


JSPM University Pune
Faculty of Education and Humanities
School of Liberal Arts and Social
Sciences



NEP aligned Syllabus
for
FY B.A. (Political Science)
(Effective from AY: 2025-26)

		JSPM University Pune				COURSE STRUCTURE (NEP 2020 Aligned)											
		FACULTY OF EDUCATION AND HUMANITIES				W. E. F			2024-2025								
		SCHOOL OF LIBERAL ARTS AND SOCIAL SCIENCES				RELEASE DATE			01/07/2025								
FIRST YEAR BACHELOR OF ARTS (POLITICAL SCIENCE)					REVISION NO.			1.0 (NEP)									
SEMESTER II (LEVEL 4.5)																	
COURSE			TEACHING SCHEME				EXAMINATION SCHEME AND MARKS										C R E D I T S
TYPE	CODE	COURSE NAME	Hours / Week				THEORY (Equal Weightage for CIE and ESE)				PRACTICAL (Equal Weightage for CIE and ESE)		ORAL (Equal Weightage for CIE and ESE)		T O T A L		
			L	T	P	EL	CONTINUOUS INSEMESTER EVALUATION (100 Marks)			END SEMESTER EXAMINATION (100 / 50 Marks)	CONTINUOUS INSEMESTER EVALUATION (50 Marks)	END SEMESTER EXAMINATION (50 Marks)	CONTINUOUS INSEMESTER EVALUATION (50 Marks)	END SEMESTER EXAMINATION (50 Marks)			
							T1 (30 Marks)	T2 (30 Marks)	Assignments (40 Marks)								
PCC	240UPOB04_02	Introduction to International Relations	2	1	-	2	30	30	40	100	-	-	-	-	100	3.5	
	240UPOB05_02	Understanding Political Theory	2	1	-	-	30	30	40	100	-	-	-	-	100	3	
IOC	-	Interdisciplinary Open Course	2	-	-	-	30	30	40	100	-	-	-	-	100	2	
MDM	-	Multi-Disciplinary Minor	3	-	-	-	30	30	40	100	-	-	-	-	100	3	
SEC	230VBCB09_02	Financial Literacy	2	-	2	-	-	-	-	-	50	50	50	50	100	3	
AEC (HSMC)	230UENB02_02	Communicative Proficiency Skills	1	-	2	-	30	30	40	50	-	-	-	-	50	2	
VEC (HSMC)	231GCEB02_02	Environment and Sustainability	2	-	-	-	30	30	40	50	-	-	-	-	50	2	
LLC	231UPYB01_02	Yoga and Fitness	-	-	2	2	-	-	-	-	-	-	50	-	50	1.5	
IITP/ FP/ CEP	240UPOB37_02	Internship / Field Project / Community Engagement Programme	4-6 weeks				-	-	-	-	-	-	-	50	50	50	2
TOTAL			14	2	6	4								700	22		

Note: A **Certificate** will be awarded if a student exits after first year.

For "Exit" at the end of First Year the student must complete a total of 8 additional credits.

a) An internship / OJT of 8 - 10 weeks (4 credits) over and above semester 2 internship of minimum 4 weeks.

b) Additional one Course of 4 credits (Course offered will be Vocational Skill Course (VSC) or Skill Enhancement Course (SEC) or a mini project).

Sem.	Multi-Disciplinary Minor (MDM)				
	Specialization	Sociology	English Literature	Applied Psychology	Indian Financial Market
II	Course Code	240USYB01_02	240UENB04_02	231UPYB38_02	250UEMB09_02
	Course Name	Social Disparities	Understanding Literature in English	Foundations of Psychology	Basics of Stock Market Operations
III	Course Code	230USYB30_03	240UENB05_03	230UPYB39_03	250UEMB10_03
	Course Name	Sociology of Religion	Understanding Poetry	Psychology of Gender and Youth	Digital Finance and Regulation
IV	Course Code	230USYB04_04	240UENB06_04	230UPYB40_04	250UEMB11_04
	Course Name	Sociology of Family	Understanding Fiction	Workplace Psychology	Crypto Currency
V	Course Code	230USYB31_05	240UENB07_05	230UPYB41_05	250UEMB12_05
	Course Name	Sociology of Education	Understanding Drama	Psychology of Health	Economics of Micro Financing
VI	Course Code	230USYB32_06	240UENB08_06	240UPYB03_06	250UEMB13_06
	Course Name	Social Policy and Welfare	Popular Literature	Cross-cultural Psychology	Money Transactions and Consumer Protection

