



Shiksha Mandal's

G. S. College of Commerce, Wardha (Autonomous)

B.Com. (Major in Accountancy and Business Studies)



Semester II

Fundamentals of Financial Accounting (BCABS2.1)			
Teaching Hours:60	Total Credit: 04	Total Marks: 70+30=100	Group: Major Core
Objectives: The objective of this paper is to help students to acquire conceptual knowledge of the financial accounting and to impart skills for recording various kinds of business transactions.			
Learning Outcomes: <ol style="list-style-type: none">1. To understand the fundamentals of accounting and the process of recording transactions in a journal.2. To get acquainted with the concept and process of preparing ledgers and trial balance.3. The students would be coherent with the knowledge of rectifying the errors.4. To understand the reconciliation procedure of bank statements.			
Unit	Content		
I	Fundamentals of Accounting: Theory: Meaning and scope of Accounting, Need, Development & Definition of accounting, Branches of accounting and Principles, Concepts and Conventions of accounting, Journal Entries of Transactions; Meaning, importance and benefits of Accounting Standards. Practical Problems: Preparation of Journal of Sole Proprietor.		
II	Ledger and Trial Balance: Theory: Meaning of Ledger, different types of ledgers, importance and objectives of ledgers, meaning of trial balance, importance and objectives of trial balance, uses of trial balance, advantages and limitations of trial balance. Practical Problems: Preparation of Ledgers, Simple Cash Book, Simple Bank Book and Trial Balance		
III	Rectification of Errors: Theory: Meaning and introduction of Rectification of errors, types of errors, stages of errors, difference between error and mistake, steps to locate errors, errors before trial balance, errors after trial balance and errors after final accounts are prepared. Practical Problems: Problems on Rectifying Errors.		
IV	Bank Reconciliation Statement: Theory: Introduction-Debit and Credit balances, Reasons for Discrepancies, Omission of entry, overdraft, difference between cash book and bank book, objectives and importance on Bank Reconciliation Statement. Practical Problems: Problems on Bank Reconciliation Statement.		
Books Recommended: <ol style="list-style-type: none">1. Financial Accounting- Paul,S.K, New Central Book Agency2. Financial Accounting for Managers- Ghosh, T.P.Taxman Allied Service3. Financial Accounting- Dr.V.K.Goyal, Excel Books4. Financial Accounting- Jain S.P.,Narang K.L., Kalyani Publishers, Delhi.5. Financial Accounting- Grewal, Shukla, S.Chand Publications, Delhi6. Advanced Financial Accounting- R.S.N.Pillai, Bhagavathi,S.Uma, S.Chand7. CA Foundation and Intermediate Modules by ICAI.			



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Semester II

Basics of Economics (BCABS 2.2.1)			
Teaching Hours:30	Total Credits:2	Total Marks: 35+15=50	Group : Minor
Objectives: 1. To provide the students an understanding of basic concepts of business economics. 2. To make the students familiar with the fundamentals of economics.			
Learning Outcomes: 1. The students will be able to understand the basic concepts of economics and contribution by traditional economists and would be aware about the central problems of the economy. 2. The students will be able to understand how the individuals make decisions on the basis of choice, satisfaction and income level.			
Unit	Content		
I	Introduction to Economics <ul style="list-style-type: none">Economics- Meaning, Nature, Scope, ImportanceContribution of Economists – Adam Smith, Alfred Marshal,Lionel Robbins - Definition, Features, CriticismsCentral Problems of Economic SystemProduction Possibility Curve- Meaning, Properties		
II	Foundation of Economic Analysis <ul style="list-style-type: none">Micro & Macro Economic Analysis - Meaning, Definition, Features, Merits, DemeritsCase Study on Bajaj Auto (Micro Analysis), Case Study on Auto mobile Sector (Macro Analysis)Utility Analysis - Meaning, Features ,TypesLaw of Diminishing Marginal Utility - Meaning, Definition, Concept, Assumptions, ExceptionsLaw of Equi Marginal Utility - Meaning, Definition, Concept, Assumptions, Limitations/Criticisms.		
BooksRecommended: 1. An Introduction to Modern Economics , Hardwick, Khan & Langmead, Longman London & New York. 2. Modern Economics – H. L. Ahuja, S. Chand & Co Ltd, Latest Edition. 3. Micro Economics – P. N. Chopra, Kalyani Publishers. 4. Principles of Economics – D. M. Mithani, Himalaya Publishing House, Latest Revised Edition. 5. Modern Economic Theory – K. K. Dewett, S. Chand & Co Ltd, Latest Revised Edition. 6. Advance Micro Economic Theory – M. Maria John Kennedy, Himalaya Publishing House, LatestRevised Edition.			



