

# Shri Rawatpura Sarkar University, Raipur Department of Commerce

# **Scheme of Examination**

Outcome Based Education (OBE) and Choice Based Credit System (CBCS)

**Bachelors of Commerce** 

B.Com.

Semester-I

**Applicable Batch 2023-24 to 2025-26** 

**Applicable Semester-- From July 2023 to December 2023** 

				rse	Teaching Hours Per Week					Examination Scheme				
	Course	Theory/	Course	Course		_			redi	Theory		Practical		r. Marks
S.No.	Code	Practical	Name	Nature of	Lecture	Practica	Practical Tutorial		Total Credit	End Semester Max. Marks	Continuous Evaluation Max. Marks	End Semester Max. Marks	Continuous Evaluation Max. Marks	Total Max.
1	23BC1.1	Theory	Financial Accounting	C-1	5	NA	1	6	6	70	30	NA	NA	100
2	23BC1.2	Theory	Business Law	C-2	5	NA	1	6	6	70	30	NA	NA	100
3	23BC1.3	Theory	Business Economics	GE- 1	5	NA	1	6	6	70	30	NA	NA	100
4	23BC1.4	Theory	Yoga and Happiness	DSE- 1	4	1	1	6	6	70	20	NA	10	100
	Total						5	24	24	280	120	NA	NA	400

Course Title Financial Accounting								
<b>Course Code</b>	23BC1.1	1		_				
Course	L	T	P	TC				
Credits	5	1	_	6				
Prerequisites	Knowledg account.	ge ab	out fu	ındamental	of financial, Collection of predate for preparing financial			
Course Objectives	_	To gain comprehensive understanding of all aspects relating to financial statements, principles, procedures of accounting and their application to different practical situations						
Course Contents	Accounting Accounting Accounting Revenue Subsidiar entries, The Trial Bal Accounting Balance adjustment Accounting Depletion recording Systemsubstanting Partnersh Partnersh Partnersh and privation of Accounting Systemsubstanting Partnersh Partner	ing; Fountinions; ing Te; Bory Bory Bory Bory Bory Bory Bory Bory	Function of the country of the count	ons of Accordenating Standard Inting Standard Inting Standard Inting Standard Inting Standard Interest	UNIT- I counting: Meaning and Definition; Objectives of unting; Users of Accounting Information; Limitations Principles; Accounting Concepts and Accounting lards: List of Indian Accounting Standards.  UNIT-II  cept of Double entry system; Concept of Capital and ecords: Journal, Preparation of Ledger Accounts; types of cash book: Single column, double column ok-Petty Cash Book  UNIT-III  ive, preparation of Trial balances. Statements of Final ojectives; Trading Account, Profit & loss Account & ed & preparation of Accounts without and with Errors: Meaning, Classification of errors, Suspense preparation.  UNIT-IV expreciation, causes of depreciation; depreciation, Depreciation accounting; methods of depreciation Meaning of Hire Purchase and Instalment Purchase hire purchase contract; Accounting for goods of ing records for goods for small value.  UNIT- V ession, retirement and retirement cum admission of a l, revaluation of assets & liabilities; Accounting for of one or more partner, consideration of private estate			
Course Outcomes	2. M 3. E 4. P	Aeasu Evalua Prepar	ring b ating in ing ca	usiness incomportance of she book to o	accepted accounting principles for recording transactions ome of depreciation of a business ement of individual and partnership business			
Text Books	1. F P 2. D	Finance Publis  Or. S.  House	cial Action of the House of the	counting, Douse.  Jouse, Financi	Or. Karim and Khanuja, SBPD al Accounting, SBPD Publishing			
Reference Books	2. H	Basics	of Ac	counting -	V.K. Goyal & Ruchi Goyal Jain & Narang Basic of Accounting – T. S. Grewal. Accounting, SBPD Publishing House.			