Sem.	Interdisciplinary Open Course (IOC)			
	Name of Faculty	Faculty of Science and Technology	Faculty of Business Management and Commerce	Faculty of Health Sciences
I	Course Code	230GCAB92_01	230VMSM11_01	230HFSB06_01
	Course Name	Office Automation	Fundamentals of Financial Management	Forensic Science in Criminal Investigation
II	Course Code	230GCSB23_02	230VBCB16_02	230HFGM25_02
	Course Name	Fundamentals of Data Science	Financial Fraud	Intellectual Property
III	Course Code	230GCSB151_03	230VMSM12_03	230HFGM27_03
	Course Name	Artificial Intelligence for Everyone	Fundamentals of Human Resource Management	Investigative Skills

Dr. Tipusultan Inamdar
Programme Coordinator, Political Science

Ms. Arpita Kaswa
Dean, Faculty of Education and Humanities

Dr. Anuradha S. Deshpande
Dean Academics

Prof. B.B. Ahuja
Vice Chancellor, JSPM University Pune



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F.Y.B.A. Political Science

Semester II

Course Type: PCC	Course Title: Introduction to International Relations	
Course Code: 240UPOB04_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): 100 Marks

Prerequisite Courses, if any: Nil

Course Objectives:

- To understand the foundational concepts, scope, and major theories of International Relations.
- To analyse the roles of various actors and key historical events in shaping global politics.
- To examine global security dynamics and the impact of globalization on international political economy.

Course Outcomes: On completion of the course, learner will be able to

- CO1:** Remember- Recall the key theories, concepts, and historical events that have shaped the field of International Relations.
- CO2:** Understand- Explain the roles and interactions of various actors in the international system, including nation-states and non-state actors.
- CO3:** Apply- Use knowledge of diplomacy and foreign policy to interpret current international relations scenarios.
- CO4:** Analyse- Examine the impact of major historical events, such as the cold war and the Cuban missile crisis, on contemporary global politics.
- CO5:** Evaluate- Assess the effectiveness of international responses to global security challenges, including terrorism and cybersecurity.
- CO6:** Create- Develop informed perspectives on the implications of globalization and international trade on global political and economic systems.

Course Contents

Unit I	Understanding international relations	(8 Hrs)
Definition and Scope, Significance, Major theories: Realism, Liberalism, Constructivism		
Unit II	Actors in the international system	(7 Hrs)
Role of nation-states, International organizations, Role of non-state actors		
Unit III	Important historical events	(8 Hrs)
World wars & its impact, Cold war, Post cold war era		



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Unit IV	Foreign policy	(7 Hrs)
Meaning, Nature, Significance		
Unit V	Global security dynamics	(8 Hrs)
War and peace, Terrorism, Cybersecurity		
Unit VI	Globalization and international political economy	(7 Hrs)
Globalization, International trade, Role of financial institutions		

Learning Resources

Textbooks: (Maximum 2)

1. Goldstein, J. S., & Pevehouse, J. C. (2019). International relations (12th edition). Pearson.
2. Baylis, J., Smith, S., & Owens, P. (2020). The globalization of world politics: An introduction to international relations (8th edition). Oxford University Press.

Reference Books:

1. Morgenthau, H. J. (2005). Politics among nations: The struggle for power and peace (7th edition). McGraw-Hill.
2. Acharya, A., & Buzan, B. (2019). The making of global international relations: Origins and evolution of IR at its centenary (1st edition). Cambridge University Press.
3. Brown, C., & Ainley, K. (2009). Understanding international relations (4th edition). Palgrave Macmillan.
4. Kumar, M. (2015). Theoretical aspects of international politics (1st edition). Shiva Lal Agarwala & Co.