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Semester II

Computer Hardware and Networking (BCABS 2.2.2)			
Teaching Hours: 2	Total Credits: 2	Total Marks: 35+15 = 50	Group: Minor
Objectives: 1. To provide the students an understanding of basic concepts of hardware. 2. To make the students familiar with the concepts of Networking.			
Learning Outcomes: 1. The students will be able to understand the basic concept of hardware, its types and assembly of various hardware components. 2. The students will be able to understand the concept of networking, configuration, various networking models and networking devices.			
Unit	Content		
I	Computer Hardware: Introduction to Computers: Basics of Computers, Organization of Computers, Software, and Hardware Input/output devices: motherboard, types of motherboards, SMPS troubleshooting, Inside the PC: Opening the PC and identification of various components, study of different blocks, assembling and disassembling, modification, and replacement of components		
II	Networking: Network basics and configuration: Setting IP addresses and sharing files and folders Network troubleshooting, PING test, ipconfig and network testing commands, crimping, etc. Network Types: LAN, WAN, MAN, and PAN Setting of the network connection, Networking Model: The OSI Model and TCP/IP Model work with various networking devices: routers, switches, modems, hubs, etc. working with Wired and wireless technology.		
Books Recommended: 1. Operating System Concept – Silberschatz, Galvin & Gagne, John Willey & Sons Inc, Haboken, NJ 2. The UNIX Programming Environment – Kernighan & Pike, PHI, London 3. Linux: The Complete Reference (Sixth Edition) – Richard Petersen, McGraw Hill, New Delhi 4. The Complete Reference, PC Hardware – Craig Zacker John Rourke, McGraw Hill, New Delhi 5. Cisco Networks – Christopher Carthern, William Wilson, Noel Rivera, Richard Bedwell 6. Computer Networks – Fourth Edition, Andrew S., Tanebaum			



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Semester II

Thoughts of Management (BCABS 2.2.3)			
Teaching Hours: 02	Total Credit: 02	Total Marks: 35+15=50	Group: Minor
Objectives: 1. To understand the basic concepts and principles in Management Thought. 2. To study the strategic approaches to managing a business successfully in a global context.			
Learning Outcomes: After learning this subject, students will be able to: 1. Understand various perspectives and concepts in the field of Modern Management. 2. Develop skills for applying these Management concepts to emerging business problems			
Unit	Content		
I	Development of Management Thought: Scientific Management Concept of F.W. Taylor, Functional Management Theory of Henry Fayol, Human Relations Movement of Elton Mayo. Behavioural Sciences Movement of A. Maslow, The Modern Period Management and New Schools of Management thought. Comparison of Scientific Management and Modern Management Concept.		
II	Schools of Management Thought: Social System School of Chester Bernard, Features, Contribution and Limitations of Social System School of Management. Quantitative School Features, Contributions and Criticisms of Quantitative School of Management. , Decision Theory School- Features, Contributions and Limitations, Contingency Theory School- Introduction, Features Contribution and Limitations.		
Books Recommended: 1. Organization and Management – Dr. C.B. Gupta, Shatya Bhavan Publication Agra. 2. Principles and Practices of Management – L. M. Prasad, Sultan Chand & Sons New Delhi (2019). 3. Development of Management Thoughts – Pollard, Think Inc (28 June 2019), Amazon Asia-Pacific Holdings Private Limited. 4. Principles of Business Management – T. Ramasamy, Himalaya Publication House Mumbai, 5. Management: Challenges in 21st Century – S.H. Goodman & P.M. Fandt, Vintage Publishing House.			