<b>Course Title</b>	Busines	Business Law										
<b>Course Code</b>	23BC1.2	2										
Course	L	T	P	TC								
Credits	5	1	-	6								
Prerequisites	Understa	nding	g equiv	alent to 1	2 class	studies						
Course	-				-	part basic knowledge of the important Business						
Objectives	Legislation along with relevant case law.											
Course Contents	a) Contra b) Essent free cons. c) Void a d) Discha contract. e) Contin f) Quasi -  The Indi a) Contra b) Contra c) Contra The Sale a) Contra b) Condit c) Transf d) Perfort e) Unpaid  Partnersh a. Nature b. Registr c. Types d. Rights e. Implied f. Incomi g. Mode B) The L a) Salient b) Differe c) LLP A d) Partne e) Incorp f) Incorp g) Partne  The Nego a) Meanin Exchange b) Holder	an Color of Gold of Ser of January and I de Auton of Paramond I de Auton of District of Ser of January and I de Auton of Paramond I de Auton of District Peatences and I de Auton of Paramond I de Auton of Paramond I de Auton of District Peatences and I de Auton of Paramond I de I	meaning a value and a value an	and contract of the contract o	teristice teristice teristice teristice teristice teristice teristice teristice teristice teristics.  Odes of teristics of teristics of teristics teristics on the teristic teristics on the teristics of teristics on the teristics of teristics of teristics on the teristics of ter	UNIT III  Gerence between sale and agreement to sell.  cluding sale by a non-owner  I an unpaid seller against the goods and the buyer.  UNIT IV  Act, 1932  nership  Act, 2008  thership, LLP and Company  UNIT V  1  bes of Negotiable Instruments: Promissory Note, Bill of Privileges of Holder in Due Course.						

Course Outcomes	<ol> <li>Examining various aspects of entering into a contact</li> <li>Interpreting the regulation governing the contract of sale of goods</li> <li>Interpreting the regulation governing the contract of indemnity, bailment and agency</li> <li>Knowing the laws governing partnership</li> <li>Knowing the main dimension of negotiable instrument act</li> </ol>
Text Books	<ol> <li>M.C. Kuchhal, and Vivek Kuchhal, Business Law, Vikas Publishing House, New Delhi.</li> <li>Avtar Singh, Business Law, Eastern Book Company, Lucknow.</li> <li>Ravinder Kumar, Legal Aspects of Business, Cengage Learning</li> <li>SN Maheshwari and SK Maheshwari, Business Law, National Publishing House, New Delhi.</li> <li>Aggarwal S K, Business Law, Galgotia Publishers</li> </ol>
Reference Books	<ol> <li>Bhushan Kumar Goyal and Jain Kinneri, Business Laws, International Book House</li> <li>Sushma Arora, Business Laws, Taxmann Pulications.</li> <li>Akhileshwar Pathak, Legal Aspects of Business, McGraw Hill Education, 6th ed.</li> <li>P C Tulsian and Bharat Tulsian, Business Law, McGrawHill Education</li> <li>Sharma, J.P. and Sunaina Kanojia, Business Laws, AneBooks Pvt. Ltd., New Delhi.</li> </ol>