MOOC / NPTEL Courses:

1. Introduction to International Relations, Prof. Upendra Choudhury, Aligarh Muslim University

Link of the Course: [Introduction to International Relations](#)

Additional Web Resources: [What is International Relations](#)



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F.Y.B.A. Political Science

Semester II

Course Type: PCC			Course Title: Understanding Political Theory		
Course Code: 240UPOB05_02		Teaching Scheme: (Hrs./Week)		Examination Scheme:	
Credits: 3		Lecture (L): 2 Tutorial (T): 1 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 foundational concepts and scope of political theory.To explore key political concepts and their associated theories.To examine the role of the state, political obligation, and citizenship in historical and contemporary contexts.					
Course Outcomes: On completion of the course, learner will be able to					
CO1: Remember- Recall key concepts, definitions, and theories in political theory, including power, authority, freedom, and justice.					
CO2: Understand- Explain the evolution and significance of political theory, and the theoretical perspectives of thinkers like Mill, Berlin, Lukes, and Foucault.					
CO3: Apply- Apply the concepts of liberty, rights, and justice to contemporary political issues and debates.					
CO4: Analyse- Analyse different theories of the state, including liberal, Marxist, and pluralist perspectives, and their implications for governance and policy.					
CO5: Evaluate- Assess the relevance of political obligation, civil disobedience, and citizenship in modern democracies and global contexts.					
CO6: Create- Develop arguments or proposals that integrate concepts of political theory to address current political challenges and issues.					
Course Contents					
Unit I		Foundations of political theory			(8 Hrs)
Meaning, Nature and Scope, Decline of Political Theory					
Unit II		Concepts of power and authority			(7 Hrs)
Theories of power, Types of authority, Legitimacy and Sovereignty					
Unit III		Liberty, Freedom and Rights			(8 Hrs)
Positive and negative liberty, Theories of freedom: Mill, Berlin, The concept of rights: Natural, Legal, Human					



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Unit IV	Justice, Equality and Democracy	(7 Hrs)
Theories of justice, Concept and types of equality, Definition and types of democracy		
Unit V	Concept of the state	(8 Hrs)
Theories of the state: Liberal, Marxist, Pluralist, The role of the state: Welfare, Security, Governance, The state in a globalized world		
Unit VI	State and dissent	(7 Hrs)
Absolute state, Political obligation, Civil disobedience		

Learning Resources

Textbooks: (Maximum 2)

1. Heywood, A. (2015). Political theory: An introduction (4th edition). Palgrave Macmillan.
2. Hoffman, J., & Graham, P. (2015). Introduction to political theory (2nd edition). Routledge.

Reference Books:

1. Bhargava, R., & Acharya, A. (Eds.). (2008). Political theory: An introduction (1st edition). Pearson.
2. Macpherson, C. B. (2011). The political theory of possessive individualism: Hobbes to Locke (1st edition). Oxford University Press.
3. Verma, S. P. (1975). Modern political theory (1st edition). Vikas Publishing House.
4. Held, D. (2006). Models of democracy (3rd edition). Stanford University Press.

MOOC / NPTEL Courses:

1. What is Political Theory, Dr Satish Kumar Jha, University of Delhi

Link of the Course: [Political Theory: Meaning, Nature and Debate](#)

Additional Web Resources: [Political Theory](#)



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JSPM UNIVERSITY PUNE F.Y.B.A. "Political Science" Semester II

Course Type: MDM	Course Title: Basic of Stock Market Operations	
Course Code: 240UEEB31_02	Teaching Scheme: (Hrs./Week)	Examination Scheme: 100Marks
Credits: 3	Lecture (L): 2 Tutorial (T): 1 Practical (P): Experiential Learning (EL):	(TH): 100 (PR): Marks): Marks

Course Objectives:

To understand overall share market.

To identify the trends, support and resistance in the stock market.

To understand how to build portfolio and investment decision in appropriate manner.

Develop skill of identification of candlesticks and chart patterns.

Course Outcomes: On completion of the course, learner will be able to

CO1 : Understand the concepts of savings, investment and the key participants.

CO2 : Analyze the powers and functions of SEBI and evaluate the role of stock exchanges.

CO3 : Demonstrate the process of opening a demat account, identify the roles of brokers.

CO4 : Evaluate the different types of charts, candlestick patterns to interpret market trends.

CO5 : Develop types of risks & design effective risk management strategies.

CO6 : Create and effective investment policies within the stock market environment.

