



Shiksha Mandal's
G. S. College of Commerce, Wardha
(Autonomous)



B.Com. (Major in Computer Application)

Semester – IV

Oracle (BCCA 4.1)

Teaching Hours:
36 (Theory) + 48 (Practical)

Total Credits: 4

Total Marks:
40 + 30 + 30 = 100

Group: Major Core

Objectives:

1. To understand the importance of data organization in Oracle with SQL queries.
2. To explore the structure of ORACLE functions and views.
3. To analyze data in Oracle with PL/SQL block.
1. To apply SQL query to implement cursor and trigger.

Learning Outcomes: After learning this course, students will be able to –

1. **Understand** and **recall** DBMS history with different queries on database.
2. **Explore** the use of functions and views.
3. **Analyse** complex datasets efficiently using PL/SQL blocks.
4. **Apply** ORACLE PL/SQL cursors and Triggers to maintain data consistency.

Unit

Content

- | | |
|------------|---|
| I | Introduction to ORACLE as RDBMS, History & standardization of SQL, Elements of SQL: Database objects, reserved words, Keywords, Variables, Data Types, Operators: Arithmetic, Comparison, Logical, IN, Between, Like, Constraints.
Types of SQL Statements: DDL DML, DCL, DQL TCL. |
| II | Functions: Arithmetic & Characters Functions, comparison, Logical set, Group function, Date Functions, Miscellaneous Functions, Stored Procedure.
View: Create, Alter And Drop, Joins: Inner, Outer, semi, self and Cross. Sub Query, Report Commands. |
| III | Introduction to PL/SQL, Variables, Initialization of variables, Dynamic data types, PL/SQL Block, Control Statements, loop statements, procedure and function. |
| IV | PL/SQL Cursor: Declare cursor, Fetch, Open cursor, Close cursor. Exception, Triggers: Concepts, Trigger definition, Trigger type, Enabling, Disabling & Dropping triggers, synonyms, collections and Record, Varray, Nested table, Records. |

Books Recommended:

1. **Oracle: I.T. Today** (Encyclopedia)
2. **SQL/PLSQL The programming Language of ORACLE** 4th Edition, IVAN Bayross
3. **Oracle PL/SQL : PL/SQL in 21 days** (Techmedia) SAMS



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Semester – IV

Core Java (BCCA 4.2)

Teaching Hours:
36 (Theory) + 48 (Practical)

Total Credits: 4

Total Marks:
40 + 30 + 30 = 100

Group: Major Core

Objectives:

1. To understand the fundamental concepts of Object-Oriented programming in JAVA.
2. To explore the power of inheritance, constructor and multithreaded programming.
3. To analyse the techniques of JAVA I/O operations within packages.
1. To apply JAVA Applets that incorporate GUI using AWT components.

Learning Outcomes: After learning this course, students will be able to –

1. **Understand** the semantics of JAVA Programming language including data types, operators and control structures.
2. **Explore** advanced OOP concepts in Java to create flexible and extensible software design.
3. **Analyse** different types of streams available in JAVA.
4. **Apply** the concepts of user input and events in Java applets using AWT event handling mechanisms.

Unit

Content

- | Unit | Content |
|------|---|
| I | History and evaluation of Java, Overview of Java, Data types Variables and Arrays, Operators, Control Statements, Introducing Classes, Methods and Classes. |
| II | Inheritance, Constructors, Method Overriding, Package and Interfaces, Exception Handling, Multithreaded Programming, Enumerations, autoboxing and Annotations (Metadata). |
| III | I/O, Generics, String Handling, Exploring Java.Lang, Java.util: Collection Framework, Input /Output: Exploring Java.io, The Stream Class, Character Stream, Console Class, Serialization. |
| IV | Applets, Applet Class, Event handling, Introducing AWT: Working with windows, graphics, text, Using AWT controls, Layout Managers and Menus, Images. |

Books Recommended:

1. **Programming with Java**, E. Balagurusamy, McGraw-Hill, New Delhi.
2. **Java The Complete Reference**, Seventh Edition, Herbert Schildt, Mc Graw Hill
3. **Java The Complete Reference**, Ninth Edition by Herbert Schildt Publication, Oracle Press



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Semester – IV

Monetary Economics (BCCA 4.3.1)

Teaching Hours: 60

Total Credits: 4

Total Marks:
70+30 =100

Group: Minor

Objective:

1. To help students understand the basic concepts related to money and the importance of money in growth and welfare.
2. The core objective is to provide the students with an understanding of apex banking institution, commercial banks, modern digital banking systems and other financial institutions
3. To provide students with an understanding of the functioning of Development Banks, Cooperative societies, NBFCs, Payment Banks and Neo Banks
4. To enable the students to understand the working of macroeconomic fundamentals business cycles, inflation and deflation.

