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

F.Y.B.Com (Banking and Insurance) + Certified Financial Planner (CFP) 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

Dr. Sujata Gada
Head of the Department

Prof. H.A. Chande
NEP Coordinator

Dr. Dilip Patil
Principal

Vision: Empowering learners through academic excellence, experiential learning and innovation

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: I**

Course Category: Major

Name of the Dept: B.Com (Banking and Insurance)

Course Title: Investment Planning and Asset Management

Course Code: BCI101 **Course Level:** 4.5

Type: Theory

Course Credit: 4

Total Hours :60 hours

Total Marks: 100 marks

Course Objectives:

1. To understand the structure of Indian financial markets, key market participants, investment products, asset classes and securities. Build foundational knowledge of operational aspects related to investing in capital markets
2. To understand pooled investment products, their features and suitability. Gain insights into government-backed savings schemes. Learn to evaluate fixed-income securities and their role in client portfolios
3. To understand principles of investment risk and how various risks impact portfolios. Develop the ability to compare investments using risk-adjusted performance measures. Learn key investment theories including return calculation and valuation concepts
4. To understand how to assess an investor's goals, constraints and suitability parameters. Learn asset allocation techniques and their role in wealth management. Identify behavioral biases and apply behavioral finance principles to guide investor decisions

Course Outcomes (CO):

- CO1: Learners will be able to understand the Indian economy, securities markets and the broader investment landscape. They will assess client needs, interpret operational aspects of major investment products and analyze key asset classes including equities, bonds, mutual funds, real estate, derivatives and alternative investments
- CO2: Learners will be able to understand pooled investment products, government savings schemes and fixed-income markets; compare features, advantages, disadvantages and selection criteria of various investment vehicles
- CO3: Learners will be able to apply portfolio theory, risk measurement and return evaluation; use MPT, CAPM and market efficiency principles; interpret risk-adjusted performance ratios; and apply fundamental and technical analysis
- CO4: Learners will be able to analyze concentrated holdings, evaluate financial statements and assess various alternative investments; understand behavioral biases and apply this knowledge to guide clients toward better financial decisions

Description of the course:

The Investment Planning and Asset Management module provides an overview of global and local economic institutions and other factors — such as the stock exchange, asset classes and securities — that impact investment planning as well as principles of investment risk.

Candidates will learn various methods of computing expected returns from stocks, bonds and integrated portfolios, including investment risk and valuation ratios.

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

Unit No.	Content	Hours
1	**The Investment Landscape** • Introduction to Indian Financial Markets • Market key players and investment landscape • Investing in Capital Markets — Operational Aspects and Investment Products • Asset Classes and Securities	15
2	**Investment Avenues across Global and Domestic Financial Markets** • Pooled Investment Products • Small Savings Schemes and Instruments with Sovereign Guarantee • Investing in Fixed Income Securities	15
3	**Investment Performance Management** • Principles of Investment Risk • Risk-Adjusted Return Comparison Investment Theories	15
4	**Investment Objectives, Constraints and Suitability** • Asset Allocation; Wealth Management • Behavioral Finance Objectives, Constraints and Suitability Parameters	15
Total Hours		**60**

References:

- Investment Planning — Geoffrey A. Hirt, Stanley B. Block, Somnath Basu
- The Theory and Practice of Investment Management — Frank J. Fabozzi, Harry M. Markowitz
- Investment Valuation: Tools and Techniques for Determining the Value of Any Asset — Aswath Damodaran

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: I**

Course Category: Major

Name of the Dept: B.Com. **(**Banking and Insurance)

Course Title: Personal Financial Management

Course Code: BCP102 **Course Level:** 4.5

Type: Theory

Course Credit: 2

Total hours:30 hours

Total Marks: 50 marks

Course Objectives:

1. To assess a client's financial position, evaluate cash flows, debt and savings capacity, and develop suitable financial management strategies. It also builds strong skills in time value of money calculations to support accurate goal planning
2. To understand various cash management and liquid investment products in India, compare borrowing sources, and identify different types of credit and debt. It also builds knowledge of CIBIL scores, loan types and financing options