Course Contents

Unit I	Introduction to the stock market	(8Hrs)
Savings and Investment, Types of investments, Concepts, types and participants in the share market.		
Unit II	SEBI	(8Hrs)
Powers and functions, Capital market: Primary and Secondary market, Stock exchanges in India, Index: Sensex, Nifty and Sectors indices.		
Unit III	Components in Share Market	(8Hrs)
Demat Account Opening-requirement, Types of Brokers, Stock Market important Terminologies: Bonus share, stock split, Dividend, Market Trends, Correction, Crash, Types of Trading, Types of order, Factors affecting on the stock market.		



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Unit IV	Basic of Technical Analysis	(8Hrs)
Types of Charts, Candle formation, Types of Candles, Types of Candlestick pattern-single and double candlestick pattern, Chart patterns-reversal pattern and continuation pattern, Technical indicators - moving averages, MACD, RSI.		
Unit V	Risk Management	(5Hrs)
Types of risk, Diversification of portfolio, risk management strategies, stop-loss orders, margin trading.		
Unit VI	Investment Management	(8Hrs)
Objectives of investment policy, nature of investments, magnitude of funds, investment of funds, constraints of stock market, Capital adequacy and capital management.		
Learning Resources		
Text Books: 1. Anand Ganguly, Insurance Management, New Age Publications.		
Reference Books: 1. Arora Arvind (2022), Basics of Stock Market - Complete guide for stock beginners A2 Motivation. 2. Gala Jitendra (2007) Guide to Indian Stock Market Buzzing, Stock Publishing House.		
MOOC / NPTEL Courses: https://onlinecourses.nptel.ac.in/noc20_mg10/preview		



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JSPM University Pune F.Y.B.A. "Political Science" Semester II		
Course Type: IOC	Course Title: Fundamentals of Data Science	
Course Code: 230GCSB23_02	Teaching Scheme: Hours/Week (Hours/Week)	Examination Scheme:
Credits: 2	Lecture (L): 02 Tutorial (T): 0 Practical (P): 0 Experiential Learning (EL): 0	Theory (TH): 100 Marks
Prerequisite Courses: Understanding of simple arithmetic (percentages, averages, ratios) Ability to interpret basic tables and graphs (bar charts, pie charts, line graphs) Basic navigation of Microsoft Excel or Google Sheets Navigating online resources (e.g., accessing public datasets)		
Course Outcome: CO1: Understand the role and importance of data in today's world. CO2: Describe key steps in the data science process. CO3: Work with structured datasets using basic tools. CO4: Summarize and represent data using basic statistical and visual tools. CO5: Interpret trends and patterns in data relevant to social science and humanities fields. CO6: Interpret real-life problems through data science techniques.		
Course Contents		
Unit I	Introduction to Data Science	(7 Hours)
What is Data? Definition and scope of data science, Types and sources of data (structured/unstructured, qualitative/quantitative), Data Lifecycle, Role of data in the humanities and social sciences, The data science pipeline (collect, clean, analyze, visualize, interpret)		
Unit II	Understanding Data	(7 Hours)
Levels of measurement: nominal, ordinal, interval, ratio, Methods of data collection: surveys, government portals, social media, academic research), Introduction to datasets (CSV, Excel, Google Sheets),		
Unit III	Data Collection and Cleaning	(7 Hours)
Techniques of data collection: primary and secondary sources, Sampling methods: random, stratified, convenience, Data cleaning: removing duplicates, handling missing values, Data cleaning: removing duplicates, handling missing values, identifying missing, incorrect, or inconsistent data.		