Course Title	Busines	s Ec	onom	ics								
Course Code	23BC1.3	3										
Course	L	T	P	TC								
Credits	5	1	_	6								
Prerequisites	Understa	nding	equiv	alent to 12	class studies							
Course Objectives	Business	Ecoi unde	nomic rstanc	s dealing v d the suppl	to acquaint the students with the concepts of with consumer behaviour. The course also makes the ly side of the market through the production and cost							
Course Contents	Limitatio Responsil Market D Demand,  Utility ar Indifferer Importance of Price e  Meaning Technical Production Cost of D Production Competit Monopolic absence of pricing. I	ns N bilitie Deman Type nalysince C ce typelastic of Sol Sol Subon Fundament on an istic s duop y: Moof the Horizon	Unition and Analysis of D  Units of D  Uni	n, Concepts Distinguis business Ec alysis- Mea emand and  t 2: Consumemand, Lav echnique, F alculations of Demand.  unit 4: I Assumption industry L gopoly: Mon etition and nodel, Stack by short run by curve. Meand vertical	duction, Market and Demand Analysis and variables of microeconomics, Scope, Importance sh between Micro and Macro Economics. Role and conomist.  Ining of demand and determinants of Demand, Changes in Exceptions of law of Demand.  In Exceptions of law of Demand  In Exceptions of Lasticity of Demand  In It 3: Production and Cost  In Function, Concept of Stock and flow, Marginal Rate of ic region of production, optimal Combination of resources. If variable Proportions (B) Law of return to Scale.  In Private cost of Production, Long run and Short run of Perfect and Imperfect Competition  In Imperfect Competition  In Exception of Production, Long run and Short run of Perfect and Imperfect Competition  In Exception of Production, Long run and Short run of Perfect and Imperfect Competition  In Exception of Production, Long run and Short run of Perfect and Imperfect Competition  In Exception of Production, Long run and Short run of Perfect and Imperfect Competition  In Exception of Production, Long run and Short run of Perfect and Imperfect Competition  In Exception of Production, Perfect Stock and flow, Marginal Rate of Interfect Competition  In Exception of Perfect Competition of Perfect and Interfect Competition  In Exception of Perfect Compe							
Course Outcomes	2. U 3. P N 4. A	Jnder Perfor Marke Analys	standing supports, And se the	ng about Me ply and den alyse the be performance	onal and Modern Definitions of economics. ethodology in economics. nand analysis to analyse the impact of economic events on haviour of consumers in terms of the demand for products, e of firms under different market structures, ecting firm behavior, such as production and costs							
Text Books	2. N. Gre 3. Madda Education 4. Salvato	<ol> <li>5. Evaluate the factors affecting firm behavior, such as production and costs</li> <li>1. Pindyck, R.S., D. L. Rubinfeld and P. L. Mehta; <i>Microeconomics</i>, Pearson Education.</li> <li>2. N. Gregory mankiw, <i>Principles of Micro Economics</i>, Cengage Learning</li> <li>3. Maddala G.S. and E. Miller; <i>Microeconomics: Theory and Applications</i>, McGraw-Hill Education.</li> <li>4. Salvatore, D. <i>Schaum's Outline: Microeconomic Theory</i>, McGraw-Hill, Education.</li> <li>5. Case and Fair, <i>Principles of Micro Economics</i>, Pearson Education</li> </ol>										
Reference Books	1. Koutsi 2. C Snyc 3. Bilas, I Education 4. Paul A	yanni der, <i>M</i> Richa n. Sam	s, <i>Mod</i> licroed rd A., uelson	dern Micro conomic The Microecond , William D	Economic Theory.  eory: Basic Principles and Extensions, Cengage Learning omics Theory: A Graphical Analysis, McGraw-Hill  Nordhaus, Microeconomics, McGraw-Hill Education.  mics, Kusum Lata Publishers							

Course Title	Yoga an	Yoga and Happiness									
<b>Course Code</b>	se Code 23BC1.4										
Course	L	T	P	TC							
Credits	4	1	1	6							
Prerequisites	. Underst	andin	g equi	ivalent to 12	class studies						
Course Objectives	To educa	To educate the students about Yoga contribution to lead a healthy and happy life									

#### **Unit 1: Introduction**

Yoga: Concept, Meaning, and Origin; Relation between mind and body; Importance of healthy body and mind; Body Management Techniques: Asana, Pranayama, Kriya. Principles of yogic practice, Meaning of Asana, its types and principles, Meaning of pranayama, its types and principles. Impact of yoga limbs like asana, pranayama, meditation, etc. on achieving excellence in performance.

# Unit 2: Classical and Emerging Schools of Yoga

Classical Schools of thoughts in Yoga: Hatha Yoga, Raja Yoga, Laya Yoga, Bhakti Yoga, Gyana Yoga, Karma Yoga; Asthang Yoga. Patanjali Yoga Sutra. Emerging schools of thoughts in Yoga.

#### **Unit 3: Meditation**

A Way of Life Relation between body, breath, and mind; Meaning of meditation and its types and principles. Ancient Scriptures and relevance of Meditation; Meaning and importance of prayer. Psychology of mantras. Essence of Mudras. Relevance of Meditation for different age groups and body requirements. Healing and Meditation. Seven layers of existence. Meditation for adding hours to your day, excellence at workplace, harmony in relationships, better decision making, heightened awareness and concentration.

# Unit 4: Yoga & Meditation in Modern Setting

Acupressure, acupuncture. Anatomy and Physiology and their importance in Yogic Practices. Food and Lifestyle: Yogic therapies and modern concept of Yoga; Naturopathy, Hydrotherapy, Electrotherapy, Mesotherapy, Basics of Ayurveda, Yogic Diet; Importance of having Sattvic Ayurvedic Food, Workplace productivity which is directly linked to Healthy Sattvic food. Modulation of ailments through food and balanced nutrition and dieting practices, integrating traditional food items with modern food habits, mental health and food types.

