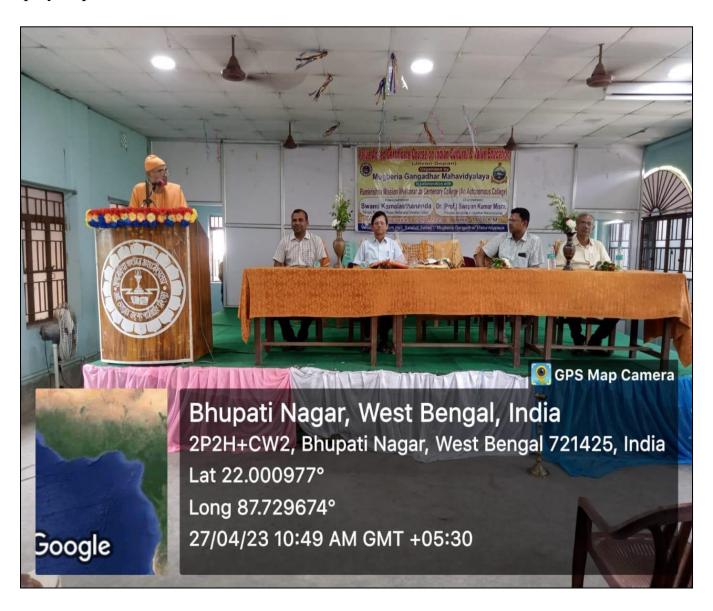


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## REPORT OF VALUE ADDED CERTIFICATE COURSE ON INDIAN CULTURE AND VALUE EDUCATION (JIIVAN SOPAN)

This UGC Value added certificate course was started in 27<sup>st</sup> April 2023 with the help of internal teacher's and 166 students of Mugberia Gangadhar Mahavidyalaya. This certificate course was successfully completed in 17<sup>th</sup> May 2023 by maintain the proper course curriculum step by step.





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#### **ADMISSION NOTIFICATION**



#### MUGBERIA GANGADHAR MAHAVIDYALAYA

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Ref. No.—M.G.M. / /
From—The Principal / Secretary,

Date

Date:26.04.2023

#### NOTICE

It is a great pleasure to inform you that the Mugberia Gangadhar Mahavidyalaya in collaboration with Ramakrishna Mission Vivekananda Centenary College (An Autonomous College) is going to organize a value added Certificate Course on Indian Culture & Value Education (Jiivan Sopan) held on and from 27<sup>th</sup> April to 17<sup>th</sup> May 2023. SWAMI KAMALASTHANANDA, Principal, Ramakrishna Mission Vivekananda Centenary College will inaugurate the said programme at 10.30 A.M on 27.04.2023 at college auditorium hall (Satabdi Sadan)

So on this occasion, we heartily invite all the faculty members and students of this college to actively participate in the said program.



Dr. Swapan Kumar Misra

Principal

Principal

Mugberia Gangadhar Mahavidyalaya

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# SYLLABUS OF CERTIFICATE COURSE ON INDIAN CULTURE AND VALUE EDUCATION

#### **MODULE I:**

- Course Introduction Need, Basic Guidelines, Content and Process for Value Education
- Understanding the need, basic guidelines, content and process for Value Education
- Self Exploration—what is it? its content and process; 'Natural Acceptance' and Experiential Validation- as the mechanism for self exploration
- Continuous Happiness and Prosperity- A look at basic Human Aspirations
- Right understanding, Relationship and Physical Facilities- the basic requirements for fulfillment of aspirations of every human being with their correct priority
- Understanding Happiness and Prosperity correctly- A critical appraisal of the current scenario
- Method to fulfill the above human aspirations: understanding and living in harmony at various levels

#### **MODULE II:**

- Understanding Harmony in the Human Being Harmony in Myself!
- Understanding human being as a co-existence of the sentient 'I' and the material 'Body'
- Understanding the needs of Self ('I') and 'Body' Sukh and Suvidha
- Understanding the Body as an instrument of 'I' (I being the doer, seer and enjoyer)
- Understanding the characteristics and activities of 'I' and harmony in 'I'
- Understanding the harmony of I with the Body: Sanyam and Swasthya; correct appraisal of Physical needs, meaning of Prosperity in detail
- Programs to ensure Sanyam and Swasthya Practice Exercises and Case Studies will be taken up in Practice Sessions





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#### **MODULE III:**

- Understanding Harmony in the Family and Society- Harmony in Human Human Relationship
- Understanding Harmony in the family the basic unit of human interaction
- Understanding values 'in human-human relationship; meaning of Nyaya and program for its fulfillment to ensure Ubhay-tripti; Trust (Vishwas) and Respect (Samman) as the foundational values of relationship
- Understanding the meaning of Vishwas; Difference between intention and competence
- Understanding the meaning of Samman, Difference between respect and differentiation; the other salient values in relationship
- Understanding the harmony in the society (society being an extension of family): Samadhan, Samridhi, Abhay, Sah-astitva as comprehensive Human Goals
- Visualizing a universal harmonious order in society- Undivided Society (Akhand Samaj),
   Universal Order (Sarvabhaum Vyawastha) from family to world family! Practice
   Exercises and Case Studies will be taken up in Practice Sessions

#### **MODULE IV:**

- Understanding Harmony in the Nature and Existence Whole existence as Co-existence
- Understanding the harmony in the Nature
- Interconnectedness and mutual fulfillment among the four orders of naturerecyclability and self-regulation in nature
- Understanding Existence as Coexistence (Sah-astitva) of mutually interacting units in allpervasive space
- Holistic perception of harmony at all levels of existence Practice Exercises and Case Studies will be taken up in Practice Sessions.



