description of the course:

This course covers organizational behaviour concepts, individual and group dynamics, motivation theories, leadership, stress management and organizational development to prepare students for the professional environment.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	**Content**	**Hours**
I	**Introduction to Organisational Behaviour** • Meaning, Nature, Scope and Models of OB • Organizational Structure and Design; Work Culture of Organisation — Types & Role • Motivation Theories; Johari Window • Organizational Conflicts; Organizational Change — effects of resistance to change and solutions	15
II	**Managing People and Organisation** • Leadership Theories; Goals Planning • Team Building and Development; Skills Development • Stress Management • Organizational Development — Meaning, Nature, Techniques & Importance	15
	Total Hours	**30**

References:

- Jerald Greenberg — Organisational Behavior, PHI Learning Pvt. Ltd., 10th Edition
- Fred Luthans — Organisational Behavior, McGraw Hill, 10th Edition
- Gregory Moorhead, Ricky Griffin, Biztantra India, 7th Edition
- Stephen P. Robbins — Dorling Kindersley Pvt. Ltd., 15th 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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Skill Enhancement Course (SEC)	
Name of the Dept: B.Com. (Banking and Insurance)	
Course Title: Quantitative Methods – II	
Course Code: BBQ206 **Course Level: 4.5**	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks** **Total Hours :30 hours**

Course Objectives:

1. To understand the calculation of Ratio, Proportion and Percentage; Application of statistics in Investments
2. To give adequate exposure to operational environment in the field of Banking, Insurance & other related financial services

Course Outcomes(CO):

Learners will be able to:

- CO1: understand and compute Ratio, Proportion, Variation & Percentage; Solve Linear Programming Problems by Graphical Method
- CO2: apply Statistics in Investment Management; Understand Probability, Probability Distribution & Decision Theory; Acquaint with Economic Indicators like GDP, Inflation rate, Money supply

Description of the course:

This course provides statistical and mathematical tools for investment management, economic analysis, and business decision-making with applications in banking and insurance.

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
I	**Ratio, Proportion, Percentage & Linear Programming** • Ratio: Defin ition, Continued Ratio, Inverse Ratio; Proportion: Continued, Direct and Inverse; Variation, Joint Variation • Percentage: Meaning & Computation • Linear Programming: Meaning, Advantages, Limitations, Business Applications; Graphical Method of solving LPP	15
II	**Statistical Applications in Investment Management & Economic Indicators** • Expected return from shares (using probability); Measuring total risk (using standard deviations) • Partitioning risk into systematic and unsystematic components (using covariance); Measuring portfolio risk (using correlation) • Testing of Hypothesis; Probability, Probability Distribution & Decision Theory • Economic Indicators: GDP, Real growth, Inflation rate, Money supply, Index for agricultural and industrial production	15
	Total Hours	**30**

References:

- Mathematics for Economics & Finance — Martin Anthony & Norman Biggs
- Fundamentals of Statistics — D.N. Elhance
- Statistical Methods — S.G. Gupta (S. Chand & Co.)
- Business Mathematics & Statistics — B. Aggarwal, Ane Book Pvt. Limited
- Fundamentals of Applied Statistics — S.G. Gupta and V.K. Kapoor, Sultan Chand & Co.

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Ability Enhancement Course (AEC)	
Name of the Dept: B.Com.(Banking and Insurance)	
Course Title: Corporate Communication – II	
Course Code: BBC207 **Course Level: 4.5**	**Type:** Theory
Course Credit: 2	**Total Marks: 50marks** **Total hours:30 bours**
Course Objectives: 1. To help students understand how meetings and interviews are conducted. 2. To develop skills for presentation and public relations.	
Course Outcomes: • CO1: Students will be able to face interviews and participate in meetings confidently. • CO2: Students will give effective presentations and understand basic PR activities.	
Description of the course : This course covers advanced communication skills for professional business settings, including interviews, meetings, public relations, presentations, business letters and summarisation.	