Course Outcomes:

- CO1: Learners will be able to accurately assess a client's financial position by collecting and analyzing information on assets, liabilities, cash flow, budgets and savings capacity. They will be able to evaluate emergency fund adequacy, understand attitudes toward debt, identify types of credit and compare financing alternatives
- CO2: Learners will gain the ability to identify various cash management and liquid products in India, compare borrowing sources, and develop strong proficiency in time value of money calculations including present value, future value, interest rates, payments, inflation-adjusted values and internal rate of return

Description of the course:

The Personal Financial Management module provides an overview of how to evaluate and collect client information. Candidates will learn how to evaluate investment strategy options and develop financial management strategies based on a client's unique situation.

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

Unit No.	Content	Hours
1	**Personal Financial Management Components Practised Globally** • Structural Financial Planning Process • Cashflow Demands and Conflicts; Budget and Emergency Fund • Debt and Financing Alternatives • Financial Management Strategies	15
2	**Sources of Personal Finance** • Cash Management and Liquid Investment Products • Sources of Personal Credit/Debit; Credit/Debit Management • Time Value of Money	15
	Total Hours	**30**

References:

- Personal Financial Planning — Indian Institute of Banking and Finance (IIBF)
- Financial Planning — Prasanna Chandra
- Investment Planning and Portfolio Management — Prasanna Chandra
- Financial Planning and Wealth Management — Sathya Swaroop Debasish
- Wealth Management — S. Arunajatesan, T.R. Vishwanath

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: I**
Course Category: Open Elective (OE)	
Name of the Dept: B.Com**. (**Banking and Insurance)	
Course Title: Regulatory Environment, Law and Compliance	
Course Code: BCR10 **Course Level:** 4.5 **Type:** Theory	
Course Credit: 4 **Total Hours : 60 hours** **Total Marks: 100 marks**	

Course Objectives:

1. Understanding of India's regulatory and legal framework, the roles of key financial sector regulators, and major governing Acts and regulations. Learners will also develop the ability to assess compliance requirements and understand how regulatory, economic and political environments impact financial planning
2. Understanding of the legal and ethical framework governing financial advisors in India; financial sector Acts, consumer protection laws, grievance-redressal mechanisms across regulators
3. Build a foundational understanding of key micro- and macroeconomic concepts relevant to financial planning. Learners will explore how monetary and fiscal policies, business cycles and major economic indicators influence financial decisions
4. Develop a thorough understanding of the legal, regulatory and ethical frameworks that guide financial advisory practice, with a strong focus on anti-money laundering (AML) principles

Course Outcomes:

- CO1: Learners will be able to understand India's regulatory and legal framework, identify the roles and responsibilities of key financial sector regulators, and interpret major Acts and regulations
- CO2: Learners will be able to understand the legal framework governing financial advisors, distinguish key Acts related to financial sector regulation in India, understand consumer grievance-redressal mechanisms and aspects of consumer empowerment in the digital era
- CO3: Learners will be able to interpret micro- and macroeconomic factors, assess the effects of monetary and fiscal policy, understand business cycle movements and analyze key economic indicators to provide informed financial advice
- CO4: Learners will be able to evaluate how legal, regulatory and ethical compliance influences financial advice, identify money-laundering risks, apply AML rules responsibly and implement measures to prevent misuse

Description of the course:

The Regulatory Environment module provides an overview of key foundational legislation and regulations. Through this module candidates will become familiar with various regulatory bodies and varying economic, social and political environments. Other fundamental topics covered in the module include anti-money laundering and behavioral finance.