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#### **MODULE V:**

- Implications of the above Holistic Understanding of Harmony on Professional Ethics
- Natural acceptance of human values
- Definitiveness of Ethical Human Conduct
- Basis for Humanistic Education, Humanistic Constitution and Humanistic Universal Order
- Competence in professional ethics: a) Ability to utilize the professional competence for augmenting universal human order b) Ability to identify the scope and characteristics of people-friendly and and eco-friendly production systems, c) Ability to identify and develop appropriate technologies and management patterns for above production systems.
- Case studies of typical holistic technologies, management models and production systems
- Strategy for transition from the present state to Universal Human Order: a) At the level of individual: as socially and ecologically responsible engineers, technologists and managers b) At the level of society: as mutually enriching institutions and organizations.

#### **Reference Books:**

- 1. B L Bajpai, 2004, Indian Ethos and Modern Management, New Royal Book Co., Lucknow. Reprinted 2008.
- 2. PL Dhar, RR Gaur, 1990, Science and Humanism, Commonwealth Publishers.
- 3. Sussan George, 1976, How the Other Half Dies, Penguin Press. Reprinted 1986, 1991
- 4. Ivan Illich, 1974, Energy & Equity, The Trinity Press, Worcester, and HarperCollins, USA
- 5. Donella H. Meadows, Dennis L. Meadows, Jorgen Randers, William W. Behrens III, 1972, limits to Growth, Club of Rome's Report, Universe Books.
- 6. Subhas Palekar, 2000, How to practice Natural Farming, Pracheen(Vaidik) Krishi Tantra Shodh, Amravati.
- 7. A Nagraj, 1998, Jeevan Vidya ek Parichay, Divya Path Sansthan, Amarkantak
- 8. E.F. Schumacher, 1973, Small is Beautiful: a study of economics as if people mattered, Blond & Briggs, Britain.
- 9. A.N. Tripathy, 2003, Human Values, New Age International Publishers.



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#### Attendance

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	Principal, Ramkrishna	31,	
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15-	Arrup Hahati SACT (physical Education) 7872883802	51	Pau
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31.	Maximila Sen Dept of Physical Education 9163363356
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33.	Waliff Manaro - Student (2) - (B) (Ed-4th Sem) m- 2/2 -
34	Timpa Borman - student - BP.Ed-4th SEM) - 98600 07733
36.	Moulimi Garai - Student of B.P. Ed - 2nd Sem - M-629679578 Simo Santan - Student of B.P. Ed - 2nd Sem. M-8145633905
37.	Jimo Samon - Student of U.F. Ed - 2nd Jem. M- 8195633 905
38-	Ishika Bauri-Student of B.P. Ed - 2nd Sem. M-7063262669
39	Tithe chatterine - Student of B.P. Ed-2nd Sem M-6 987107330
40	Nilajana Pory - Student of BP. Ed-4th sem M-7699418613 Salma Khafun - Student ut BDF J 4th sem - 8167529500
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130	Kingshak Dutta	M-2	8967038476
131	Kalyan Das	M2	8116808864
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April 18/05/23



Signature of Principal 19-05-23
Mugberia Gangadhar Mahavidyalaya

Principal Mugberia Gangadhar Mahavidyalaya

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Ref. No.-M.G.M. / From-The Principal / Secretary,

Date	

## Report of

## **CERTIFICATE COURSE**

## "YOGA AND MEDI"

19th February, 2022 to 13th August, 2022

Organized by-**Dept. of Nutrition** Mugberia Gangadhar Mahaviayalaya Bhupatinagar, Purba Medinipur

#### Minutes of the Departmental meeting held on 11.02.2022

#### **Memberspresent:**

- 1. **Dr. Swapan Kumar Misra**, Principal, Mugberia Gangadhar Mahavidyalaya.
- 2. **Dr. Apurba Giri,** HOD, Assistant Professor and Head, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 3. Mrs. Sucheta Sahoo, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 4. **Monalisa Roy,** Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 5. Sruti Mandal, Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 6. Mr. **Tanmoy Kr. Giri,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 7. Mr. Prabir Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 8. **Ms.Moumita Samanta,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 9. **Ms. Keya Dash,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 10. Ms. Pranati Bera, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 11. Ms. Rikta Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 12. **Mr. Khokan Ch. Gayen,** Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya
- 13. Mr. Ayan Mondal, Assistant Professor, Dept. of Nutrition, MugberiaGangadhar Mahavidyalaya

A short meeting was arranged at3pm regarding the implementation of certificate course on "YOGA AND MEDITATION" in our Department. All teachers of the department joined in the meeting in time. Dr. Swapan Kumar Misra, Principal Chaired the meeting.