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Semester II

Production Management (BCABS 2.3.1)			
Teaching Hours: 02	Total Credit: 02	Total Marks: 35+15 = 50	Group: Generic/Open Electives
Objectives: 1. Understand the various concepts & functions of Operations Management. 2. Learn the techniques & applicability of Operations Management.			
Learning Outcome: 1. Students will be able to understand the various aspects, systems, methodologies, processes, policies and concepts related to Production Management. 2. They will also be able to adopt techniques for achieving Production goals of the organization through optimum use of effective resources of the organization.			
Unit	Content		
I	An Introduction to Production Management: - a. Meaning & Introduction to Production Management b. Scope of Production Management w.r.t. Design & Selection of Product, Selection & Planning for Process as well Layout, Selection of Location, Capacity Planning, Types of Production systems Criteria of Performance. c. Production Strategy: -planning and control issues involving capacity and quality.		
II	Productivity a. Introduction & Meaning of Productivity & Output b. The concepts of Inputs & Productivity Measures c. The concept of Multi Factor Productivity d. Introduction to - e. Business Process Re-engineering (BPR) f. Benchmarking & its classification g. Introduction to various measures to increase Productivity. h. Meaning of Pursuit of Excellence Latest concepts in Production Management & Japanese Contribution.		
Books Recommended: 1. Production & Operations Management – S. N. Chary, Tata McGrawHill 2. Production & Operations Management – Chunawala & Patel, Himalaya PH. 3. Production & Operations Management – K. Ashwathappa & K. Bhat, Himalaya 4. Production & Operations Management – Upendra Kachru, Excel Books 5. Production and Operations Management – N. Nair; Publisher: Tata Mc. Graw Hill			



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Semester II

Project Management (BCABS 2.3.2)			
Teaching Hours: 02	Total Credit: 02	Total Marks: 35+15 = 50	Group: Generic/Open Electives
Objectives: 1. To learn a systematic approach towards project management. 2. To develop an understanding of various models and techniques of Project Management.			
Learning Outcome: 1. Students will come to know the basic concept of the Project Management & its plan. 2. Students will learn to identify the techniques, risk, teambuilding and the basic knowledge of the elements of Project control.			
Unit	Content		
I	Introduction to Project Management- Definitions, Concept of Project Management, Characteristics and Objectives of Project Management, Importance of Project Management, Project Scope & Priorities, Project limitations, Project Management Plan and Process, Introduction to Project Life Cycle; Qualities of an effective Project Manager and Organization Structures - Benefits & Drawbacks of Various Organization Structures		
II	Project Management Techniques, Project Costs, Project Control, Monitoring and Closure- Team Development Model, Introduction to the techniques and practices in the Project Management, Project Risk Identification, Project Costs – Various Costs associated with Projects, Project Control – Time Constrained & Resource Constrained Projects. Project Control process, Monitoring Time, performance and Project Closure		
Books Recommended: 1. Project Management – S. Chowdhary, McGraw Hill 2. Project Management – V. C. Sontakki, Himalaya Publishing House 3. Project Management – Clifford F. Gray, Erik W. Larson, McGraw Hill 4. Project Management – Jeffrey Pinto, Pearson			