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

Unit No.	Content	Hours
1	**Introduction to the Regulatory Environment** • Regulatory environment in relation with financial services • Regulation of Market Intermediaries in Financial Products • Functions, Roles and Responsibilities of Regulatory Bodies • Regulatory, Economic and Political Environment	15
2	**Legislated Client Best Interest** • Fiduciary Duty and Suitability • Consumer Grievances Redressal • Acts Relevant to Corporate Entities, Securities and External Trade	15
3	**Economic Environment and Financial Advice** • Micro and Macro Economic effects and factors affecting the financial world • Monetary and Fiscal Policy Impact • Business Cycle and its impact on Financial Planning • Economic Indicators — Prediction and Impact	15
4	**Compliance and Implication** • Legal, Regulatory and Ethical Compliance • Anti-Money Laundering (AML) Principles and Regulations • Identifying and preventing money laundering; Risk assessment for financial intermediaries • Case histories and real-world application	15
Total hours		60

References:

- Regulatory Environment and Compliance — FPSB India Study Material
- SEBI Act, 1992; IRDA Act, 1999; RBI Act, 1934 — Bare Acts
- Securities Laws & Compliances — Taxmann Publications
- Financial Planning Regulatory Environment — Indian Institute of Financial Planning (IIFP)

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: I**
Course Category: Vocational Skills Course (VSC)	
Name of the Dept: B.Com. **(**Banking and Insurance)	
Course Title: Principles of Management	
Course Code: BBP104 **Type:** Theory	**Course Level:** 4.5
Course Credit: 2 **Total Hours : 30 hours** **Total Marks: 50 marks**	
Course Objectives: 1. To understand the principles of management 2. To understand the functions of management	
Course Outcomes (CO): **Learners will be able to:** • CO1: Possess a comprehensive understanding of the principles of management and contemporary management theories • CO2: Acquire a profound understanding of organizational principles including concepts and structures, departmentation, delegation, coordination and control	
Description of the course: The course introduces students to the functions of management. The course elaborates on the importance and process of planning and decision-making, organization structures, factors affecting the span of control. The concept of leadership, coordination and controlling is highlighted in the syllabus. Introduction, relevance, Usefulness, Application, interest, connection with other courses, demand in the industry, job prospects etc.	

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

Unit No.	Content	Hours
I	**Introduction to Functions of Management** • Definition of Management; Management as Art, Science and Profession • Traditional Vs Contemporary Management (Henry Fayol, F.W. Taylor, Peter Drucker, C.K. Prahalad, Vijay Govindarajan) • Planning: Meaning, Importance, Elements, Process, Limitations and MBO • Decision Making: Meaning, Importance, Process, Techniques of Decision-Making	15
II	**Organizing, Directing, Co-ordinating and Controlling** • Organizing: Concepts, Structure (Formal & Informal, Line & Staff and Matrix), Meaning, Advantages and Limitations • Departmentation: Meaning, Basis and Significance; Span of Control: Meaning, Factors, Centralization vs Decentralization • Delegation: Authority & Responsibility relationship • Directing: Meaning and Process; Leadership: Meaning, Styles and Qualities of Good Leader • Co-ordination as an Essence of Management • Controlling: Meaning, Process and Techniques • Recent Trends: Green Management & CSR	15
	Total Hours	**30**

References:

- Principles of Management — Ramasamy, Himalaya Publication, Mumbai
- Principles of Management — Tripathi Reddy, Tata McGraw Hill
- Management Text & Cases — VSP Rao, Excel Books, Delhi
- Essentials of Management — Koontz H & W, McGraw Hill, New York
- Principles of Management-Text and Cases — Dr. M. SakthivelMurugan, New Age Publications

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: I**

Course Category: Skill Enhancement Course (SEC)

Name of the Dept: B.Com. (Banking and Insurance)

Course Title: Quantitative Methods – I

Course Code: BBQ105 **Course Level:** 4.5

Type: Theory

Course Credit: 2

Total Hours:30 hours

Total Marks: 50 marks

Course Objectives:

1. To enable the students to combine practical & theoretical knowledge of Statistics & Mathematics
2. To provide fundamental knowledge of statistical techniques as applicable to business

Course Outcomes (CO):

Learners will be able to :

- CO1: Organize data using frequency distributions, graphically using histograms, frequency polygons. Calculate central tendencies like mean, median and mode and recognise the applicability of these in relevant section of banking
- CO2: Apply various measures of dispersion. Understand covariance, correlation and regression. Understand basics of Insurance, Calculation of age, Premiums, Bonuses, Maturity Value of the Policy, Claim Calculation and Surrender Value

Description of the course :

It provides basic knowledge of statistical techniques as applicable to Banking and Insurance sector. Course provides statistical literacy essential for conducting research effectively.