Learning Outcomes: After learning this course, students will be able to –

1. **Understand** the concepts of money, paper currency, methods of issue, Fisher's Quantity Theory, facilitating their ability to analyze their significance in economic contexts.
2. **Correlate** how changes in money supply can lead to changes in the dynamic economic system and analyze the measures taken by RBI to combat economic fluctuations
3. **Classify** the working of various banking institutions in the country and their functioning.
4. **Evaluate** parameters like National Income, Inflation, Deflation and Business Cycles to measure the performance of economy.

Unit	Content
I	Money in Economics <ul style="list-style-type: none"> • Money - Meaning, Evolution of Money, Functions of Money • Paper Currency - Meaning, Merits, Demerits • Methods of note issue - Fixed Fiduciary Method - Merits & Demerits, Proportionate Reserve Method - Merits & Demerits, Minimum Reserve Method - Merits & Demerits • Fisher's Quantity Theory of Money and Criticism
II	Central Bank (Reserve Bank of India) and Commercial Banks <ul style="list-style-type: none"> • Reserve Bank of India - History, Meaning & Functions, • Role of Central Bank in a Developing Economy • Monetary Policy - Meaning, Objectives, Instruments of Monetary Policy in Credit Control by RBI, Recent Indian monetary policy trends • Indian Banking System - Introduction and Structure of Indian Banking System, • Commercial Banks - Meaning, Importance, Functions, Credit Creation by Commercial Banks, Banking schemes for Women. • Non-Performing Assets - Concept, Causes, Consequences & Remedies



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Semester – IV

III	Various Banking Institutions <ul style="list-style-type: none">• Development Banks – NABARD, EXIM Bank: Meaning, Functions• Cooperative Banks – Concept, functions• NBFC – Concept, functions• Payment Banks – Introduction, Concept, Functions• Neo Banks – Introduction, Concept, Functions
IV	National Income <ul style="list-style-type: none">• National Income – Meaning and Concepts of GDP, NDP, GNP, NNP (at factor cost and market price), Methods of Measurement of National Income, Limitations, National income is not a true indicator of welfare, Concept of Circular flow of national income, Impact of Growing global income inequalities.• Inflation – Meaning, Causes, Effects, Remedies, Recent trends in global inflation• Deflation – Meaning, Causes, Effects, Remedies.• Business Cycle – Meaning, Features, Phases, Financial crisis 2008
Books Recommended:	
<ol style="list-style-type: none">1. Financial Institutions and Markets, Agrawal & Gupta, Kalyani Publishers(2015).2. Money, Banking, Trade & Public Finance, M. V. Vaish, New Age International Pvt. Ltd, Latest Edition.3. Modern Banking, Vaish, M.C., Oxford & IBH Publishing Co., New Delhi.4. Money, Banking and International Trade, K.P.M. Sundaram, Sultan Chand, New Delhi.5. Money and Financial System, P.K. Deshmukh, Phadke Prakashan.6. Modern Banking, Sayers, Oxford, Clarendon Press.	