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Semester II

Operations Management (BCABS 2.4.1)			
Teaching Hours: 02	Total Credit: 02	Total Marks: 35+15=50	Group: Generic/Open Electives
Objectives: 1. Understand the various concepts& functions of Operations Management. 2. Learn the techniques & applicability of Operations Management.			
Learning Outcome: 1. Students will learn the fundamental concepts of Operations Management. 2. Students will be able to get exposure towards techniques & applicability of Operations Management.			
Unit	Content		
I	Introduction to Operations Management: a. Definition, Need, Objectives& Importance of Operations Management b. Role of Operations manages in various sectors c. Elements & Functions of Operations Management d. Factors affecting Operations Management e. Difference between Production and Operations Management f. Strategies of Operations Management g. Meaning & Importance of Service Operations Management		
II	Application of Operations Management: a. Techniques of Operations Management b. Operations Management in Manufacturing, Logistics & Banking Industry c. Material Requirement Planning System: Objectives, functions& Application d. Process of Material Requirement Planning System e. Concept of Just-In-time approach of Inventory Management f. Types of Costs, Basic concepts of maximum stock, minimum stock, Re-order point, buffer stocks g. Numerical on Inventory costs & Basic EOQ Model.		
Books Recommended: 1. Production & Operations Management – Chunawala & Patel, Himalaya Publishing House. 2. Production & Operations Management – K. Ashwathappa & K. Shridhar Bhat, Himalaya Publishing House 3. Operations Management – Shridhar, Himalaya Publishing House. 4. Production and Operations Management,- Nair, Tata McGraw Hill 5. Theory and Problems in Production and Operations Management, Chary, Tata McGraw Hill.			



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Semester II

Strategic Management (BCABS 2.4.2)			
Teaching Hours: 02	Total Credit: 02	Total Marks: 35+15=50	Group: Generic/Open Electives
Objectives: <ol style="list-style-type: none">1. Strategic management covers the setting objectives for the company, keeping an eye on competitors' actions.2. Reassessing the organization's internal & external structure, evaluating present-day strategies.			
Learning Outcome: <ol style="list-style-type: none">1. It will help in understanding and expose students to various perspectives and concepts in the field of Strategic Management.2. It will help students develop skills for applying these concepts to the solution of business problems.			
Unit	Content		
I	Strategic management - Introduction to strategic management, Strategic decision making, Strategic management process; Difference between Policy, Strategy and Tactics, Definition, Characteristics and importance of a Vision and Mission statement, Preparation of Vision & Mission Statement; Organizational Objectives - hierarchy of objectives, Setting of objectives, Process of setting objectives, Synergy Types and benefits of synergy		
II	Environment analysis - a) Components of External environment b) Components of Internal environment c) Environmental scanning. Industry Analysis- Michael Porters 5 forces model, SWOT Analysis, Strategic Business Unit (SBUs), Merits & Demerits of SBU, BCG Matrix, GE Matrix, Portfolio approach and analysis- Definition, Characteristics, advantages and disadvantages, Strategic Leadership, Functions of Strategic Leader.		
Books Recommended:			
<ol style="list-style-type: none">1. Strategic Planning & Formulation of Corporate Strategy - V S Ramaswami, S Namaumari, Macmillan Publication, India.2. Strategic Management - John A Pearce II, Richard B Robinson, Jr, Tata McGraw- Hill Publishing Company Limited, New Delhi, 9th Edition.3. Management Policy & Strategic Management - R.M. Srivastava Publication, Himalaya Publishing House.4. Global Strategic management - Kamel Mellahi, J. George Frynas, Paul Finlay, Oxford University Press, New Delhi.5. Business Policy and Strategic Management (Text and Cases) - Subba Rao, P 2010			



