



JSPM UNIVERSITY PUNE

Recognized by the UGC u/s 2 (f) of UGC Act 1956 and enacted by the State Government of Maharashtra - JSPM University Act, 2022 (Mah. IV of 2023)

JSPM University Pune		
FYBA Economics		
Semester – II		
Course Type: PCC	Course Title: Introduction to Macroeconomics	
Course Code: 240UEEB04_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 3.5	Lecture (L): 2 Tutorial (T): 1 Practical (P): 0 Experiential Learning (EL): 2	Theory (TH): 100Marks
Prerequisite Courses, if any: Nil		
Course Objectives:		
<ul style="list-style-type: none"> To examine the economy as a whole. To Introduce basic analytical tools of macroeconomics to evaluate macroeconomic conditions such as inflation, unemployment and growth. 		
Course Outcomes: On completion of the course, learner will be able to		
CO1: Remember: Meaning, scope and Importance of macroeconomics.		
CO2: Understand: Accounting of national income measurement.		
CO3: Apply: Keynesians basic concepts can apply in macroeconomics.		
CO4: Analyse: Post Keynesians development in macroeconomics.		
CO5: Evaluate: Velocity of circulation of money through demand and supply of money.		
CO6: Create: Knowledge of inflation effects and curb through monetary policy.		
Course Contents		
Unit I	Introduction to Macroeconomics	(8 Hrs)
Macroeconomics: Meaning, Scope and Importance, Interrelationship of Microeconomics and Macroeconomics, Circular flow of aggregate income and expenditure – closed and open economy models. Paradox of savings.		
Unit II	National Income Accounting	(7 Hrs)
The measurement of national product: meaning and importance of National Income, Accounting – conventional and green GNP and NNP concepts, National income and economic welfare. Business Cycle – features and phases.		
Unit III	Keynesian Developments in Macroeconomics	(8 Hrs)
The principle of effective demand: Aggregate demand and Aggregate supply, Consumption function: properties, assumptions, and implications, Relevance of Keynesian theory tools to the developing countries.		
Unit IV	Post Keynesian Developments in Macroeconomics	(7 Hrs)
The IS-LM Model, Inflation and unemployment – Phillips Curve, Stagflation: meaning, causes and consequences.		
Unit V	Money and Prices	(8 Hrs)



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Money Supply: determinants of money supply- measures of money, Demand for money: Classical and Keynesian approaches and Keynes' Liquidity Preference theory of interest, Money and Prices: Quantity theory of money: Fisher's equation of exchange – Cambridge cash balance approach.

Unit VI	Inflation	(7 Hrs)
Demand Pull Inflation and Cost Push Inflation, Effects of Inflation, Policy measures to curb inflation, Monetary policy and inflation targeting.		

Learning Resources

Textbooks:

1. Olivier Blanchard, Macroeconomics, Pearson Education, Inc., 5th Edition, 2009.
2. Richard T. Froyen, Macroeconomics, Pearson Education Asia, 2nd Edition, 2005.

Reference Books:

1. Ahuja H.L., Modern Economics, S.Chand Company Ltd, Latest Edition, New Delhi.
2. Dwivedi, D.N.(2001), Macro Economics: Theory and Policy, 2001 Edition Tata-Mac Graw Hill, New Delhi.

MOOC / NPTEL Courses:

1. NPTEL Course "An Introduction to Macroeconomics", Prof. Wasim Ahmed, IIT Kanpur.

Link of the Course: https://onlinecourses.nptel.ac.in/noc22_hs67/preview



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JSPM University Pune		
FYBA Economics		
Semester – II		
Course Type: PCC	Course Title: Public Finance	
Course Code: 240UEEB05_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 3	Lecture (L): 2 Tutorial (T): 1 Practical (P): 0 Experiential Learning (EL): 0	Theory (TH): 100Marks
Prerequisite Courses, if any: Nil		
Course Objectives: <ul style="list-style-type: none">• To understand the role of government in an economy.• To study various sources of public revenue.• To explore the causes of public expenditure and related theories.• To understand the burden of public debt both internal and external.• To focus on types of budgets, Union budget and deficit concepts.• To explore the need, pattern and effects of deficit financing on public debt management.		
Course Outcomes: On completion of the course, learner will be able to		
CO1: Remember- Maximum social advantage.		
CO2: Understand- The different types of taxes.		
CO3: Apply- The knowledge about working of fiscal policy.		
CO4: Analyze- The structure of union budget.		
CO5: Evaluate- Deficit financing strategies.		
CO6: Create- The knowledge to evaluate the theories.		
Course Contents		
Unit I	Role of Government	(10 Hrs)
Nature and Scope of Public Finance, Principles of Maximum Social Advantage, Relation between efficiency, markets and Government, The concept of public goods and the role of Government.		
Unit II	Public Revenue	(10 Hrs)
Sources of public revenue, Direct and Indirect taxes, Canons of taxation, Impact, incidence and shifting of taxes, Deadweight loss, Types of taxes-Characteristics of good tax system.		
Unit III	Public Expenditure	(10 Hrs)
Classification of public expenditure, Causes of increasing public expenditure, Theories – Wagner’s Law-Peacock-Wisemans Hypothesis, Samuelson’s theory of public goods.		
Unit IV	Public Debt and Fiscal Management	(10 Hrs)
Classification of public debt, Methods of repayment of public debts, Burden of debt, Public debt and fiscal solvency, Fiscal policy-meaning, objectives, constituents and limitations, Principles of sound and functional finance.		



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Unit V	Financial Administration	(10 Hrs)
Budget- Meaning, objectives and types, Structure of Union budget, Deficit Concepts, Fiscal Responsibility and Budget Management Act 2003.		
Unit VI	Deficit Financing	(10 Hrs)
Need of deficit financing, Pattern of deficit financing, Impact of deficit finance, Public-debt management and implication for growth, Inflation and interest rate.		

Learning Resources

Textbooks:

1. Dr.P.A.Johnson, A.D.Mascarenhas, Sonali Chatterjee, Foundation of Public Finance, First Edition, Manan Prakashan, Mumbai.

Reference Books:

1. Musgrave R.A., and Musgrave P.B., 1976 Edition, Public Finance Theory and practice, McGraw Hill, Kogakusha, Tokyo.
2. Atkinson, A.B. and J.E. Stiglitz 1980 Edition, Lecture on Public Economics, MH Newyork.

MOOC / NPTEL Courses:

NPTEL Course "Public Finance", Dr. Shreedha Chungkham, Dhanamanjuri University, Imphal.

Link : <https://onlinecourses.swayam2.ac.in/cec24mg26/preview>



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JSPM University Pune FYBA Economics Semester II		
Course Type: IOC	Course Title: Financial Fraud	
Course Code: 230VBCB16_02	Teaching Scheme: Hrs./Per week	Examination Scheme:
Credits: 2	Lecture (L): 2 Tutorial (T): 0 Practical (P): 0 Experiential Learning (EL): 0	Theory (TH): 100Marks
Prerequisite Courses, if any: Nil		
Course Objectives: <ul style="list-style-type: none">To define financial fraud and explain its various forms and types.To understand the role of regulatory bodies in preventing and investigating financial fraud.To describe common techniques and tools used to detect financial fraud (e.g., forensic accounting, data analytics).		
Course Outcomes: On completion of the course, the learner will be able to – CO1: Remember – The various forms and types of Financial Fraud. CO2: Understand – The concept of Financial Fraud. CO3: Apply – The tools and technologies involved in Financial Fraud. CO4: Analyze – The motivations, pressures, and reasons leading to fraud. CO5: Evaluate – The relevant laws and regulations related to Financial Fraud. CO6: Create – Knowledge to understand new and evolving methods of Financial Fraud.		
Course Contents		
Unit I	Introduction to Financial Crimes	5 Hrs
Meaning of Financial Fraud, Historical Perspective and Evolution of Financial frauds/Crimes, Various Forms and Types of Frauds, Accounting Frauds (e.g., False Financial Statements, Fraudulent Accounting Entries)		
Unit II	Bank and Insurance Fraud	5 Hrs
Bank Frauds (e.g. Cheque Fraud, Credit Card Fraud, Loan Fraud), Insurance Frauds (e.g. Claims Fraud, Policy Fraud), Money Laundering, Bribery and Corruption		
Unit III	Securities and Cyber Fraud	5 Hrs
Investment Fraud (e.g. Pyramid schemes), Securities Frauds (e.g. Insider Trading, Ponzi Schemes), Cyber Financial Frauds (E.G., Phishing, Hacking, Online Banking Fraud), Tax Evasion, Embezzlement		
Unit IV	Role of Digital Forensics in Financial Fraud	5 Hrs
Use of Technology in Detecting Financial Frauds, Role of Digital Forensics in Financial Fraud Investigations, Identifying and Assessing Frauds.		