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Semester – IV

Business Law (BCCA 4.3.2)			
Teaching Hours: 60	Total Credits: 4	Total Marks: 70 + 30 = 100	Group: Minor
Objectives: <ol style="list-style-type: none"> 1. To enable students to understand the basic mercantile law that governs contracts in India 2. To equip students with the knowledge of limited liability partnership as a way of business 3. To familiarize students with the concept of consumerism and the relevant consumer law 4. To provide students with an overview of the banking law in India. 			
Learning Outcomes: After learning this course, students will be able to <ol style="list-style-type: none"> 1. Remember key provisions of Indian Contract Act and special contracts. 2. Demonstrate an understanding of Limited liability partnership and apply legal provisions for incorporating an LLP. 3. Understand and use the legal provisions available to consumers in India. 4. Analyse the banking structure and comment on the role of Banks 			
Unit	Content		
I	INDIAN CONTRACT ACT, 1872 Essential elements of a valid contract, Capacity to contract, Performance of a contract, Discharge of contract, Remedies for breach of contract Contract of Indemnity – Definition, Rights of indemnity holder Contract of Guarantee – Definition, Rights of surety, Extent of Surety's liability Contract of Bailment – Definition, Kinds, Duties of Bailer and Bailee, Contract of Pledge – Definition, Rights and duties of Pawnor and Pawnee		
II	Limited Liability Partnership Act, 2008 – Meaning and Nature of LLP, features of LLP, small LLP and its advantages, Key Highlights of LLP (Amendment) Act, 2021, Process of incorporation of LLP (with recent amendments), Registration of LLP and effect of registration, Provisions relating to name of LLP. Definition of partner, Qualification and disqualifications of becoming partner, designated partner, liability of partner. Conversion from Partnership firm into LLP – procedure for conversion.		
III	Consumer Protection Act, 2019 Definitions – Complaint, Complainant, Consumer, Person, Service, misleading advertisement, Deficiency in service, Unfair trade practices. Rights of consumers; Procedure to file complaint; Remedies available to consumers Consumer Protection Councils – Central, State and District Councils; Consumer Disputes Redressal machinery- District Forum, State Commission, National Commission- their jurisdiction. Relevant Case studies		
IV	Banking Law Indian Banking Structure; Commercial banks, Functions of commercial banks; Effects of nationalization of commercial banks, RBI- Constitution, Management and Functions; Definition of banker and customer; Duties of a Banker; Relationship between banker and customer; rights of bankers, obligations of bankers Banking Regulation Act, 1949- Nature of the Act; Forms of business in which banking companies may engage; Reserve Fund; Cash reserve; Powers of RBI to give directions		



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Semester – IV



Books Recommended:

1. **Business Laws**, Kapoor N.D., Sultan Chand & Sons, New Delhi
2. **Business Laws**, Sushma Arora; Taxmann's (11th Edition)
3. **A Manual of Business Laws**, Dr S N Maheshwari; Himalaya Publishing House
4. **Banking Law and Practice**, E Gordon, K Natarajan





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Semester – IV

Human Resource Management (BCCA 4.3.3)			
Teaching Hours: 60	Total Credits: 4	Total Marks: 70+30 = 100	Group: Minor
Objective: <ul style="list-style-type: none">1. To acquaint students with the techniques and principles to manage human resource of an organization.2. To learn the basic concepts and frameworks of human resource Management (HRM).3. To understand the role of HR in an effective business administration.4. To improves critical thinking skills of the students about HRM System as a tool for organizational success.			
Learning Outcomes: After learning this course, students will be able to – <ul style="list-style-type: none">1. Understand the Aspects of HRM in an organization.2. Analyze the principles and theories underlying job design and Job Evaluation in enhancing employee motivation and performance.3. Examine the impact of effective leadership perspectives on organizational performance.4. Understand the purpose of Performance Appraisal and Identify Different Methods and Techniques of Performance Appraisal.			
Unit	Content		
I	Introduction to HRM- Meaning, Definition, Scope, Objectives, Functions of HRM, Importance of HRM, Role of H.R. Manager, Qualities of a HR manager and Future of HRM.		
II	H.R. Planning: Meaning, Benefits of H R Planning. Recruitment: Meaning, Definition, Sources, Selection: Meaning, Techniques, Interview: Types, Objectives, Induction: Meaning, Objectives, Placement: Meaning, Objectives.		
III	Training & Development: Meaning, definition, importance, need, Methods of Training, types of training, Training Need Analysis. Absenteeism. Meaning, Reasons, Promotions: Meaning, Basis of Promotion, Transfer: Meaning, Reasons.		
IV	Job Analysis: Concept, Role, Techniques, Job Evaluation: Concept, Objectives, Process, Job Specification: Meaning, Elements, Job Description: Meaning, Elements. Performance Appraisal: Meaning, Objectives, Purpose, Process, Various Modern methods of Performance Appraisal.		
Books Recommended: <ul style="list-style-type: none">1. A Text book of Human Resource Management, C. B. Mamoria & S. V. Gankar. Himalaya Publishing House2. Personnel and human Resource management - Text & cases, P Subba Rao, Himalaya Publishing House3. Human resource Management, P. Jyothi, Oxford University Press.4. Human Resource and Personnel Management – Text and cases, K. Aswathappa, Publication.			