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Semester II

Basics of Tally Prime (BCABS 2.5)			
Teaching Hours: 2	Total Credits: 2	Total Marks: 35+15 = 50	Group: Vocational Skill Courses
Objectives: 1) To acquaint students with the Basics use of Tally Prime. 2) To acquaint students with practical understanding of creation of accounting and inventory masters, accounting of various business transactions, accounting of taxes (GST), daily accounting reports etc.			
Learning Outcomes: After learning this subject, students will be able to: 1) Understand the installation procedure of Tally Prime, Creation of Company in Tally Prime, Creation of Accounting Masters in Tally Prime. 2) Understand creation of Inventory Masters, Maintenance of Godowns, Activation of GST and Accounting of GST transactions and various reports (Day Book, Trial Balance, Profit & Loss A/c, Balance Sheet and Stock Summary) in Tally Prime.			
Unit	Content		
I	Introduction to Tally Prime – Installation Procedure, Opening Tally Prime, Creating a Company. Creating Accounting Masters – Introducing Groups, Introducing Ledgers, Introducing Vouchers and accounting vouchers transactions.		
II	Creating Inventory Masters – Stock Groups, Stock Items, Unit, Godown and inventory vouchers transactions. Introduction to GST – GST activation, GST Ledgers, GST Invoicing, Working with GST Reports Reports – Day Book, Trial Balance, Profit & Loss A/c, Balance Sheet and Stock Summary.		
Books Recommended: 1. Tally Prime – Tally Education Private Ltd (TEPL). 2. Official Guide to Financial Accounting Using Tally Prime – BPB Publications. 3. Mastering in Tally Prime – Ascent Prime Publications. 4. Tally Prime GST – United Publications 5. Tally Prime Training Guide – BPB Publications.			



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Semester II

Correspondence Skills (BCABS 2.6.1)			
Teaching Hours: 30	Total Credit: 02	Total Marks: 35+15 = 50	Group: Skill Enhancement Courses
Objectives: 1. To develop written skills 2. To introduce various business letters 3. To introduce to office correspondence			
Learning Outcomes: After learning this subject, students will be able to understand the writing of different types of business and office correspondence needed for the conduct of business and official work.			
Unit	Content		
I	Business Correspondence: i) Business Enquiry Letters: Enquiry about Products & Services With The Seller; Reply to Enquiries From The Buyer ii) Business Order Letters: Placing Orders For Products And Services iii) Business Complaint Letters: Writing Complaint Letters to the Seller about Bad Quality, Low Quantity, Wrong Products Etc. iv) Business Adjustment Letters- Providing Proper Adjustment to The Buyer		
II	Job applications/Office/Bank/Insurance Correspondence: i) Job Applications with Bio-Data ii) Memo/Office Order/Office Circular iii) Letters to Banks:- Application for A Loan, Bank Overdraft, Issuance Of Chequebook, Stopping A Cheque. iv) Letters to Insurance Company- Claim, Compensation		
Books Recommended:			
1. Business Communication – Urmila Rai, S.M. Rai, Himalaya Publishing House Pvt. Ltd., Mumbai, 2017 2. Business Communication – V. K. Jain & Omprakash Biyani, S. Chand, New Delhi, 2007 3. Business Correspondence and Report Writing – R. C. Sharma & Krishna Mohan, Tata McGraw-Hill, Chennai, 2017 4. Developing Communication Skills – Krishna Mohan & Meera Banerji, Trinity Press, New Delhi, 2017			



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Public Administration (BCABS 2.6.2)			
Teaching Hours: 30	Total Credit: 02	Total Marks: 35+15 = 50	Group: Skill Enhancement Courses
Objectives: 1. To Understand The Concept of Public Administration 2. To Understand its Importance 3. Role of Public Administrators			
1. Learning Outcomes: After Studying this Subject, Students Would be Able to Understand the Administrative Systems in India.			
Unit	Content		
I	1. Meaning, Scope And Significance of Public Administration 2. Public & Private Administration 3. Public Services-Central, State & Local Government 4. Constitutional Framework of Government		
II	1. Basic Elements of Administrative Governance Planning, Organizing, Directing & Controlling 2. Characteristics of Public Administration--- Public Interest, Equality In Society, Tax Collection Etc. 3. Role of Public Administration in Development- Concept of Good Governance 4. Union Government-Executive, Parliament, Judiciary		
Books Recommended:			
1. Indian Public Administration: Institutions And Issues, Ramesh K Arora And Rajani Goyal: Vishwa Prakashan, New Delhi, 1996. 2. From Government to Governance: Kuldeep Mathur: National Book Trust, New Delhi, 2010. 3. Indian Administration: Hoshier Singh: Kitab Mahal, New Delhi, 2004. 4. Indian Administration: S.R. Maheshwari: Orient Longman, Delhi, 2005. 5. Public Administration in India: S.R. Maheshwari: Oxford University Press New Delhi, 2005. 6. Public Administration in India: Padma Ramchandran: National Book Trust, New Delhi, 2006			