#### **Decisiontakeninthemeetingis:**

It is decided that **Dr. Apurba Giri, HOD ,Dept of Nutrition** willbeCourse Director of this course. It is decided that **Ms. Moumita Samanta, SACT, Dept of Nutrition** will be coordinator of this course.

The course period will be scheduled from 19<sup>th</sup> February, 2022 to 13<sup>th</sup> August, 2022, in every week.

Course Name: Yoga and Meditation

Programe Coordinator, Yoga and Meditation: Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya, e-mail: apurbandri@gmail.com

In-charge, Certificate Course: Ms. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya; e-mail: 89samantanut@gmail.com

#### **Course Objectives**

- To create awareness amongst students to have good health.
- To practice mental health and hygiene.

• To imbibe moral values.

**Course Outcomes:** On completion of this course, student will be able to:

• Equip themselves with basic knowledge about their personality.

- To learn to handle themselves well in all life situations,
- To learn techniques of gaining good health.

**Requirement/ Eligibility:** 10+2 pass

Duration: 30 hours. (19th February, 2022 to 13th August, 2022)

**Delivery Mode: Offline** 



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Ref. No.-M.G.M. / From-The Principal / Secretary,

Date: 14.02.2022

#### Notice

This is to hereby notify all the students that the Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to start a certificate course in "Yoga and Meditation (Jeevan Koushal)" from 19.02.2022 to 13.08.2022 through offline mode. The course will be delivered by lecture, assignment, interaction, along with an examination.

All the students of B.Voc (Food Processing) 3rd year, Nutrition (Hons) 2nd sem, 4th sem, 6th sem students are informed to enroll their name to Ms. Moumita Samanta, Incharge of Certificate Course, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidylaya with in 18.02.2022.

Principal 14.62.2022

Mugberia Gangadhar Mahvidyalaya

Principal Mugbeira Gangadhar Mahavidyalaya

# **SYLLABUS Certificate Course in Yoga and Meditation**

#### **THEORY**

#### **SUBJECT 1: Foundation of Yoga**

04 Hour

- 1.1 Yoga: Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga: Its origin, history and development.
- 1.3 Ashtanga Yoga (Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyan, Samadhi)
- 1.4 Principles and Practices of Jnana Yoga, Bhakti Yoga, Karma Yoga
- 1.5 Introduction of Yogic Text (Hatha Yoga Pradeepka, GherandSamhita, Patanjali Yoga Sutra)
- 1.6 Principles of Hatha Yoga

#### **SUBJECT 2: Introduction to Human Body**

02 Hour

- 2.1 Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- 2.2 Basic Knowledge of Anatomy and Physiology of the following systems Musculoskeletal system Digestive system; Respiratory System Cardio vascular system Excretory system; Endocrine system. Nervous system

#### **SUBJECT 3: Yoga Therapy**

05 Hour

- 3.1 Yoga Therapy: Meaning and Definition, Principles and Discipline, Area and Limitation, Role Of Lifestyle and Diet in Yoga Therapy, Yoga For Holistic Health, Panchkosha
- 3.2 Yoga Management: Arthritis, Cervical Spondylosis, Back Pain, Sciatica Pain, Hernia, Gynecology
- 3.3 Kidney Disease, Thyroid, Obesity, Liver Related Problem, Diabetes, Constipation, Asthma,
- 3.4 Hypertension, Heart Disease, Vision Defects, Insomnia, Headace, Mental Stress, Depression, Anxiety

#### **SUBJECT 4: Yoga and Allied Science**

04 Hour

- 4.1 Knowledge of Yogic Principles -Ahara, Vihar, Achar- Vichar.
- 4.2 Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- 4.4 Yogic concept of healthy living: Tridosha.
- 4.5 Therapeutic importance of Dincharya and Ritucarya,
- 4.6 Importance of Diet (Aahara).
- 4.7 Yoga as preventive and promotive health care.

#### SYLLABUS Certificate Course in Yoga and Meditation (Practical)) 15 Hours

#### PRACTICAL-1

#### 1. Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskar

- 1.1 Yogic Sukshmavyayma
- 1.2 Yogic SthulaVyayama
- 1.3 Surya Namaskara

#### 2 Yogasana

**2.1 Standing Asana:** Tadasana, Trikonasana, Urdhahastotanasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Ashwasthasana

- **2.2 SittingAsana:** Padmasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Ushtrasana, ShasankasanaGomukhasana, Mandukasana, Bhadrasana, Singhasana
- 2.3 Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- **2.4 Supine Lying Asana:** Pawanmuktasana and its variation ,setubandhasana,, sarvangasana, Ardhahalasana, Uttanpadasana, Halasana, Naukasana , Cakrasana ,Markatasana, Shavasana.