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

Unit No.	Content	Hours
I	**Introduction, Data Organisation, Frequency Distribution, Central Tendency & Dispersion** • Organising Data, Frequency Distribution, Graphical and Diagrammatic Representation (Histogram, Frequency Polygon) • Measures of Central Tendency: Arithmetic Mean, Geometric Mean, Harmonic Mean, Mode, Median, Quartiles, Deciles and Percentiles — for grouped and ungrouped data • Measures of Dispersion: Range, Quartile Deviation, Mean Deviation, Standard Deviation and corresponding Relative Measures of Dispersion	15
II	**Co-variance, Correlation, Regression & Insurance Calculations** • Meaning, Definition and Application of Covariance; Concept of Correlation; Rank Correlation • Regression: Concept, relationship with correlation, Method of Least Squares • Insurance: Meaning, Objective, Purpose and Need; Fundamentals of Insurance • Calculation of Age, Premiums, Bonuses, Paid-up Value of a Policy, Maturity Value, Claim Calculation and Surrender Value	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.)
- Statistics for Management — Lovin R. Rubin D.S. (Prentice Hall of India)
- IRDA: IC-33; 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: I**
Course Category: Ability Enhancement Course (AEC)	
Name of the Dept: B.Com. (Banking and Insurance)	
Course Title: Corporate Communication – I	
Course Code: BBC106 **Type:** Theory	**Course Level:** 4.5
Course Credit: 2 **Total hours:30 hours** **Total Marks: 50 marks**	
Course Objectives: 1. To help students improve basic English, reading , listening and writing skills. 2. To help students speak confidently and write properly in formal and professional situations.	
Course Outcomes: **Learners will be able to:** • CO1: enhance language proficiency by providing adequate exposure in Reading, Writing and Listening Skills • CO2: enable the students to develop soft skills such as public speaking and conversational skills	
Description of the course : Communication today is very important both in the business world and in private life. Successful communication helps us to overcome diversities, build trust and respect, and share creative ideas and solve problems. Benefits include: reduced conflict, improved client relations, improved productivity, healthy workplace culture, stronger team building, increased innovation etc.	

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

Unit No.	**Content**	**Hours**
I	**Language Skills, Formal/Informal Communication, Reading & Listening Skills** • Basic Language Skills — Grammar: Articles, Prepositions, Conjunctions; Transformation of Sentences (Simple, Compound, Complex); Tenses; Subject-Verb Agreement; Direct and Indirect Speech • Formal and Informal Communication in Spoken English • Reading Skills: Types of reading — Skimming and Scanning; Newspaper/Magazine article, documentary, advertising copy, Press release • Listening Skills: Listening Process, Classification, Purpose, Barriers, Measures to Improve Listening • Paragraph Writing: Developing an idea, using appropriate linking devices, Cohesion and Coherence	15

II	**Public Speaking, Conversation Skills & Business Correspondence** • Public Speaking in English: Techniques to master public speaking, Drafting and Presenting a speech in Formal and Informal Gatherings • Conversation Skills: Opening a Conversation, Introducing oneself, introducing others formally and informally, Building a conversation, Closing a Conversation, Group Conversations • Speaking at an Event: Compering an event, Introducing guests, Proposing a vote of thanks • Business Correspondence: Job Applications with Resume, RTI Letters, Letter of Acceptance of Job Offer, Letter of Resignation • Summary Writing: Identification of main and supporting points, Presenting in a cohesive manner	15
	Total Hours	**30**

References:

- Handbook of Practical Communication — Chrissie Wright
- Communication Skills — Leena Sen
- English Grammar and Composition — Rajendra Pal
- English Conversation Practice — Grant Taylor
- Effective English Communication — Mohan Krishna
- Better Application for Better Jobs — M.R. Sethi

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: I**
Course Category: Value Education Course (VEC)	
Name of the Dept: B.Com.(Banking & Insurance)	
Course Title: Information Technology in Banking & Insurance – I	
Course Code: BBI107 **Course Level:** 4.5 **Type:** Theory	
Course Credit: 2 **Total Marks: 50 marks** **Total hours : 30 hours**	
Course Objectives: 1. To acquaint how technology and business work together & the basics of payments done using technology 2. To illustrate use of computers practically & to help the students acquire the security measures when technology is in hand	
Course Outcomes (CO): **Learners will be able to** • CO1: familiarize with the concept of Electronic Commerce, its Architectural Framework, Media convergence, Applications, Market forces influencing the I-way with its Components and the Technology behind the web, Security and the Web • CO2: familiarize with evolution of e-banking in India with Legal framework for e-banking, Electronic Payment System its types (Digital Token-based EPS, Smart Card EPS, Credit Card EPS)	
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.	

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

Unit No.	Content	Hours
I	**Introduction to Electronic Commerce, E-Banking & E-Payment** • E-Commerce: Framework, Media convergence, Anatomy of E-Commerce Applications, Consumer and Organization Applications, Architectural framework, WWW, Hypertext publishing, Technology behind the web, Security and the Web • E-Banking: Meaning, Definition, Features, Advantages and Limitations; Core Banking; Evolution of e-banking in India; Legal framework for e-banking • E-Payment: Definition, Types of Electronic Payment Systems — Digital Token-based EPS, Smart Card EPS, Credit Card EPS; Risk in EPS; Designing a EPS	15

II	**MS-Office Packages & Applications in Banking and Insurance** • MS-Word: Smart art tools, Bookmark, Cross-reference, Hyperlink, Mail Merge, Converting Word as PDF files • MS-PowerPoint: Internal links between slides, Hyperlinks, Embedding multimedia content (video/audio/stylish text), Slide animation, Timer, Creating new presentation by existing theme, Import online themes, Creating a template, Save and Run slideshow • Applications in Banking & Insurance: Calculation of Interest, Instalment, Cash Flow, Premium, Risk Coverage in Insurance and Reporting	15
	Total Hours	**30**

References:

- Frontiers of E-Commerce — Ravi Kalakota, Andrew B. Whinston, Pearson Education
- E-Commerce — David Whitely
- Computers and Banking — Sony and Agarwal
- Microsoft Office Professional 2013 — Step by step

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: I**
Course Category: Indian Knowledge System (IKS)	
Name of the Dept: B.Com. (Banking and Insurance)	
Course Title: Indian Ethos in Commerce and Management	
Course Code: BBK108 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50 marks**
Hours Allotted: 30 Hours	
Course Objectives: 1. To help students understand Indian values, ethics, and work culture in business. 2. To help students learn Indian ways of leadership, motivation, and self-development.	
Course Outcomes: • CO1: The students learn to inculcate the Indian values in the Modern business world • CO2: The students will acquire the knowledge about change in the Indian learning system	
Description of the course: Introduction to Indian ethos, Traditional Management System to Modern Management System, Ethics and values in Business, Indian Approaches to Leadership, Motivation and learning, Seven spiritual laws of karma.	