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Semester II

English-A Better India, A Better World (BCABS 2.7)			
Teaching Hours: 30	Total Credit: 02	Total Marks: 35+15 = 50	Group: Ability Enhancement Courses
Objectives: 1. To Make Students Understand the Important Life Skills & Values to Become Successful. 2. To Motivate Students to Acquire Good Values. 3. To Make Students Dream Big by Overcoming Challenges.			
Learning Outcomes: After Studying this Subject, Students will Understand: 1. Success Tips from Shri Narayan Murthy. 2. Qualities Needed to Become Successful.			
Unit	Content		
I	From Part I: Address to Students 1. Learning from Experience. 2. The Indian of the Twenty-first Century. 3. Succeeding in the Contemporary World.		
II	From Part II: Values 1. What Can We Learn from the West? 2. The Role of Discipline in Accelerating National Development. 3. How Can We Stop Corruption in India?		
Books Recommended:			
1. A Better India, A Better World: N. R. Narayana Murthy, Published by Penguin Random House India, Gurgaon, India, 2010			



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Value Education (BCABS 2.8.1)			
Teaching Hours: 30	Total Credit: 02	Total Marks: 35+15 = 50	Group: Value Education Courses
Objectives: 1. Understanding the Values, Morals & Ethics: To Impart & Inculcate the Importance of Value-Based Living. Students should be Able to Understand the Teachings of Great Indian Leaders & their Relevance in Today's World. 2. Sensitization of Students for Nation Building: Sensitization of Students on Various Facets Like Human 3. Rights, Duties & Responsibilities of Citizens, Etc.			
Learning Outcomes: After Learning this Subject, Students Would Be Able to 1. To Build A Strong Base of High Morals, Values & Ethics in Life. 2. To Appraise Indian Values And to Contribute to Nation-Building.			
Unit	Content		
I	UNIT I Morals, Values & Ethics: 1. Meaning & Definition of Morals, Values & Ethics. Types of Values & Need of Value Education. 2. Important Values in Human Life – Integrity, Truth, Commitment, Empathy, Honesty, Punctuality, Unity, Forgiveness, Love, Teamwork, Ability to Sacrifice, Care, Positive & Creative Thinking. 3. Role of Values In Education. 4. Teachings Of Great Indian Leaders: - Seven Deadly Sins By Mahatma Gandhi & Ten Golden Teachings Of Swami Vivekanand.		
II	UNIT II A – Values & Self: 1. Self-Confidence - Theories of Self-Confidence 2. Stress Management - Techniques of Stress Management 3. Self-Acceptance – Techniques& Importance 4. Self-Growth – Role of Spirituality, Meditation, & Yoga in Self-Growth. B – Values & Nation Building: 1. Sensitization For Values, Rights & Duties – Sensitization to Constitutional Obligations, Gender Sensitization & Cultural Sensitization (Meaning, Role & Importance) 2. Dr. A. P. J. Kalam's Ten Points For Enlightened Citizenship		
Books Recommended: 1. Personality Development: Swami Vivekananda, Advaita Ashrama, Kolkata, 2008. 2. Value Education: Dr. Kiruba Charles and V Arul Selvi 3. Wings of Fire: Dr. A. P. J. Kalam, University Press Pvt. Ltd., Hyderabad, 2013 4. Skill Development: Dr. Mohini T. Bhelwani, Shree Sainath Prakashan, Nagpur, 2017			