#### **3.Practices leading to Meditation**

3.1 Pranav and SohamJapa 3.4 Ajapa Dharana 3.2 Yoga Nidra 3.5 Om Meditation

3.3 Chakra Meditation

#### **Practical II**

Shatkarma: Knowledge and ability to perform the following Practices:
1.1 Neti (Jal and sutra)
1.2 Dhauti(Vaman+ Vastra)
1.3 Nauli
1.6 Kapalbhati

#### Pranayama

4.1 Breath Awareness4.6 Shitali4.2 Yogic Breathing4.7 Sitkari4.3 Nadishodhan Pranayama4.8 Bhastrika4.4 Suryabhedi4.9 Bhramari

4.5 Ujjayi

#### **Bandha and Mudra**

- 5.1 JalandharaBandha, UddiyanaBandha, MulaBandha, Tri Bandha
- 5.2 Yoga Mudra, Shanmukhi Mudra, shambhavi mudra, VipareetKarni Mudra Practices leading to

#### Meditation

- 6.1 Pranav and SohamJapa
- 6.2 Yoga Nidra
- 6.3 Chakra Meditation
- 6.4 AjapaDhara

### Some photos of Yoga and Meditation Certificate course

(19th February, 2022 to 13th August, 2022)



























#### **Attendance Sheet**

#### **MUGBERIA GANGADHAR MAHAVIDYALAYA**

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

**Department of Nutrition** 

Attendance sheet for Skill Development Certificate on "Yoga and Meditation"

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Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Principal 17/6/23
Mugbeira Gangadhar Mahavidyalaya

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

Department of Nutrition

Attendance sheet for Skill Development Certificate on "Yoga and Meditation"



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39	Jharna Kamila	NUTH III sem	2001	Jugar	Thomas	Shann	Jhonre.	Themps	Thorn	Thonne	Jhanna	Thomas	Thomas	Thonny	Thoma	Thorns	Thorne	Jhonn	Thomas	Thorns	Thomas	Thorne	Thomas		Thenne	Then	Thank		g Jhon	2 Jhan	Jo Ham	Lakan	Horry
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43	Shamya Hazra	NUTH III som	2001 16	Skepan	Shyun	Styama Hazna	Shyan	CV.	Shyana	Shyane	Shama Hazma	Slayana	Shycana	Skyam	Shyon	Shyama	Shuma	Stycema	Shyam	Styano	Shorano	Shrana	Shama	Shyama	Syrama	Shema	Shum	Shyama	Hazn	Shyama	Harry	Styana	Museumer 401240
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55	Barsha Jana	NUTH VI seen	434	Jana	Jona	Pano		Jane		65 4	Jane	Jane	A	20,70	Bano	Jahn	DONA	gain	4	Jana .	H	ara	garer .	יאות	jana	jano	gana -	finition	A .V	Jum .	Jahan	con	pha
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Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

**Department of Nutrition** 

Attendance sheet for Skill Development Certificate on "Yoga and Meditation"



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Ms. Moumita Samanta
Incharge of Certificate Course
SACT, Dept. of Nutrition
Mugberia Gangadhar
Mahavidyalaya

Dr. Apurba Giri
Resource Person
Assistant Professor and Head
Dept. of Nutrition
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya
Mugberia Gangadhar Mahavidyalaya

Dr. Swapan Misra
Principal Principal Mugberia Gangadhar Mahavidyalay

Mugberia Gangadhar Mahavidyalaya

### Some photos of Certificate Distribution Ceremony



Students receiving certificates form Principal

Twitter link: https://x.com/MugberiaM/status/1/12803022/45/61291?t=G7L0lapxS-FiOpHftb8SRw&s=08

## Feedback of some students regarding the course

#### Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur - 721425

#### Skill Development Certificate Course on Yoga and Meditation

19th February, 2022 to 13th August, 2022

Organized By

#### Feedback form

(Tike the appropriate option)

1. Has you acquire sound & sufficient knowledge of the course taught?

Excellent	Good	Average	Poor
V			

2. Do you think the course helped to benefit your health and mind?

Excellent	Good	Average	Poor

3. Is the course improve your thinking ability?

Excellent	Good	Average	Poor	
~				

7. Rate the arrangement of course is well.

Excellent	Good	Average	Poor	
~				

8. Any other opinion / suggestion for future

Meditation to be conducted once before starred of classes in the callage.

Asima Maity

#### Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur – 721425

#### Skill Development Certificate Course on Yoga and Meditation

19th February, 2022 to 13th August, 2022

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1. Has you acquire sound & sufficient knowledge of the course taught?

Excellent	Good	Average	Poor

2. Do you think the course helped to benefit your health and mind?

Excellent	Good	Average	Poor
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3. Is the course improve your thinking ability?

Excellent	Good	Average	Poor	

7. Rate the arrangement of course is well.

Excellent	Good	Average	Poor	
~				

8. Any other opinion / suggestion for future

There should be yoga and meditation class once in aweek-for the all students of the college.

Shinli Bera.