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Unit V	Causes of Frauds and Relevant Laws	5 Hrs
Understanding Motivations, Pressures, and Reasons Leading to Fraud, Relevant Laws and Regulations, New and Evolving Methods of Financial Fraud.		
Unit VI	Case Studies	5 Hrs
Case Studies like the Enron Scandal, Corporate Governance failure at Ricoh India: rebuilding lost trust, ICICI Bank- case of Chanda Kochhar, Corporate Governance at Infosys – A benchmark for Corporate Governance, Case Study of Satyam, Tata Group & Cyrus Mistry dispute, PNB, Kingfisher Airlines, Fortis etc. or Case studies related to New and Evolving Methods of Financial Fraud.		

Learning Resources

Text Books:

- 1.“Fraud Examination” by W. Steve Albrecht, Chad O. Albrecht, Conan C. Albrecht, Mark F. Zimbelman, Cengage Learning Publication
- 2.“Detecting Accounting Fraud: Analysis and Ethics” by Cecil W. Jackson, Pearson Publication.

Reference Books:

- 1.“Fraud Examination” by W. Steve Albrecht, Chad O. Albrecht, Conan C. Albrecht, Mark F. Zimbelman, Cengage Learning Publication
- 2.“Detecting Accounting Fraud: Analysis and Ethics” by Cecil W. Jackson, Pearson Publication.

MOOC / NPTEL Courses:

- 1.Forensic Accounting and Fraud Examination – Coursera - <https://www.coursera.org/learn/forensic-accounting>
- 2.Gen AI for Fraud Detection Analytics <https://www.coursera.org/learn/gen-ai-for-fraud-detection-analytics>
- 3.Fraud Prevention, Dispute Resolution and PCI-DSS Masterclass <https://www.udemy.com/course/fraud-%20prevention/?couponCode=NEWYEARCAREER>

Additional WEB Resources:

Forensic Accounting and Fraud Examination. <https://www.careers360.com/university/west-virginia-university-morgantown/forensic-accounting-and-fraud-examination-certification-course>



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JSPM University Pune FYBA Economics Semester II		
Course Type: MDM	Course Title: Rights and Duties in India	
Course Code: 240UPOB38_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 3	Lecture (L): 3 Tutorial (T): 0 Practical (P): 0 Experiential Learning (EL): 0	Theory (TH): 100 Marks
Prerequisite Courses, if any: Nil		
Course Objectives: <ul style="list-style-type: none">To understand the meaning and significance of rights and duties in the Indian context.To study the constitutional framework of Fundamental Rights, Directive Principles of State Policy, and Fundamental Duties.To analyze the practical challenges and global perspectives on rights and duties.		
Course Outcomes: On completion of the course, learner will be able to		
CO1: Remembering: Recall the key features of Fundamental Rights, Directive Principles of State Policy, and Fundamental Duties as outlined in the Indian Constitution.		
CO2: Understanding: Explain the interrelationship between rights and duties and their role in strengthening democracy in India.		
CO3: Applying: Illustrate the practical implications of rights and duties in real-life scenarios and contemporary governance.		
CO4: Analysing: Examine the challenges in the implementation of rights and duties and assess their impact on societal development.		
CO5: Evaluating: Critically evaluate the relevance of rights and duties in addressing current global and national issues, such as inequality and environmental sustainability.		
CO6: Creating: Propose innovative solutions to enhance awareness and enforcement of rights and duties among citizens in India.		
Course Contents		
Unit I	Introduction to Rights and Duties	(08 Hrs)
Meaning and evolution of rights and duties, Concepts of rights and duties, Relevance in the Indian context.		
Unit II	Fundamental Rights in India	(07 Hrs)
Key features of fundamental rights, Landmark judicial interpretations, Reasonable restrictions.		
Unit III	Directive Principles of State Policy	(08 Hrs)
Philosophy and objectives of DPSPs, Relationship between DPSPs and fundamental rights, Impact on policy making.		