# Course Contents

## Unit 5: Developing Happiness & Spiritual Quotient Happiness

Meaning and sources. Four hormones of happiness: Dopamine, Oxytocin, Serotonin, Endorphins. Happiness: independent variable vs. dependent variable, life view, models of happiness, Distinction between Religion and Spirituality. Myths about Happiness, Principles of being happy. Concept of Self, Positive thinking; Self Introspection; Religion and Spirituality; Life Stories of Spiritual Masters. Concept of Prana. Techniques of studying spiritual quotient. Applied Kinesiology: Introduction to the concept of Applied Kinesiology; Muscle Testing, Nutrient Testing.

#### **Practical Exercises:**

Learners are required to:

- **1.** Participate in the practical sessions in Yoga Lab. on Asanas, Pranayama, Kriya: Sudarshan Kriya of Art of Living, Isha Kriya, etc.
- **2**. Participate in the practical sessions in Yoga Lab. on Hatha Yoga, Raja Yoga, Laya Yoga.
- **3**. Interpret the Yog Sutras by Patanjali as per their applicability in real life situations and submit a report of the same.
- 4. Submit and present report on their key learnings from the following:
- a. Sudarshan Kriya yoga: Breathing for health-NCBI
- b. How Meditation Benefits CEOs-A case study at Harvard Business School
- c. A Little Meditating Helps You Make Better Business Decisions-A case study at Harvard Business School to debate for and against imbibing Ayurveda & health in modern lifestyle.
- 6. Participate in simulation exercises in class using applied kinesiology techniques.
- 7. Write a summary of their personal experience of learning various yoga, breathing, and meditation techniques in the course and how do you think it will help you in the future.

# Course Outcomes

- 1. Demonstrate Asanas, Pranayama, Kriya with proficiency
- 2. Demonstrate postures of Hatha Yoga, Raja Yoga, and Laya Yoga
- 3. Analyse the relevance of Yog Sutras in real life situation
- 4. Interpret the significance of Meditation in Business Context
- 5. Summarise the importance of Ayurveda in modern lifestyle
- 6. Enhance Happiness and Spiritual Quotient

Text Books	<ol> <li>Shankar, S S R (2018), Pantanjali Yoga Sutra, Bangalore, Sri Sri Publication</li> <li>Taimni I K (2005) The Science of Yoga, Adyar, Chennai: Theosophical Publishing House</li> </ol>
Reference Books	1. Verma, K (2008), Sri Sri Yoga, Bangalore, Sri Sri Publication Trust



# Shri Rawatpura Sarkar University, Raipur Department of Commerce

# **Scheme of Examination**

Outcome Based Education (OBE) and Choice Based Credit System (CBCS)

# Bachelors of Commerce (Honours) B.Com. (Hon.)

# Semester-I

**Applicable Batch 2023-24 to 2025-26** 

**Applicable Semester-- From July 2023 to December 2023** 

					Teaching Hours Per Week				ני			Marks		
	Course	Theory/	Course	of Course	a)	<u></u>	Tutorial		Cred	Theory		Practical		. Aa
S.No.	Code	Practical	Name	Nature o	Lecture	Lecture Practical		Total	Total Credit	End Semester Max. Marks	Continuous Evaluation Max. Marks	End Semester Max. Marks	Continuous Evaluation Max. Marks	Total Max.
1	23BCH1.1	Theory	Financial Accounting	C-1	5	NA	1	6	6	70	30	NA	NA	100
2	23BCH1.2	Theory	Business Law	C-2	5	NA	1	6	6	70	30	NA	NA	100
3	23BCH1.3	Theory	Business Economics	GE- 1	5	NA	1	6	6	70	30	NA	NA	100
4	23BCH1.4	Theory	Yoga and Happiness	DSE- 1	4	1	1	6	6	70	20	NA	10	100
	Total					3	3	24	24	280	120	NA	NA	400