### Photos of some certificates

UGC approve	ed skill development cert	ificate course
	on	
"Yoga a	nd Meditation (Jeevan K	oushal)"
19th F	ebruary ,2022 - 13th Augus	st, 2022
Organ	uzed by : Department of Nu	trition
Mugberi	a Gangadhar Maha	vidvalava
PO-Bhupatinagar, Dis	st Purba Medinipur, West Ben	gal, India, Pin- 721425
<u>~</u>	CERTIFICATE OF PARTICIPATION	
^ -	7	
This is to certify that S.O.M.	z Fahazi	a student of the Department of
Nutrition, Mugberia Gangadhar N	1ahavidyalaya has successfully partic	ipated and completed 30 hours for
	certificate course on "Yoga and M	
	to 700/ District to less than are any late 540/ District	W
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Ms. Moumita Samanta	Compaction	Sacriffor
In-charge of certificate course	Dr. Aburba Giri Assistant Professor & Head	Dr. Swapan Kr. Misra
SACT, Dept of Nutrition	Dept. of Nutrition	Principal, Mugberia Gangadhar Mahavidyalaya
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の状のかのかのかのかのかのかのかのかのかのかのかのか UGC approved skill development certificate course 家の家の家の家の家の家の家の家の家の家の家の家の家の家 "Yoga and Meditation (Jeevan Koushal)" 19th February ,2022 - 13th August, 2022 Organized by: Department of Nutrition Mugberia Gangadhar Mahavidyalaya PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin-721425 CERTIFICATE OF PARTICIPATION Maity This is to certify that ..... Haima .....a student of the Department of Nutrition, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development UGC approved certificate course on "Yoga and Meditation (Jeevan Koushal)" and obtained grade ..... A. A+:80% and above, A:65% to less than or equal to 79%, B:50% to less than or equal to 64%, C:35% to less than or equal to 49%, D:34% and below. Ms. Moumita Samanta Dr. Apurba Giri Dr. Swapan Kr. Misra In-charge of certificate course Assistant Professor & Head Principal SACT, Dept of Nutrition Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya

#### P21425 Department of the day of <u>QKOKQKOKQKOKQKOKQKQKQKQKQKQKQKQK</u> 派 见 派 UGC approved skill development certificate course "Yoga and Meditation (Jeevan Koushal)" 19th February ,2022 - 13th August, 2022 Organized by: Department of Nutrition 次回苏四次回苏四次回苏四次回苏四次 Mugberia Gangadhar Mahavidyalaya PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin- 721425 CERTIFICATE OF PARTICIPATION This is to certify that Shiele Bena a student of the Department of Nutrition, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development UGC approved certificate course on "Yoga and Meditation (Jeevan Koushal)" and obtained grade ......A.\* A+:80% and above, A:65% to less than or equal to 79%, B:50% to less than or equal to 64%, C:35% to less than or equal to 49%, D:34% and below. Dr. Swapan Kr. Misra Dr. Apurba Giri Ms. Moumita Samanta In-charge of certificate course Assistant Professor & Head Principal. SACT, Dept of Nutrition Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya

図が可 UGC approved skill development certificate course 沁 O "Yoga and Meditation (Jeevan Koushal)" が四次のが四次のが四次のが四次のが四 19<sup>th</sup> February ,2022 - 13<sup>th</sup> August, 2022 が四次回次回次回次回次回次回次回 Organized by: Department of Nutrition Mugberia Gangadhar Mahavidyalaya PO-Bhupatinagar, Dist. - Purba Medinipur, West Bengal, India, Pin- 721425 CERTIFICATE OF PARTICIPATION This is to certify that .... Yumana Bhunia ..... a student of the Department of Nutrition, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed 30 hours for skill development UGC approved certificate course on "Yoga and Meditation (Jeevan Koushal)" and obtained grade ..... A+ A+:80%and above, A:65%to less than or equal to 79%, B:50%to less than or equal to 64%, C:35%to less than or equal to 49%, D:34%and below. Ms. Moumita Samanta Dr. Apurba Giri Dr. Swapan Kr. Misra 》 NO In-charge of certificate course Assistant Professor & Head Principal. SACT, Dept of Nutrition Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya Mugberia Gangadhar Mahavidyalaya 9%6k9%6k9%6k9%6k9%6k9% UGC approved skill development certificate course "Yoga and Meditation (Jeevan Koushal)" 19th February ,2022 - 13th August, 2022 Organized by: Department of Nutrition



P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.org

Ref. No.—M.G.M. / / /
From—The Principal / Secretary,

Date	************	
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#### **Reort on**

## **Certifiate course on**

# MORAL EDUCATION AND CHARACTER BUILDING DEPARTMENT OF BENGALI ( UG/PG)

DATE: 17//05/2023 to 30/06/2023



P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA
NAAC Re-Accredited B Level Govt, aided College
CPE (Under UGC XII Plan) & NCTE Approved Institutions
DBT Star College Scheme Award Recipient

E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Ref. No.—M.G.M. / /
From—The Principal / Secretary,

Date.....

## **NOTICE**

Date: 15.05.2023

This is to inform to all concerned that the Department of Bengali of this college is going to organize a 30 hours certificate course on "Moral Education and Character Building" which will held on and from 17.05.2023 in accordance with the UGC Quality mandate. Interested students are asked to join the course.