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
I	**Interviews, Meetings, Public Relations & Presentations** • Interviews: Group Discussion, Preparing for an Interview, Types of Interview — Selection, Appraisal, Grievance, Exit • Meetings: Need and Importance; Conduct of Meeting and Group Dynamics; Role of Chairperson; Role of Participants; Drafting of Notice, Agenda and Resolutions • Public Relations: Meaning, Functions of PR Department, External and Internal Measures of PR • Presentations: Introduction, Principles of Effective Presentations, Effective use of Visual Aids	15
II	**Business Letters & Summarisation** • Business Letters: Letters of Inquiry, Letters of Complaints, Promotional Leaflets, Consumer Grievance Letters, Letters Under Right to Information (RTI) Act • Summarisation: Identification of main and supporting points, Presenting in a cohesive manner	15
	Total Hours	**30**

References:

- How to write first-class letters — L. Sue Baugh
- Business Communication — Raymond V. Lesikar
- Model Business Letters — Guy White
- Effective Business Communication — Herta A. Murphy
- Effective English Communication — Mohan Krishna

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)

<table>
<tr><td colspan="2">Programme Name: B.Com (Banking and Insurance) + CFP   Semester: II</td></tr>
<tr><td colspan="2">Course Category: Value Education Course (VEC)</td></tr>
<tr><td colspan="2">Name of the Dept: B.Com. (Banking & Insurance)</td></tr>
<tr><td colspan="2">Course Title: Information Technology in Banking & Insurance – II</td></tr>
<tr><td>Course Code: BBI208   Course Level: 4.5</td><td>Type: Theory</td></tr>
<tr><td>Course Credit: 2</td><td>Total Marks: 50 marks
Total hours:30 hours</td></tr>
<tr><td colspan="2">Course Objectives:
1. To acquaint about various E-Business Models
2. To acquaint about various technology used in Banking and Insurance</td></tr>
<tr><td colspan="2">Course Outcomes:
Learners will be able to:
• CO1: get acquainted with different E-banking Business Models, Techno Management, Development Life Cycle, Data Centres and DBMS role in the banking sector
• CO2: use presentation software and learn Applications of Internet — e-mail, Google Drive for storing documents, Excel sheets, presentations and PDF files</td></tr>
<tr><td colspan="2">Description of the course:
This course is developed for the students in order to gain the knowledge regarding I.T. Concepts and factors which leads them to be computer-oriented in their career, with focus on e-banking models and advanced MS-Excel and internet applications.</td></tr>
</table>

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
I	**E-Banking Models, Techno Management & Technology in Banking** • E-Banking Business Models: Home banking, Office banking, Online banking, Internet banking, Mobile banking, SMS banking, Models of electronic payments • Techno Management: Development Life Cycle, Project Management, Building Data Centres, Role of DBMS in Banking, Data Warehousing and Data Mining, RDBMS Tools • Technological Changes in Indian Banking: IT trends, Lead role of RBI, Automated Clearing House, Electronic Wholesale Banking, MICR technology, Core-Banking Solutions (CBS), HRD • Technology in Banking: Teleconferencing, Internet Banking, Digital Signature, MICR Facility, Cheque Truncation	15

II	**MS-Excel & Applications of Internet** • MS-Excel: Manipulating data, Charts, PIVOT table, What-if analysis; Advanced functions — V-Lookup, H-Lookup, PV(), FV(), Average, Goal Seek, Logical functions (IF, AND, OR, NOT), Date and Time functions, Nested functions, Relative/Absolute/Mixed cell references • Applications of Internet: Introduction to e-mail, Writing professional e-mails, Creating digitally signed documents, Outlook Express — configuring, creating/managing profile, sending/receiving e-mails, Boomerang facility • Google Drive: Usage for storing Google documents, Excel sheets, Presentations and PDF files	15
	Total Hours	**30**

References:

- General Bank Management — Indian Institute of Banking and Finance, MACMILLAN
- Modern Banking Technology — Firdos Temurasp Shroff, Northern Book Centre, New Delhi
- Microsoft Office Professional 2013 — Step by step, Beth Melton, Mark Dodge, Echo Swinford, Andrew Couch
- Sanjay Soni and Vinayak Aggarwal, Computers and Banking, Sultan Chand & Sons

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Co-curricular Course (CC)	
Name of the Dept: Sociology	
Course Title: National Service Scheme – Paper II	
Course Code: BBS209 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks** **Total hours :30 hours**
Course Objectives: 1. To make students aware about NSS ideology 2. To make students understand Youth Development Program in India and Role of Youth Leaders	
Course Outcomes: • CO1: Students will be inspired from social reformers • CO2: Students will understand social issues in India	
Description of the course: The NSS introduces students to youth development, social reform, and community service. Students understand their responsibilities in national development and are inspired by the work of great social reformers.	