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Semester – IV

Indirect Taxes (BCCA 4.4.1)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Generic/Open Elective
Objective: 1. To develop an understanding of the indirect tax structure in India, the need for introduction of GST and conceptual understanding about the provisions of GST law. 2. To acquire the ability to apply such provisions in practical scenario and familiarize the students with calculation of GST.			
Learning Outcomes: After learning this course, students will be able to – 1. Understand the dynamic nature of indirect taxation, under the scope and applicability of GST. 2. Analyze the taxable event under GST, compute the value of taxable supply and critically analyze the availment and utilization of ITC.			
Unit	Content		
I	Introduction to Indirect Taxes: Salient features of Indirect Taxes, need, importance and advantages (GST, Customs, Excise, VAT), Concept of aggregate turnover. Persons liable for registration, persons not liable for registration, procedure for registration & compulsory registration in certain cases. Registration of GST: Determination of aggregate turnover and eligibility of a dealer for registration under GST (Numerical Problems).		
II	Concept of Supply & ITC under GST: Supply, Forms of supply & Consideration. (Theory) ITC – Eligibility and conditions for taking ITC, Utilization of ITC, blocked credits. Charge of GST-Inter-State & Intra-State supply, extent and commencement of GST Law. Levy and collection of CGST & IGST (Sec.5 of IGGST and Sec.9 of CGST) Computation of value of taxable supply and calculation of admissible ITC and utilization of ITC. (Numerical Problems)		
Books Recommended: 1. Indirect Taxes – Law & Practice , V. S. Datey, Taxmann Publications Pvt. Ltd. New Delhi 2. Students Guide to Indirect Taxes , CA Vineet Sodhani, Taxmann Publications 3. Taxation (Indirect Taxes) , ICAI CA- Intermediate Study Module 4. Comprehensive Guide to Indirect Tax Laws , Yogendra Bangar 5. Systematic Approach to GST , Girish Ahuja & Ravi Gupta			



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Semester – IV

Financial Accounting – II (BCCA 4.4.2)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Generic/Open Elective
Objective: <div>1. To understand the preparation of financial statements for joint stock companies in compliance with statutory provisions and analyze the impact of company law amendments on financial reporting.</div> <div>2. To gain insight into the issuance, forfeiture, and re-issue of shares in companies, and develop proficiency in journalizing related transactions.</div>			
Learning Outcomes: After learning this course, students will be able to – <div>1. Interpret and apply the provisions of the Companies Act, 2013, to prepare financial statements for joint stock companies and evaluate the implications of amendments on reporting practices.</div> <div>2. Demonstrate the ability to analyze various methods of share issuance, record transactions related to share application, allotment, and calls, and journalize the forfeiture and re-issue of shares, considering different scenarios and effects on company capital.</div>			
Unit	Content		
I	Final Accounts of Public and Private Limited Companies: Theory: Meaning of Public Limited and Private Limited Companies, Characteristics, Merits and Demerits, Statutory Provision regarding preparation of Companies Final Account as per Amended Companies Act, 2013, Provision for Interest on Debenture, Proposed Dividend, and Interim Dividend. Practical Problems: Preparation of Financial Statements as per Schedule III of the Companies Act, 2013.		
II	Issue and Forfeiture and Re-issue of Shares: Theory: Introduction of Company, Types of Company, types of share capital, Meaning and Methods of Issue of Shares, Meaning of Application, Allotment and Call on shares, Meaning of Forfeiture of shares and Re-issue of Forfeited shares Practical Problems: Preparation of Journal in the books of Company with the effect of Issuing shares at Par, Premium and Discount, Pro- rata method, Forfeiture of Shares and Re-issue of Forfeited Shares		
Books Recommended: <div>1. Financial Accounting, Paul, S. K, New Central Book Agency</div> <div>2. Financial Accounting for Managers, Ghosh, T. P. Taxman Allied Service</div> <div>3. Financial Accounting, Mohammed Hanif, Amitabh Mukherjee, S. Chand Publications</div> <div>4. Financial Accounting, Dr. V. K. Goyal, Excel Books Publications</div> <div>5. Financial Accounting, Jain S.P., Narang K.L., Kalyani Publishers, Delhi.</div> <div>6. Financial Accounting, Grewal, Shukla, S. Chand (Sultan Chand Publications), Delhi</div>			