Dr. Goutam Barman Course Co-ordinator

Dr. Swapan kumar Misra
Principal

Principal
Mugberia Gangadhar Mahavidyalaya

#### Syllabus of Certificate Course on Moral Education and Character Building Organized by the Dept. of Bengali Mugberia Gangadhar Mahavidyalaya

#### **Course Content**

## UNIT-I: Basic concept of moral education

- A. Basic concept of ethics.
- B. Concept of moral education.
- C. Difference ethics and morality.
- D. Moral education : Theory and practice

#### **UNIT-II: Moral values**

- A. What is value?
- B. What are moral values? Sources of moral values.
- C. Difference between value and values.
- D. Classification of value: Instrumental value and Human values, intrinsic and extrinsic values.

### UNIT-III: Moral education as character Building programme

- A. Moral education for character Building
- B. Moral education in Veda, Upanisadas, Bhagavad Gita, Etc.
- C. Moral education in Indian Philosophy, Literature and Culture
- D. Influences of activities of great personalities

#### UNIT-III: Spiritual education for character Building programme

- A. Nature and aims of spiritual education
- B. Yoga and Meditation for spiritual education
- C. Environment, health and character
- D. Practice and evaluation

Course Co-ordinator

ESTD.-1964 Purba Medinipur Principal Some 15 523

Principal
Mugberia Gangadhar Mahavidyalaya



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### MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.org

Ref. No.—M.G.M. / /
From—The Principal / Secretary,

Date.....

Report On
Skill Development Certificate Course
on

### **Spoken Hindi**

Course Period: 18th November, 2022 to 12th May, 2023

# Organized by Department of Nutrition

## Mugberia Gangadhar Mahavidyalaya

ACCREDITED BY NAAC WITH GRADE B+
Affiliated to

Vidyasagar University **Bhupatinagar, Purba Medinipur – 721425** 

The Report is prepared by Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya.

### Minutes of the Departmental meeting held on 11.11.2022

#### **Members present:**

- 1. Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya.
- 2. **Dr. Apurba Giri,** HOD, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 3. Mrs. Sucheta Sahoo, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 4. Monalisa Roy, Assistant Professor, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 5. Sruti Mandal, Assistant Professor, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 6. Mr. Tanmoy Kr. Giri, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 7. Mr. Prabir Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 8. **Ms.Moumita Samanta,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,
- 9. Ms. Keya Dash, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 10. Ms. Pranati Bera, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 11. Ms. Rikta Jana, SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 12.**Mr. Khokan Ch. Gayen,** Assistant Professor, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
- 13.**Mr. Ayan Mondal,** Assistant Professor, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya

A short meeting was arranged at 3pm regarding the implementation of certificate course on "**Spoken Hindi**" in our Department. All teachers of the department joined in the meeting in time. **Dr. Swapan Kumar Misra, Principal** Chaired the meeting.

### **Decision taken in the meeting is:**

- (1) It is decided that **Dr. Apurba Giri, HOD** ,**Dept of Nutrition** will be Course Director of this course.
- (2) It is decided that **Ms. Moumita Samanta**, **SACT**, **Dept of Nutrition** will be coordinator of this course.
- (3) The course period will be scheduled from 18<sup>th</sup>November, 2022 to 12<sup>th</sup>May, 2023, in every week.

### Skill Development Certificate Course on Spoken Hindi

### **Course Period:**

18<sup>th</sup> November, 2022 to 12<sup>th</sup> May, 2023 Course

#### **Coordinator:**

**Ms.Moumita Samanta,** SACT, Department of Nutrition, Mugberia Gangadhar Mahavidyalaya,

### **Course Director:**

**Dr. Apurba Giri,** HOD, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya

#### **Resource Person:**

Mr. Prabhat Sharma, Assistant Professor, Dept. of Tourism and Hotel Management, Mugberia Gangadhar Mahavidyalaya

Course Duration: 30 hrs.

**Delivery Mode: Offline** 

Participating students: B.Voc Sem- 1st Year students

### **Contact:**

Phone No: 9564289290

#### **About the Course**

### **Objective of the programme/ Course Learning Outcome**

- Random Conversation in Hindi
- Working Activity in Hindi

### **CERTIFICATE OF PARTICIPATION:**

The participants will be provided Certificates on successful completion of the course. It is mandatory for all participants to attend all the classes.

**REGISTRATION FEE:** Free

VENUE: Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya.



### GANGADHAR MAHAVIDYALAYA

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DBT Star College Scheme Award Recipient
E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.org

Ref. No.-M.G.M. / / / From-The Principal / Secretary,

Date: 14.11.2022

### **Notice**

This is to hereby notify all the students that the Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya is going to start a certificate course in "Spoken Hindi" from 18.11.2023 to 12.05.2023 through offline mode. The course will be delivered by lecture, assignment, interaction, along with an examination.

All the students of B.Voc (Food Processing) 1st year students are informed to enroll their name to Ms. Moumita Samanta, Incharge of Certificate Course, SACT, Dept. of Nutrition, Mugberia Gangadhar Mahavidylaya with in 17.11.2022.