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Constitution of India (BCABS 2.8.2)			
Teaching Hours: 30	Total Credit: 02	Total Marks: 35+15 = 50	Group: Value Education Courses
Objectives: 1. To Understand Constitution of India 2. To Understand its Importance 3. To Develop Efficient & Responsible Citizens			
Learning outcome: After Learning this Subject, Students Would be Able to Understand: 2. The Importance & Scope of Constitution of India. 3. The Importance of Rules & Laws 4. Role & Responsibilities of a Citizen.			
Unit	Content		
I	1. Historical Background to the Framing of the Indian Constitution: General Idea about the Constituent Assembly of India. 2. Preamble – Nature and key concepts/Constitutional values, Socialism, Secularism, Democracy, Justice, Liberty, Equality and Fraternity. 3. Salient Features of the Constitution of India Organizing: Meaning, Principles, Importance and Types of Organization.		
II	1. Introduction of the Constitutional Institutions and Authorities; 2. Central Legislature and Executive (Parliament of India, President of India and Council of Ministers) 3. State Legislature and Executive (State legislative Assemblies, Governors and Council of Ministers) 4. Higher Judiciary (Supreme Court of India and High Courts)		
Books Recommended:			
1. Constitution of India- Dr. B. R. Ambedkar 2. Introduction to the Constitution of India (25th Edition) by D.D Basu 3. Constitutional Law of India by Dr. J.N. Pandey 4. M P Jain Indian Constitutional Law by M.P. Jain 5. Constitution of India by V. N. Shukla by Mahendra Pal Singh			



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Sports and Physical Education (BCABS 2.9)			
Teaching Hours: 60	Total Credit: 02	Total Marks: (20+15+10+5) = 50	Group: Co-Curricular Courses
Objectives: <ol style="list-style-type: none">1. Understand the concept and significance of health and wellness2. Understand the role of physical activities in developing health and wellness3. Understand the concept of yoga and significance of Asanas & Pranayama in developing health and wellness4. Understand the fundamental skills & rules of major Games & Sports.5. Perform & Guide various Physical & Fitness activities to develop health & wellness6. Perform related test to assess parameters related to health.			
Learning Outcomes: <ol style="list-style-type: none">1. Students acquire the knowledge of physical fitness, sports, nutrition, yoga and understand the significance of its development for healthy life.2. Students will learn theoretical and practical aspects of games, and aware about its rule and regulation.3. Students will learn to apply knowledge of Physical fitness, Nutrition and exercise management to lead better quality life.4. Students will understand and learn different dimensions of health & wellness for active lifestyle.			
Unit	Content		
I	A] Theory <ol style="list-style-type: none">1) Physical Fitness & Nutrition<ol style="list-style-type: none">A. Types of Physical Fitness<ol style="list-style-type: none">a. Health Related Physical Fitnessb. Skill Related Physical FitnessB. Components<ol style="list-style-type: none">a. Components of Health-Related Physical Fitnessb. Components of Skill Related Physical FitnessC. Nutrition & Caloric Requirement<ol style="list-style-type: none">a. Caloric requirement for various activitiesb. Implication of Nutrition to promote Health & Wellness		
II	Game: <ol style="list-style-type: none">1) Athletics-<ol style="list-style-type: none">a. Throwing Events<ul style="list-style-type: none">• Shot Put (Measurements, Skills)• Discus Throw• Javelin Throw• Hammer Throwb. Jumping Events<ul style="list-style-type: none">• Long Jump• High Jump• Triple Jump		



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- Pole Vault
- c. Running Events**
 - Sprints: 100mtrs, 200mtrs, 400mtrs.
 - Middle Distance: 800 mtrs, 1500 mtrs.,
 - Long Distance: 3000 mtrs, 5000 mtrs Steeplechase, 10000 mtrs,
 - Marathon (42.195 kms)
 - Relay Race: 4X100mtrs, 4X400mtrs
 - Hurdles: 110(Men), 100(Women), 400mtrs.
- d. Walking Events**
 - 20 km(men/Women) 50(Men)

Books Recommended:

1. D.M Jyoti, Yoga and Physical Activities (2015) lulu.com3101, Hills borough, NC27609, United States
2. Health, Exercise and Fitness, Dr.Briz, Mohan.T.Raman, Sports Publications, Darya Ganj, New Delhi
3. Lokesh Tani(2018) Track Athletics Sports Publication New Delhi
Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi




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