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Unit IV	Fundamental Duties in India	(07 Hrs)
Introduction to fundamental duties, Nature and scope of fundamental duties, Role in strengthening democracy.		
Unit V	Rights and Duties in Practice	(07 Hrs)
Interdependence of rights and duties, Challenges in implementation, Contemporary examples.		
Unit VI	Global Perspective and Future Directions	(08 Hrs)
Comparative analysis of rights and duties, Global laws on rights and duties, Emerging challenges and opportunities		

Learning Resources

Textbooks:

1. Basu, D. D., Introduction to the Constitution of India, LexisNexis, 2021
2. Pylee, M. V. India's Constitution. S. Chand Publishing, 2017.

Reference Books:

1. Kashyap, S. C., Our Constitution: An Introduction to India's Constitution and Constitutional Law. National Book Trust, 2010.
2. Austin, G. The Indian Constitution: Cornerstone of a Nation. Oxford University Press, 1999.
3. Bhargava, R. (Ed.). Politics and Ethics of the Indian Constitution. Oxford University Press, 2008.
4. Seervai, H. M., Constitutional Law of India: A Critical Commentary (4th ed.). Universal Law Publishing, 2015.

MOOC / NPTEL Courses:

Introduction to Constitutions, Prof. Aparna Chandra, National Law School of India University
Link of the Course: <https://archive.nptel.ac.in/courses/129/106/129106003/>

Additional Web Resources: Rights and Duties

<https://openstax.org/books/introduction-political-science/pages/1-introduction>



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JSPM University Pune FYBA Economics Semester II		
Course Type: SEC	Course Title: Financial Literacy	
Course Code: 230VBCB09_02	Teaching Scheme:	Examination Scheme:
Credits: 2	Lecture (L): 2 Tutorial (T): 0 Practical (P): 2 Experiential Learning (EL): 0	ORAL (OR): 50Marks PRACTICAL (PR): 50Marks
Course Objectives: <ul style="list-style-type: none"> To Evaluate the impact of financial decisions and practices on individuals and society. To Create effective financial plans and strategies to meet personal and household financial goals. 		
Course Outcomes: On completion of the course, the learner will be able to – CO1: Remember – the various types of cheques. CO2: Understand – the evolution and structure of the banking system in India, and the importance of financial planning and the steps involved. CO3: Apply – knowledge of consumer protection and redressal mechanisms. CO4: Analyze – tax-saving investment schemes. CO5: Evaluate – the effectiveness of different tax-saving investment options. CO6: Create – practical skills through hands-on financial calculations.		
Course Contents		
Unit I	Banking	(3Hrs)
Definition of Bank, Evolution of Banking in India, Banking Structure, Types of Deposits and Accounts, KYC norms, Different Banking products and services offered by the banks, Electronic Banking		
Unit II	Cheque and Types of Cheques	(3Hrs)
Meaning and Definition of Cheque, Types of Cheques, Precaution to follow while filling of cheque, Truncated cheque, Clearing process of cheque		
Unit III	Tax Saving Schemes	(3Hrs)
Types of taxes, Tax rates, Tax planning v/s tax evasion, Tax saving investment - Government Schemes-National Saving Certificates, Public Provident Fund, Post Office Schemes, Equity Linked Savings Schemes, Retirement Benefits Schemes- NPS (New Pension System), Tax-free bonds		
Unit IV	Personal Finance and Loss Protection	(3Hrs)
Financial Planning- Meaning, Household financial health check-up, Medical and other Emergencies, Retirement planning, Insurance Policies: Life and non-life Insurance		



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Unit V	Scams, Fraud Schemes	(3Hrs)
Insider trading, Money laundering, Cyber-crimes and types of cybercrimes, Consumer protection and redressal mechanism		
Unit VI	Financial Calculation	(15Hrs)
Simple Interest, Compound Interest, Equated Monthly Installment, PMT, PPMT, IPMT, PV, FV, RATE, NPER		

Learning Resources

Text Books: (Maximum 2)

- 1.M. Jeff, Personal finance, Prentice Hall, 2016
- 2.T. R. Jain and R. L. Sharma, Indian Financial System, by, VK Global Publications Pvt. Ltd, 2014.