20010002 14.11.2022 Principal

Mugberia Gangadhar Mahvidyalaya

Principal Mugbeira Gangadhar Mahavidyalaya

### Syllabus of" Spoken Hindi"

- 1. Hindi Alphabet
- 2. Greeting in Hindi
- 3. Expression in Hindi
- 4. Number in Hindi
- 5. Accommodation and Travel Conversation in Hindi
- 6. Calendar in Hindi
- 7. Working Activity in Hindi
- 8. Conversation on Food in Hindi
- 9. Terms of Kitchen in Hindi
- 10. Names of Fruits, Vegetable and Spices in Hindi
- 11. Name of Grocery, Colors and Households in Hindi
- 12. Romantic Words in Hindi
- 13. Names of Body Parts in Hindi
- 14. Conversation on Time, Health, Feeling, Friendship in Hindi
- 15. Random Conversation in Hindi
- 16. Name of Relations and Direction in Hindi
- 17. Driving Conversation in Hindi
- 18. Weather Updates in Hindi
- 19. Names of Animals in Hindi
- 20. Conversation on Sports and Study in Hindi

### **Some Photos of Spoken Hindi Classes**





### **Attendance Sheet**

MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN – 721425

Department of	Nutrition	
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Mr. Pravat Sharma Resource Person Assistant Professor, Dept. of Tourism and Hotel Management

Mugberia Gangadhar Mahavidyalaya

Ms. Moumita Samanta Incharge of Certificate Course Assistant Professor and Head SACT, Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya

Dr. Apurba Giri Dept. of Nutrition

Mugberia Gangadhar
Mahavidyalaya
Mahali Galaya
Mugberia Gangadhar
Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya
Mugberia Gangadhar Mahavidyalaya

Son une

Dr. Swapan Misra Principal Mugberia Gangadhar

### MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN - 721425

**Department of Nutrition** 

	Attendance sheet	for Sk	ill De	evelop	ment	Cert	ificat	e Cou	ırse o	n Spo	ken H	indi	
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1	Sudip Jana	BVFP1	1	SJAN	S.Jana	SJAW	S. Jane	SJan	A	SJana			s. Jane
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3	Sulekha Giri	BVFP1	3	Souni	5-Ouri	A	5-bun	5 Cuin	5-Crin	5 Guin	5 Crini	A	5. Criti
4	Manotosh Bhakta	BVFP1	4	Bhank	Black	dialde	Mark	Brash	A	Brack	Bhakh	Brank	stake
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Summe Dr. Swapan Misra Principal Mugberia Gangadhar Mahavidyalaya Principal
Mugbeira Gangadhar Mahavidyala

Medinipur

### MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar :: Purba Medinipur :: West Bengal :: PIN - 721425

### Department of Nutrition

	Attendance sheet	for Sk	ill De	evelop	ment	Cert	ificate	Cou	rse o	n Spol	ken H	indi	
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19	Amit Pal	SVFP1	20				A.Pal		A-Pal				A.Pal
20	Ranajit Bera	BVFP1	31				Reaso	R.Bet	A	RiBera			R.Bero
21	Savan Maity	8VFP1	22							Smail			
22	Ankan Bag	SVFP1	25		A	A.Dag	A Rag	A. Bo	A. Rel	A RE	A.R.A	A.Ros	A. Rot
23	Debasis Maity	BVFP1	104			A			DM014	A	DAMENT	DAW	D.M.
24	Ananya Bhunia	BVFP1	25	The second second									Bhuni
25	Sneha Acharya	BVFP1	26	The second second		3.	Achary	A	Salanu	Salvanta	ANLAYS	5- 6004	Achary
26	Susmita Ghorai	BVFP1	25		5'4 000	Sharry	Sibara	5 home					Ethoral
27	Ritushree Dinda	BVFP1	22	Rindo	R. D	R: D	R: 1	R. D	8:0	A	R.J.	Rinds	Rinde
28	Manjushree Karan	BVFP1	Pi	M. Komom	M-	A	M	MI	M-	Korran	M	A	Harron
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30	Sanghamitra Chowdhury	SVFP1	32			S. Maria		5.	Pi whom	5	Bi	Si	5.
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31		BVFF1	34							6.Da			Siba
32	Sanjib Das	8VFP1	35							Potino			Patro
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Mr. Pravat Sharma Resource Person Assistant Professor, Dept. of Tourism and Hotel Management Mugberia Gangadhar

SACT, Dept. of Nutrition Mugberia Gangadhar Mahavidyalaya Mahavidyalaya

Ms. Moumita Samanta

Dr. Apurba Giri Incharge of Certificate Course Assistant Professor and Head Dept. of Nutrition Mugberia Gangadhar