Course Title	Financial Accounting											
Course Code	23BCH1	1.1										
Course	L	T	P	TC								
Credits	5	1	-	6								
Prerequisites	Knowledge about fundamental of financial, Collection of predate for preparing financial account.											
Course Objectives	_	•			ding of all aspects relating to financial statements, principles, r application to different practical situations							
Course Contents	UNIT- I  Introduction of Financial Accounting: Meaning and Definition; Objectives of Accounting; Functions of Accounting; Users of Accounting Information; Limitations of Accounting; Accounting Principles; Accounting Concepts and Accounting Conventions; Accounting Standards: List of Indian Accounting Standards.  UNIT -II  Accounting Transactions: Concept of Double entry system; Concept of Capital and Revenue; Book of original records: Journal, Preparation of Ledger Accounts; Subsidiary Books: Cashbook, types of cash book: Single column, double column entries, Three-column Cash Book-Petty Cash Book  UNIT- II  Trial Balance: Meaning, Objective, preparation of Trial balances. Statements of Final Accounts: Meaning, need & objectives; Trading Account, Profit & loss Account & Balance Sheet: Meaning, need & preparation of Accounts without and with adjustments. Rectification of Errors: Meaning, Classification of errors, Suspense Accounting: meaning, utility & preparation.  UNIT- IV  Depreciation: Concept of depreciation, Causes of depreciation; depreciation, Depletion & Amortization; Depreciation accounting; methods of depreciation recording; Special Accounting: Meaning of Hire Purchase and Instalment Purchase System- Legal provision for hire purchase contract; Accounting for goods of substantial sale values, accounting records for goods for small value.  UNIT- V  Partnership Accounting: Admission, retirement and retirement cum admission of a											
Course Outcomes	<ul><li>2. Interp</li><li>3. Interp</li><li>4. Know</li></ul>	ining reting reting reting the	variog the registry the registr	us aspects egulation g egulation g vs governin	of entering into a contact governing the contract of sale of goods governing the contract of indemnity, bailment and agency ag partnership ons of negotiable instrument act							
Text Books	• Financia	l Acco	ounting	g, Dr. Karin	n and Khanuja, SBPD Publishing House. unting, SBPD Publishing House.							
Reference Books	• Financia • Basics o	l Accord	ountin ountin	g – V.K. Go g – Jain & I	oyal & Ruchi Goyal  Narang Basic of Accounting – T. S. Grewal.  Ling, SBPD Publishing House.							

<b>Course Title</b>	Business Law											
<b>Course Code</b>	23BCH1	1.2										
Course	L	T	P	TC								
Credits	5	1	-	6								
Prerequisites	Understa	nding	equiv	alent to 12	2 class studies							
Course	-				to impart basic knowledge of the important Business							
Objectives	Legislation along with relevant case law.  UNIT I											
Course Contents	a) Contra b) Essent free conse c) Void a d) Discha contract. e) Contin f) Quasi -  The India a) Contra b) Contra c) Contra The Sale a) Contra b) Condit c) Transf d) Perform e) Unpaid  Partnersh a. Nature b. Registr c. Types d. Rights e. Implied f. Incomi g. Mode o B) The L a) Salient b) Differe c) LLP A d) Partner e) Incorp f) Incorp g) Partner  The Nego a) Meanin Exchange b) Holder	an Color of Gold of Ser of Gold of Paramold and I de Auton of Paramold and I de Auton of District of Ser of Gold of Go	meaning a value gality nents of a contract contract Indem Bailm Agence code Asale, nand was owner e of code of a Friners Duties hority doutges solution de Liab ures of a L	eg, charact id contract of objects at Act, 1872 anity and Cent ey act, 1930 anarranties ship in goo ontract of seaning, right of Partner of a Partner of a Partner of a Partner of a Partner on of Partner of a Partn	UNIT II  Expecific Contracts Guarantee  UNIT III  ad difference between sale and agreement to sell.  bods including sale by a non-owner sale this of an unpaid seller against the goods and the buyer.  UNIT IV  tership Act, 1932 f Partnership Firms  s er theres t							

	Examining various aspects of entering into a contact								
	2. Interpreting the regulation governing the contract of sale of goods								
Course	3. Interpreting the regulation governing the contract of indemnity, bailment and agency								
Outcomes	4. Knowing the laws governing partnership								
	5. Knowing the main dimensions of negotiable instrument act								
	1. M.C. Kuchhal, and Vivek Kuchhal, Business Law, Vikas Publishing House, New Delhi.								
	2. Avtar Singh, Business Law, Eastern Book Company, Lucknow.								
m	3. Ravinder Kumar, Legal Aspects of Business, Cengage Learning								
Text Books	4. SN Maheshwari and SK Maheshwari, Business Law, National Publishing House, New								
	Delhi.								
	5. Aggarwal S K, Business Law, Galgotia Publishers								
	1. Bhushan Kumar Goyal and Jain Kinneri, Business Laws, International Book House								
D. C.	2. Sushma Arora, Business Laws, Taxmann Pulications.								
Reference	3. Akhileshwar Pathak, Legal Aspects of Business, McGraw Hill Education, 6th ed.								
Books	4. P C Tulsian and Bharat Tulsian, Business Law, McGrawHill Education								
	5. Sharma, J.P. and Sunaina Kanojia, Business Laws, AneBooks Pvt. Ltd., New Delhi.								