Reference Books:

- 1.T. R. Jain and V. K. Ohri, Money and Banking, VK Global Publications Pvt. Ltd, 2020
- 2.S. Braunstein and C. Welch, Financial literacy: An overview of practice, research, and policy, Fed. Res. Bull, 2002
- 3.T. R. Jain and R. L. Sharma, Indian Financial System, by, VK Global Publications Pvt. Ltd, 2014
- 4.S. Cole and Gauri Kartini Shastry, Smart money: The effect of education, cognitive ability and financial literacy on financial market participation, Harvard Business School, 2009
- 5.Gitman, Joehnk and Billingsley, Personal financial planning, Cengage Learning, 2016
- 6.M. Jeff, Personal finance, Prentice Hall, 2016
- 7.Personal Finance Planning , Lewis J. Altest , Mc Graw. Hill. International Edition.

Link of the Course: www.rbi.org.in www.incometax.gov.in



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JSPM University Pune FYBA Economics Semester II		
Course Type: AEC	Course Title: Communicative Proficiency Skills	
Course Code: 230UENB02_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 2	Lecture (L): 1 Tutorial (T): 0 Practical (P): 2 Experiential Learning (EL): 0	Theory (TH): 50 Marks
Prerequisite Courses, if any: Nil		
Course Objectives: <ul style="list-style-type: none"> Recall theory of communication for effective body language. Understand the importance of developing Public Speaking Skills and formulate thoughts effectively in the form of an effective Presentation. Carry reflexive or non-reflexive movements of the part or whole body. Analyze how sentences are built, learn to expand sentences, and learn to combine short, choppy sentences into longer, grammatically correct sentences. Evaluate the most appropriate form in which to present information through social media Create awareness about importance of professional behavior and suggest standards for appearance, actions, and attitudes in business Environment. 		
Course Outcomes: On completion of the course, the learner will be able to – CO1: Remember – the theory of communication for effective body language. CO2: Understand – the importance of developing public speaking skills and formulate thoughts into effective presentations. CO3: Apply – reflexive and non-reflexive movements of the part or whole body. CO4: Analyze – sentence construction, expand sentences, and combine short sentences into longer, grammatically correct forms. CO5: Evaluate – the most appropriate forms to present information through social media. CO6: Create – awareness of professional behavior and suggest standards for appearance, actions, and attitudes in a business environment.		
Course Contents		
Unit I	Public Speaking Skills	(3 Hrs)
Importance of Public Speaking Skills, Presentation Skills: Stage Presence, Body Language, Voice Modulation, Interview Skills: Self-evaluation, Formal Dressing, Clarity of thoughts, Group Discussion: Dos and Don'ts of Group Discussion, Difference between discussion and debate, Attitude		
Unit II	Effective Body Language	(2 Hrs)



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Kinesics: Body language, Facial Expressions, Non-verbal behavior, Proxemics: Definition, Public Space, Social Space, Personal Space, Intimate Space, Gesture: Active Gestures, Passive Gestures, Posture: Attentive posture

Unit III	Syntax Skills	(2 Hrs)
Definition of syntax, Syntax, and grammar; Basic concepts and terminologies, Basic elements of sentences and clauses, Syntactic categorization of sentence elements.		
Unit IV	Technical Writing	(3 Hrs)
Paragraph Writing, Report writing: Formal and Informal Report, Resume writing: Difference in CV and Resume, Advertisement writing.		
UNIT V	Corporate/ Business Etiquette	(2 Hrs)
Corporate Grooming and Dressing, Email and Telephone Etiquette, Etiquette in social and office- setting, Professional Behaviour		
Unit VI	Basic Social Media Communication Skills	(3 Hrs)
Professional Blog Writing, Building and optimizing professional profiles on social media, Creating professional and engaging content, Networking through social media		