Unit IV	Introduction to Data Analysis	(8 Hours)
Measures of central tendency (mean, median, mode), Measures of dispersion: range, variance, standard deviation, Tabular and graphical representation: bar charts, histograms, pie charts, box plots , Frequency distribution, Basic correlations and trends, Sorting and filtering data, Using pivot tables (Excel/Google Sheets)		
Unit V	Data Visualization and Techniques	(9 Hours)
Importance of data visualization in communication, Principles of good visualization, Types of visualizations: bar graphs, pie charts, histograms, line graphs, Interpreting charts and graphs, Choosing the right chart for the data Tools: Excel, Google Sheets, or web-based visualization tools (e.g., Datawrapper, Tableau Public)		
Unit VI	Applications, Ethics, and Case Studies	(7Hours)
Applications of data science in policy-making, economics, sociology, media, education, marketing and governance, Data privacy, informed consent and ethical data use, different Case study discussion (one real-world dataset) like Case study analysis e.g., gender data gap, COVID-19 data communication.		
Resources		
Text Books		
<ol style="list-style-type: none"> 1. “Doing Data Science” by Cathy O’Neil and Rachel Schutt 2. “An Introduction to Data Science” by Jeffrey Stanton (Free PDF available) 3. “The Art of Statistics” by David Spiegelhalter 		
Reference Books		
<ol style="list-style-type: none"> 4. “Data Science from Scratch” by Joel Grus 5. “Data Visualization: A Practical Introduction” by Kieran Healy 		
MOOC / NPTEL Courses:		
<ol style="list-style-type: none"> 6. Introduction to Data Science – by Prof. Raghunathan Rengaswamy, IIT Madras https://eicta.iitk.ac.in 7. “Foundations: Data, Data, Everywhere” – Google Data Analytics (Coursera) https://www.coursera.org 		



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JSPM University Pune F.Y.B.A. Political Science Semester II

Course Type: SEC		Course Title: Financial Literacy	
Course Code: 230VCOB0201		Teaching Scheme:	Examination Scheme:
Credits: 2		Lecture (L): 2 Tutorial (T): 0 Practical (P): 2 Experiential Learning (EL): 0	ORAL (OR): 50Marks PRACTICAL (PR): 50 Marks
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 CO1: Understand the evolution and structure of the banking system in India. CO2: Understand the various types of cheques. CO3: Analyze and evaluate tax-saving investment schemes CO4: Understand the importance of financial planning and the steps involved. CO5: Apply knowledge of consumer protection and redressal mechanisms. CO 6: Hand-on practice of financial calculation.			
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			
Unit V	Scams, Fraud Schemes	(3Hrs)	



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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, cognitiveability 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		
F.Y.B.A. Political Science		
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: 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, learner will be able to CO1: Recalling theory of communication for effective body language. CO2: Understand the importance of developing Public Speaking Skills and formulate the thoughts effectively in the form of an effective Presentation. CO3: Carrying reflexive or non-reflexive movements of the part or whole body. CO4: Analyzing how sentences are built, learning to expand sentences, and learning to combine short, choppy sentences into longer, grammatically correct sentences. CO5: Evaluate the most appropriate form in which to present information through social media, CO6: Create awareness about importance of professional behavior and suggest standard for appearance, actions, and attitudes in 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)
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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)
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Paragraph Writing, Report writing: Formal and Informal Report, Resume writing: Difference in CV and Resume, Advertisement writing.

UNIT V	Corporate/ Business Etiquette	(2 Hrs)
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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)
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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		
F.Y.B.A. “Political Science”		
Semester II		
Course Type: VEC/EEC	Course Title: Environment and Sustainability	
Course Code: 231GCEB02_01	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: Students completing the course will be able to: CO1: Comprehend the environment's components and historical human-environment interactions comprehensively. CO2: Analyze ecosystems, recognize biodiversity's importance, and propose conservation strategies. CO3: Identify pollution types, explore remediation strategies, and understand the shift to renewable energy and sustainable resource management. CO4: Gain knowledge in climate science, comprehend climate change impacts. CO5: Grasp the concept of sustainability, and its practical application in addressing global environmental challenges. CO6: Explore environmental policy development, engage in actions towards sustainability		
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)
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)
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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)
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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)
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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)



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		
F.Y.B.A. Political Science		
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, learner will be able to CO1: Define yoga and explain its history and philosophy. CO2: Identify and describe different types of yoga and their benefits. CO3: Apply yoga poses and fitness exercises to their own lives to improve their physical and mental well-being. CO4: Modify yoga poses and fitness exercises to fit their individual needs and goals. CO5: Weigh the asanas and pranayama suitable to practice in accordance with the stage in life. CO6: Plan and design a yoga inclusive lifestyle conducive to one's own profession.		
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		
Unit V	Pranayama Practice	(5 Hrs)



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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>