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

Unit No.	Content	Hours
I	**Indian Ethos — An Overview & Work Ethos and Values** • Indian Ethos: Meaning, Features, Need, History, Relevance, Principles practiced by Indian companies, Elements, Role in Managerial Practices • Management Lessons from Scriptures: Vedas, Mahabharata, Bible, Quran, Kautilya's Arthashastra; Indian Heritage in Business; Ethics v/s Ethos; Indian Management v/s Western Management • Work Ethos: Meaning, Levels, Dimensions, Steps, Factors responsible for Poor Work Ethos • Values: Meaning, Features, Values for Indian Managers, Value-Based Management, Impact of Values on Stakeholders (Employees, Customers, Government, Competitors and Society)	15
II	**Indian Approaches in Leadership, Motivation, Learning & Karma** • Leadership: Meaning, Contemporary Approaches, Joint Hindu Family Business — Leadership Qualities of Karta • Motivation: Meaning, Indian Approach to Motivation, Techniques • Indian Systems of Learning: Gurukul System vs Modern System of Learning — Meaning, Features, Advantages, Disadvantages • Karma: Meaning, Importance to Managers, Nishkama Karma, Seven Spiritual Laws of Karma • Corporate Karma: Meaning, Methodology, Guidelines for Good Corporate	15

	Karma • Self-Management: Personality Development — Meaning and Determinants	
	Total Hours	**30**

References:

- R. Nandagopal, Ajith Sankar RN: Indian Ethics and Values in Management, Tata McGraw Hill
- Bhatta, S.K.: Business Ethics & Managerial Values
- Chakraborty, S.K.: Foundation of Managerial Work — Himalaya Publication House, Delhi
- Biswanath Ghosh: Ethics in Management and Indian Ethos, Vikas Publishing House
- S.K. Chakraborty: Management by Values, Oxford University Press

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: I**
Course Category: Certificate Course (CC)	
Name of the Dept: Sociology	
Course Title: National Service Scheme – Paper I	
Course Code: BBS109 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50**
Hours Allotted: 30 Hours	
Course Objectives: 1. To make students aware about NSS ideology 2. To make students understand social issues in India	
Course Outcomes: • CO1: Students will be aware of NSS ideology • CO2: Students will be able to understand social issues in India	
Description: The NSS introduces students to the concept of voluntary community service as a means of personal development and nation-building. Activities include environmental conservation, literacy campaigns, health awareness drives, and disaster relief efforts.	

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

Unit No.	Content	Hours
I	**Introduction to NSS** • Orientation and Structure of NSS • History of NSS — Objectives, Symbol and Meaning, NSS hierarchy from National to College level	15
II	**Basic Social Issues in India** • Degeneration of value system and family system • Gender issues; Regional imbalance	15
	Total Hours	**30**

References:

- National Service Scheme Manual (Revised) 2006, Government of India, Ministry of Youth Affairs and Sports, New Delhi
- 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: I**
Course Category: Co-Curricular (CC)	
Name of the Dept: Psychology	
Course Title: Yoga – Paper I	
Course Code: BBP109 **Course Level:** 4.5	**Type:** Theory
Course Credit: 2	**Total Marks: 50**
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 (voluntarily regulated breathing techniques)	
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; hence students can seek a career in the same. 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** • Definition and meaning: Yoga, Sthula & Sukshma Vyayam, Asana, Pranayam, Yama & Niyama, Types of Shuddhi Kriya, Badhak Tatva • Pranayam: Breath Awareness, Sectional Breathing, Anulom Vilom	10
II	**Practical** • Prayer, Yogic Sanchalan, Yogic Sukshma Vyayam: Grievashakti vikasak, Katishakti vikasak, Jangha Shakti vikasak, Shwasan Marg shuddhi & Kapalbhati • Standing Yogasana: Tadasana, Vrikshasana, Parivritta Trikonasana, Veerbhadrasana • Sitting Asanas: Vajrasana, Gomukhasana, Sasankasana, Padmasana, Parvatadana, Bhadrasana, Ustrasana • Prone Asanas: Bhujangasana, Ardha Shalbhasana, Adhomukh Shwanasana • Supine Yogasana: Uttanpadasana, Ardha Halasana, Saral Matsyasana, Ardha Pavan Muktasana, Setubandhasana & Shavasana	20
	Total Hours	**30**

References:

- Rajayoga — Swami Vivekananda, Ramakrishna Ashrama Publications
- C.D. Sharma: Critical Survey of Indian Philosophy, Motilal Banarsidass Publications, 2003

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

Scheme of Examination for 4 Credit

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