Learning Resources

Textbook:

1. Krishna Mohan & Meera Banerji "Developing Communication Skills" Macmillan

Reference Books:

1. R. C. Sharma & Krishna Mohan "Business Correspondence and Report Writing" (Tata McGraw Hill)
2. Raymond Murphy (CUP) "Essential English Grammar" (Elementary & Intermediate)
3. Saran Freeman, "Written Communication in English" (Orient Longman)

MOOC / NPTEL Courses:

NPTEL Course "Speaking Effectively" Prof Anjali Gera Roy, IIT Kharagpur

Link of the Course https://onlinecourses.nptel.ac.in/noc23_hs13/preview

Additional Web Resources: <https://www.bbc.co.uk/learningenglish/>



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JSPM University Pune FYBA Economics Semester- II		
Course Type: VEC	Course Title: Environment and Sustainability	
Course Code: 230GCEB02_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 2	Lecture (L): 2 Tutorial (T): 0 Practical (P): 0 Experiential Learning (EL): 0	Theory (TH): 50 Marks
Prerequisite Courses, if any: NIL		
Course Objectives: <ul style="list-style-type: none">• This undergraduate course explores the fundamental concepts of environmental science, sustainability, and their interconnections.• Students will gain an understanding of the complex issues surrounding environmental degradation and sustainable solutions.• The course emphasizes critical thinking and problem-solving skills to address real-world environmental challenges.		
Course Outcomes: On completion of the course, the learner will be able to – CO1: Remember – the components of the environment and historical human-environment interactions. CO2: Understand – climate science and comprehend the impacts of climate change. CO3: Apply – knowledge to identify pollution types, explore remediation strategies, and understand renewable energy and sustainable resource management. CO4: Analyze – ecosystems, recognize the importance of biodiversity, and propose conservation strategies. CO5: Evaluate – the concept of sustainability and its practical applications in addressing global environmental challenges. CO6: Create – awareness and actions through exploration of environmental policy development and engagement in sustainability initiatives.		
Course Contents		
Unit I	Introduction to Environment and Sustainability	(5 Hours)
Definition of environment and its components, environmental sustainability and its importance, Historical perspectives on human-environment interactions, Key environmental challenges and global environmental issues		
Unit II	Ecosystem and Biodiversity	(5 Hours)



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Ecosystem structure and function, Biodiversity and its importance, Threats to biodiversity and conservation strategies Case studies in ecosystem restoration and preservation, Conservation strategies and sustainable solutions

Unit III

Environmental Pollution

(5 Hours)

Air and water pollution, Soil contamination and remediation, Fossil fuel consumption and renewable energy sources, Sustainable resource management

Unit IV

Climate Change and Global Sustainability

(5 Hours)

Climate change and global warming, impacts of climate change on ecosystems and societies, Mitigation and adaptation strategies, international agreements and policies related to climate change

Unit V

Sustainable Living and Consumer Choices

(5 Hours)

Sustainable lifestyles and consumption patterns, Green technology and sustainable design, Food systems and sustainable agriculture, Sustainable transportation and urban planning

Unit VI

Environmental Policy and Action

(5 Hours)

Environmental policy development and implementation, Environmental activism and advocacy, corporate sustainability and CSR (Corporate Social Responsibility), The role of individuals and communities in sustainability

Learning Resources

Text Books:

1. Richard T. Wright and Dorothy F. Boorse, "Environmental Science: Toward a Sustainable Future", Benjamin-Cummings Pub Co, 13th Edition.
2. Tom Theis and Jonathan Tomkin, "Sustainability: A Comprehensive Foundation", OpenStax CNX,

Reference Books:

1. David A. Anderson, "Environmental Economics and Natural Resource Management", Routledge, 5th Edition.
2. R. S. Khoiyangbam and N. Gupta, "Introduction to Environmental Sciences" (2015)

MOOC / NPTEL Courses:

1. NPTEL Course "ENVIRONMENT & ECOLOGY", Prof. Anuradha Sharma and Prof. V. Upadhyay, IIT Delhi (Link of the Course: <https://gndec.ac.in/~librarian/web%20courses/IIT-Delhi/Environment%20and%20Ecology/>)
2. Swayam course "Environmental Science", Prof. Sudha Goel, Prof. Shamik Chowdhury, IIT Kharagpur (Link of the Course: https://onlinecourses.nptel.ac.in/noc23_hs155/preview)



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JSPM University Pune FYBA Economics Semester II		
Course Type: LLC	Course Title: Yoga and Fitness	
Course Code: 231UPYB01_02	Teaching Scheme: (Hrs./Week)	Examination Scheme:
Credits: 1.5	Lecture (L): 0 Tutorial (T): 0 Practical (P): 2 Experiential Learning (EL): 2	Practical (PR): 50 Marks
Prerequisite Courses, if any: 1. The practice of yoga should be done under the supervision of experts. 2. Yoga practice is advised to be performed with empty stomach.		
Course Objectives: <ul style="list-style-type: none">To introduce students to the foundations of Yoga and Fitness.To offer an exposure of rich Indian tradition and wield its soft power.		
Course Outcomes: On completion of the course, the learner will be able to – CO1: Remember – the definition, history, and philosophy of yoga. CO2: Understand – different types of yoga and their benefits. CO3: Apply – yoga poses and fitness exercises to improve physical and mental well-being. CO4: Analyze – and modify yoga poses and fitness exercises to suit individual needs and goals. CO5: Evaluate – the suitability of asanas and pranayama according to different life stages. CO6: Create – a yoga-inclusive lifestyle tailored to one's own professional context.		
Course Contents		
Unit I	Introduction to Yoga	(4 Hrs)
Principles of Yoga, Philosophy of yoga, Yoga texts, Types of Yoga		
Unit II	Yoga for health and fitness	(5 Hrs)
Five sheaths (Pancha Kosha) Model, Different components of health and fitness, Nutrition and Concept of Health, Loosening Exercises and joint movements		
Unit III	Ashtanga Yoga	(5 Hrs)
Patanjali Yoga Sutras, Eight limbs of Yoga, Do and Don't (Yama – Niyama), Relevance of above in daily life		
Unit IV	Asana Practice	(6 Hrs)
Loosening Exercises, Sun Salutation, 12 Asanas of Sun salutations, Basic Asanas and Meditative Asanas		



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Unit V	Pranayama Practice	(5 Hrs)
Alternate Nostril breathing, Diaphragmatic Breathing, Cooling Pranayama, Humming Bee Pranayama		
Unit VI	Dharana and Dhyana	(5 Hrs)
Concept of Sense Control, Practice of (Concentration) – Dharana, Guided Meditation, Benefits of Yoga Practice – Case Studies		

Learning Resources

Textbooks:

1. Common Yoga Protocol edited by Dr. Ishwar Basavaraddi, Director Morarji Desai National Institute of Yoga (MDNIY) Ministry of Ayush, Government of India.
<https://yoga.ayush.gov.in/public/assets/front/pdf/cyp-english-2022.pdf>
2. Yoga Basics: The basic yoga poses you need to stay healthy and relaxed by C Alexander Simpkins and Annellen Simpkins, 2003.

Reference Books:

1. Practical guide for students of Yoga by Swami Sivananda and Swami Vishnudevananda 1957
2. Yoga At Home to Stay Fit in Busy Daily Life by Dr. Subrata Kundu
<https://dokumen.pub/yoga-at-home-to-stay-fit-in-busy-daily-life-dr-subrata-kundu.html>

MOOC / NPTEL Courses:

NPTEL course,
Yoga and positive psychology for managing career and life by Prof. Ashish Pandey, coordinated by IIT Bombay <https://archive.nptel.ac.in/courses/110/101/110101165/#>

Other Web Resources:

Youtube channel of Morarji Desai National Institute of Yoga, Asanas playlist.
<https://www.youtube.com/watch?v=6WBfotS2AQA&list=PLxZ05kgQIFwcWhx7HUxyHDsdt1MIRE4tj>



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