Course Title	Busines	s Ec	Business Economics									
Course Code	23BCH1	1.3										
Course	L	Т	P	TC								
Credits	5	1	-	6								
Prerequisites	Understa	nding	equiv	alent to 12	class studies							
Course Objectives	Business student	The objective of the course is to acquaint the students with the concepts of Business Economics dealing with consumer behaviour. The course also makes the student understand the supply side of the market through the production and cost behaviour of firms.										
	Limitatio Responsi Market D	ns N bilitie Demar	inition lature, s of a nd Ana	n, Concepta Distingui business Ed alysis- Mea	duction, Market and Demand Analysis s and variables of microeconomics, Scope, Importance sh between Micro and Macro Economics. Role and conomist. uning of demand and determinants of Demand, Changes in Exceptions of law of Demand.							
	Indifferer Importan	Unit 2: Consumer Behaviour and Elasticity of Demand Utility analysis of demand, Law of Diminishing marginal utility and Consumer Surplus, Indifference Curve Technique, Price Line of Budget Line, Concept of Elasticity of Demand, Importance types, Calculations of different Concepts of elasticity, Methods of measurement of Price elasticity of Demand.										
Course Contents	Unit 3: Production and Cost  Meaning of Supply and Supply Function, Concept of Stock and flow, Marginal Rate of Technical Substitution, economic region of production, optimal Combination of resources.  Production Function- (A) Law of variable Proportions (B) Law of return to Scale.  Cost of Production- Social and Private cost of Production, Long run and Short run of Production.											
	Perfect C and long Monopoli decision-	Unit 4: Perfect and Imperfect Competition  Perfect Competition – Assumptions, Equilibrium of the firm and the industry in the short and long runs, including industry Long run Supply curve. Price discrimination. Monopolistic Competition and Oligopoly: Monopolistic competition price and output decision-equilibrium. Monopolistic Competition and economic efficiency Oligopoly and Interdependence – Cournot's duopoly model, Stackelberg model, Kinked demand model.  Unit 5: Monopoly										
	absence of pricing. I	of the Horizo	suppl ontal a	y curve. Mand vertical	and long run equilibrium. Shifts is demand curve and the leasurement of monopoly power and the rule of thumb for integration of firms. The social costs of monopoly power rees of price discrimination.							
Course Outcomes	2. I 3. I 0 p 4. A	<ol> <li>Analyse about Traditional and Modern Definitions of economics.</li> <li>Understanding about Methodology in economics.</li> <li>Performing supply and demand analysis to analyse the impact of economic events on Markets, Analyse the behaviour of consumers in terms of the demand for products</li> <li>Analysing the performance of firms under different market structures,</li> </ol>										
Text Books	2. N. Gre 3. Madda Education 4. Salvato	gory i la G.S n. ore, D	mankiv S. and . <i>Scha</i>	w, <i>Principl</i> E. Miller; <i>l</i> um's Outli	d and P. L. Mehta; <i>Microeconomics</i> , Pearson Education.  es of Micro Economics, Cengage Learning  Microeconomics: Theory and Applications, McGraw-Hill  ne: Microeconomic Theory, McGraw-Hill, Education.  Micro Economics, Pearson Education							

	1. Koutsiyannis, Modern Micro Economic Theory.			
	2. C Snyder, Microeconomic Theory: Basic Principles and Extensions, Cengage Learning			
Reference	3. Bilas, Richard A., Microeconomics Theory: A Graphical Analysis, McGraw-Hill			
Books	Education.			
	4. Paul A Samuelson, William D Nordhaus, <i>Microeconomics</i> , McGraw-Hill Education.			
	5. Amit Sachdeva, <i>Micro Economics</i> , Kusum Lata Publishers			

<b>Course Title</b>	Yoga and Happiness						
<b>Course Code</b>	23BCH1.4						
Course Credits	L	T	P	TC			
	4	1	1	6			
Prerequisites	. Underst	. Understanding equivalent to 12 class studies					
Course Objectives	To educate the students about Yoga contribution to lead a healthy and happy life						

#### **Unit 1: Introduction**

Yoga: Concept, Meaning, and Origin; Relation between mind and body; Importance of healthy body and mind; Body Management Techniques: Asana, Pranayama, Kriya. Principles of yogic practice, Meaning of Asana, its types and principles, Meaning of pranayama, its types and principles. Impact of yoga limbs like asana, pranayama, meditation, etc. on achieving excellence in performance.