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Academic and Business Writing Skills (BCCA 4.5.1)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Skills Enhancement Course
Objective: 1. To Develop Advanced Business and Academic Writing Skills 2. To Develop Functional English Skills 3. To develop Analytical and Presentation skills.			
Learning Outcomes: After studying this subject, students would be able to achieve the following course outcomes as per Bloom’s taxonomy: 1. CO1 and CO2 – Unit I- will achieve the attaining of CO1, CO2 and CO3- Understand, apply and analyse by asking questions on correspondence. 2. CO3 and CO4 – Unit II – Unseen Passage-will achieve the attaining of CO3- Apply and CO4-Analyze by asking questions based on unseen passage for comprehension. The students have to apply their skills of reading, analyzing and attempt the questions. 3. CO5 and CO6 - Unit II- Designing a feedback questionnaire and Vocabulary/grammar-based exercises will achieve the attaining of CO5-evaluate and CO6-create .			
Unit	Content		
I	i) Report Writing- Sales Report, Feasibility Report, Progress Report, Market Survey Report ii) E-mail writing iii) Drafting of Notice and agenda of a meeting iv) Job application with Bio-data		
II	Non-textual: i) Unseen Passage for comprehension with 5 questions based on it (3 questions on write the answer, 1 question on vocabulary (write the synonym or antonym of a word from passage, 1 question on give a suitable title to the passage) ii) Make a precis of a given passage to one-third of its length and give a suitable title to it. iii) Idioms and phrases-make sentences using the idioms and phrases.		
Books Recommended: 1. Business Communication – Urmila Rai, S.M. Rai – (Himalaya Publishing House) 2. Business Communication – V. K. Jain & Omprakash Biyani (S. Chand) 3. Business Correspondence and Report Writing – R.C. Sharma & Krishna Mohan (Tata McGraw-Hill) 4. Developing Communication Skills – Krishna Mohan & Meera Banerji (Macmillan)			



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Semester – IV

Soft Skills (BCCA 4.5.2)

Teaching Hours: 30

Total Credits: 2

Total Marks:
35+15 = 50

Group: Skills Enhancement
Course

Objective:

1. To develop essential skills in written communication for academic and business purposes, covering report writing, e-mail etiquette, and drafting official notices and agendas.
2. To enhance proficiency in written communication through the creation of press releases, news reports, summaries, and idea expansions.

Learning Outcomes: After learning this course, students will be able to –

1. Effectively **compose** various types of reports and e-mails following professional standards and **Draft** clear and concise notices and agendas for official meetings.
2. Write engaging press releases and news reports adhering to journalistic standards, **Summarize** information effectively within specified word limits, **Expand** upon given ideas coherently and concisely.

Unit	Content
I	i) Definition and types of Soft Skills. ii) Importance of Soft Skills for the job market. iii) Important Soft Skills for success.
II	i) Interpersonal Skills- Communication skills, team-work, motivation, dependability and problem-solving, confidence. ii) Emotional Intelligence Skills- Stress Management, task delegation, planning, problem solving, empathy, patience. iii) Leadership Skills-Accepting responsibility, Planning, delegation of work, crisis management, decision making, coordination, risk taking ability.

Books Recommended:

1. **Soft Skills** – Personality Development for Life Success by Prashant Sharma; BPB Publications
2. **Personality Development and Soft Skills** by Shikha Kapoor; IK International