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	Content	Hours
I	**Youth Development** • National Youth Policy • Role and Importance of Youth Leadership • Leadership capability and its development	15
II	**Social Reformers** • Social Reformers: Mother Teresa, Baba Amte, Dr. Abhay Bang and Dr. Rani Bang • Role and Responsibility of Youth in various activities of NSS	15
	Total Hours	**30**

References:

- National Service Scheme Manual (Revised) 2006, Government of India, Ministry of Youth Affairs and Sports
- University of Mumbai National Service Scheme Manual 2009

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 (Banking and Insurance) + CFP	**Semester: II**
Course Category: Co-Curricular (CC)	
Name of the Dept: Psychology	
Course Title: Yoga – Paper II	
Course Code: BBP209 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks**
Hours Allotted: 30 Hours	
Course Objectives: 1. To impart to the students the knowledge of teachings and philosophy of yoga tradition 2. To provide the knowledge of various Yoga therapy practices like asana (posture), pranayama	
Course Outcomes: • CO1: Students will be able to understand the basic principles and applications of Yoga • CO2: Students will be able to use the Practical knowledge in their day to day life	
Description of the course: Yoga practices will be important for the upcoming lifestyle. Students will understand the importance of yoga in life and will have practical exposure. Practicing yoga will help students to maintain their health.	

Syllabus: NEP 2020 w.e.f 2026-27

Unit No.	**Content**	**Hours**
I	**Theory of Yoga** • Yoga: Meaning and Definition; Micro Circulatory and Macro Circulatory Practices • Shuddhi Kriya: Shwasan Marg Shuddhi, Kapalbhati • Meditation: Yoga Nidra	10
II	**Practical** • Standing Yogasana: Hastapadasana, Urdhva Hastasana, Kati Chakrasana • Sitting Yogasana: Yogmudra; Prone Asana: Urdhvamukh Shvanasana, Samkonasana • Supine Yogasana: Utthita Ekpadasana, Supta Ardha Matsyendrasana, Supta Tadasana, Uttan Vakrasana • Pranayama: Chandrabhyas, Suryabhyas, Abdominal Breathing, Thoracic Breathing, Clavicle Breathing	20
	Total Hours	**30**

References:

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

Scheme of Examination

Credit- 2 Internal: 20 Marks External: 30 Marks

Credit -4 Internal: 40 Marks External: 60 Marks

Pattern for Internal Examination

Internal-20	Marks: 20
Assignment/Active class Participation /Attendance	10 Marks
Internal Examination	10 Marks
Total	20 Marks

Pattern for Internal Examination

Internal -40	Marks: 40
Assignment/Active class Participation /Attendance	20 marks
Internal Examination	20 Marks
Total	40 Marks

Pattern for External Examination – 2 Credit

Q. No.	External	Marks: 30
Q .1 (From Module 1)	Attempt Any Two questions from the following. A B OR C D	15 Marks
Q. 2 (From Module 2)	Attempt Any Two questions from the following. A B OR C D	15 Marks

Pattern for External Examination -4 Credit

Q. No.	External	Marks: 60
Q .1 (From Module I)	Attempt Any Two questions from the following. A B OR C D	15 Marks
Q. 2 (From Module II)	Attempt Any Two questions from the following. A B OR C D	15 Marks
Q .3 (From Module III)	Attempt Any Two questions from the following. A B OR C D	15 Marks
Q .4 (From Module IV)	Attempt Any Two questions from the following. A B OR C D	15 Marks