## Unit 2: Classical and Emerging Schools of Yoga

Classical Schools of thoughts in Yoga: Hatha Yoga, Raja Yoga, Laya Yoga, Bhakti Yoga, Gyana Yoga, Karma Yoga; Asthang Yoga. Patanjali Yoga Sutra. Emerging schools of thoughts in Yoga.

#### **Unit 3: Meditation**

A Way of Life Relation between body, breath, and mind; Meaning of meditation and its types and principles. Ancient Scriptures and relevance of Meditation; Meaning and importance of prayer. Psychology of mantras. Essence of Mudras. Relevance of Meditation for different age groups and body requirements. Healing and Meditation. Seven layers of existence. Meditation for adding hours to your day, excellence at workplace, harmony in relationships, better decision making, heightened awareness and concentration.

#### Unit 4: Yoga & Meditation in Modern Setting

Acupressure, acupuncture. Anatomy and Physiology and their importance in Yogic Practices. Food and Lifestyle: Yogic therapies and modern concept of Yoga; Naturopathy, Hydrotherapy, Electrotherapy, Mesotherapy, Basics of Ayurveda, Yogic Diet; Importance of having Sattvic Ayurvedic Food, Workplace productivity which is directly linked to Healthy Sattvic food. Modulation of ailments through food and balanced nutrition and dieting practices, integrating traditional food items with modern food habits, mental health and food types.

# Course Contents

# Unit 5: Developing Happiness & Spiritual Quotient Happiness

Meaning and sources. Four hormones of happiness: Dopamine, Oxytocin, Serotonin, Endorphins. Happiness: independent variable vs. dependent variable, life view, models of happiness, Distinction between Religion and Spirituality. Myths about Happiness, Principles of being happy. Concept of Self, Positive thinking; Self Introspection; Religion and Spirituality; Life Stories of Spiritual Masters. Concept of Prana. Techniques of studying spiritual quotient. Applied Kinesiology: Introduction to the concept of Applied Kinesiology; Muscle Testing, Nutrient Testing.

## **Practical Exercises:**

Learners are required to:

- **1.** Participate in the practical sessions in Yoga Lab. on Asanas, Pranayama, Kriya: Sudarshan Kriya of Art of Living, Isha Kriya, etc.
- **2**. Participate in the practical sessions in Yoga Lab. on Hatha Yoga, Raja Yoga, Laya Yoga.
- **3**. Interpret the Yog Sutras by Patanjali as per their applicability in real life situations and submit a report of the same.
- **4**. Submit and present report on their key learnings from the following:
- a. Sudarshan Kriya yoga: Breathing for health-NCBI
- b. How Meditation Benefits CEOs-A case study at Harvard Business School
- c. A Little Meditating Helps You Make Better Business Decisions-A case study at Harvard Business School to debate for and against imbibing Ayurveda & health in modern lifestyle.
- 6. Participate in simulation exercises in class using applied kinesiology techniques.
- 7. Write a summary of their personal experience of learning various yoga, breathing, and meditation techniques in the course and how do you think it will help you in the future.

	1. Demonstrating Asanas, Pranayama, Kriya with proficiency				
	2. Demonstrating postures of Hatha Yoga, Raja Yoga, and Laya Yoga				
Course	3. Analyse the relevance of Yog Sutras in real life situation				
Outcomes	4. Interpret the significance of Meditation in Business Context				
	5. Summarise the importance of Ayurveda in modern lifestyle				
	6. Enhance Happiness & Spiritual Quotient				
Text Books	1 Shankar, S S R (2018), Pantanjali Yoga Sutra, Bangalore, Sri Sri Publication 2 Taimni I K (2005) The Science of Yoga, Adyar, Chennai: Theosophical Publishing House				
Reference Books	1. Verma, K (2008), Sri Sri Yoga, Bangalore, Sri Sri Publication Trust				