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Semester – IV

Turning Points – A Journey through Challenges (BCCA 4.6)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Ability Enhancement Course
Objective: <div>1. To develop the comprehension and understanding skills of students.</div> <div>2. To motivate students to acquire good values.</div> <div>3. To develop the creative skills of students.</div> <div>4. To develop the analytical and application skills of students.</div>			
Learning Outcomes: After studying this subject, students would be able to achieve the following course outcomes as per Bloom’s taxonomy: <div>1. CO1 and CO2 – Unit I- will achieve the attaining of CO1 and CO2 Remember and Understand by asking theory-based questions.</div> <div>2. CO3 and CO4 – Unit II – Unseen Passage-will achieve the attaining of CO3- Apply and CO4-Analyze by asking questions based on unseen passage for comprehension. The students have to apply their skills of reading, analyzing and attempt the questions.</div> <div>3. CO5 and CO6 – Unit II- Developing an Ad and Vocabulary/grammar-based exercises will achieve the attaining of CO5-evaluate and CO6-create.</div>			
Unit	Content		
I (20M)	<div>i) When Can I Sing a Song of India?</div> <div>ii) My Ninth Lecture at Anna University</div> <div>iii) Seven Turning Points of my Life</div> <div>iv) The Interactive President</div>		
II (15M)	<div>Non-textual</div> <div>i) Unseen Passage for comprehension with 5 questions based on it (3 questions on write the answer, 1 question on vocabulary (write the synonym or antonym of a word from passage, 1 question on give a suitable title to the passage)</div> <div>ii) Write a paragraph in (60-75) words on any one of the given topics (Any one out of four based on Famous personalities, social topic, current topics, environment)</div> <div>iii) One word substitution with multiple choices in brackets</div>		
Books Recommended: <div>1. Turning Points – A Journey through Challenges by Dr. A. P. J. Abdul Kalam</div>			



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Semester – IV

Turning Point – A Journey through Challenges (BCCA 4.6)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Ability Enhancement Course
Objective: <ul style="list-style-type: none">1. To facilitate students in understanding the significance of personal growth through self-reflection and learning from pivotal life experiences.2. To cultivate leadership qualities and a sense of service towards the nation among students by studying exemplary leadership traits and contributions to society.			
Learning Outcomes: After learning this course, students will be able to – <ul style="list-style-type: none">1. Internalize the importance of self-reflection and introspection in personal development and identify and analyze significant turning points in Dr. A.P.J. Abdul Kalam's life, drawing lessons applicable to their own journeys.2. Recognize and appreciate the qualities of interactive leadership demonstrated by Dr. A.P.J. Abdul Kalam and reflect on their own potential contributions to the nation and society, inspired by Dr. Kalam's dedication and service.			
Unit	Content		
I	<ul style="list-style-type: none">i) When Can I Sing a Song of India?ii) My Ninth Lecture at Anna Universityiii) Seven Turning Points of my Life		
II	<ul style="list-style-type: none">i) The Interactive Presidentii) What Can I give to the Nation?iii) Learning from Others		
Books Recommended: <ul style="list-style-type: none">1. Turning Points – A Journey through Challenges by Dr. A. P. J. Abdul Kalam			



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Semester – IV

Physical Education – IV (BCABR 4.8)			
Teaching Hours: 30	Total Credits: 2	Total Marks: 35+15 = 50	Group: Co-Curricular Courses
Objectives: 1) To provide students with an understanding of the concept and benefits of yogasana, pranayama, meditation, and Suryanamaskar. 2) To enable students to learn and practice various pranayama techniques, meditation practices, and the sequence of Suryanamaskar.			
Learning outcome: After learning this course, students will be able to: 1) Explain the meaning and benefits of pranayama, meditation, and Suryanamaskar, and integrate these practices into their daily routine for overall well-being. (Understanding, Applying) 2) Demonstrate and practice different types of pranayama (Anulom Vilom, Shitkari, Shitli, Bhramari), perform Om chanting, and execute the 12 poses of Suryanamaskar accurately, while evaluating their effects on respiratory health, mental focus, relaxation, physical fitness, and flexibility. (Applying, Analyzing, Evaluating)			
Unit	Content		
I	Yogasana – Meaning and Benefits of Pranayama		
II	Pranayama: Types of Pranayama (Anulom Vilom, Shitkari, Shitli, Bhramari) Om Chanting Suryanamaskar: 12 Poses of Suryanamaskar		
Books Recommended: 1. Iyengar, B.K.S. (2001). <i>Light on Yoga</i> . HarperCollins Publishers. 2. Saraswati, Swami Satyananda (2008). <i>Asana Pranayama Mudra Bandha</i> . Yoga Publications Trust. 3. Sivananda, Swami (2004). <i>The Complete Illustrated Book of Yoga</i> . Three Rivers Press. 4. Vasudevan, M. (2015). <i>Yoga for Health and Peace</i> . Khel Sahitya Kendra. 5. Desai, R.S. (2010). <i>Yoga and Meditation: A Holistic Approach to Perfect Homeostasis</i> . Sports Publication.			