Mahavidyalaya Head Dept. of Nutrition

Salas Dr. Swapan Misra Principal Mugberia Gangadhar Mahavidyalaya

Principal Mugbeira Gangarihar Mahavidyo

### **Some photos of Certificate Distribution Ceremony**





**Students receiving certificates form Principal** 

### Feedback of some students regarding the course

Skill Development Certificate Course on Spoken Hindi  18th November 2022 to 12th May 2023 Organized By  Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur – 721425  (Tike the appropriate option)  1. Did you acquire sound & sufficient knowledge of the course taught?  Excellent Good Average Poor  2. Rate your skill development in terms of communication development?  Excellent Good Average Poor  3. Will the course helpful for entrepreneurship development?  Excellent Good Average Poor  4. Rate the course in terms of you employability option?  Excellent Good Average Poor  5. Rate the arrangement of course is well.  Excellent Good Average Poor			Feedb	ack Form	
Organized By Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur – 721425  (Tike the appropriate option)  1. Did you acquire sound & sufficient knowledge of the course taught?  Excellent Good Average Poor  2. Rate your skill development in terms of communication development?  Excellent Good Average Poor  3. Will the course helpful for entrepreneurship development?  Excellent Good Average Poor  4. Rate the course in terms of you employability option?  Excellent Good Average Poor  5. Rate the arrangement of course is well.		Skill Developm	ent Certifi	cate Course on Spol	cen Hindi
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### Feedback Form

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Excellent Good Average Poor

### Photos of some certificates

















Departmental Reports @ Sanskrit: 2022-23

### Report

#### on

A SKILL DEVELOPMENT CERTIFICATE COURSE ON

**SPOKEN SANSKRIT (JEEVAN KOUSHAL)** 

Course Period: 7th February 2023 - 14th March 2023

# Organized by

### **Department of Sanskrit**

### Mugberia Gangadhar Mahavidyalaya

ACCREDITED BY NAAC WITH GRADE B+
Affiliated

to

**Vidyasagar University** 

Bhupatinagar, Purba Medinipur - 721425

### **Notice**



### MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA
NAAC Re-Accredited B\*Level Govt, aided College
CPE (Under UGC XII Plan) & NCTE Approved Institutions
DBT Star College Scheme Award Recipient

E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya ac.in

#### NOTICE

Date: 01.02.2023

### Department of Sanskrit

All the students of our college are hereby notified that Department of Sanskrit is going to organize a Skill Development certificate course on Spoken Sanskrit (JEEVAN KOUSHAL). The said program will be held from 7th February, 2023 to 14th March, 2023. The course access fee for the students is decided as Rs. – 50. Interested students who are willing to pursue the course are asked to contact Dr. Manoranjan Das, H.O.D, Sanskrit before 5th February, 2023.

Dr. Manoranjan Das

Head, Dept. of Sanskrit

Dr. Manoranjan Das Associate Professor & HOD Sanskrit Mugheria Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur (W.B.)

STD-196A

Dr. Swapan Kumar Misra

Principal Principal Mugberia Gangadhar Mahavidyalaya

### **Certificate Distribution Notice**



### MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA NAAC Re-Accredited B+Level Govt. aided College CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Date: 26/05/2023

#### Notice

This is to hereby notify that the Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar ,Purba Medinipur (W.B) is going to distribution the Certificate for Skill Development Course on Spoken Sanskrit, Typing Sanskrit Script, Microsoft Word , Gmail and Power Point Presentation on dt. 02.06.2023 (Friday) at 12 P.M.

Also the Department has arranged the farewell Ceremony for the Students of  $6^{th}$  Semester on that very day.

All the faculty members and students of Sanskrit Department are here by requested to attend the auspicious Occasion.

Venue of the Programme: Room No. 204

Dr.Manoranjan Das (H.O.D)
Department of Sanskrit
Mugberia Gangadhar Mahavidyalaya
Dr. Manoranjan Das

Associate Professor & HOD Sanskrit Mugberia Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur (W.B.) Dr.Swapan Kumar Misra 6-05-23
Principal
Mugberia Gangadhar Mahavidyalaya

Mugberia Gangadhar Mahavidyalaya



### **Departmental meeting on 01.02.2023**

#### Members present:

- 1. Dr. Swapan Kumar Misra (Principal)
- 2. Dr. Manoranjan Das H. O.D
- 3. Prof. Sambhu Manna
- 4. Prof. Amrit Dash
- 5. Prof. Sutapa Giri
- 6. Prof. Jagannath Maikap

A short meeting was arranged at 2 pm regarding the implementation of certificate course on "Spoken Sanskrit" in our Department. All teachers of the department joined the meeting in time. Dr. Manoranjan Das, H. O.D of Dept. of Sanskrit chaired the meeting.

### Decision taken in the meeting is:

- (1) It is decided that Prof. Sambhu Manna will be coordinator of this course.
- (2) It is decided that Dr. Manoranjan Das, H.O.D will be course director of this course.
- (3) The course period will be scheduled from 7th February 2023 to 14th March 2023.

It is decided that the course will be delivered by PPT Presentation, Computer Lab, interaction and doubt clearance along with an

examination on topic related to "Spoken Sanskrit" for all Semesters student of Sanskrit Hon. The Course access fee for the student is decided as Rs. 50/-..

The H.O.D will forward the matter for approval of this course from Academic Sub-committee to IOAC

Teachers are requested to prepare a routine for smooth running of course.

The meeting comes to end with a vote of thanks.

# A Skill Development Certificate Course On SPOKEN SANSKRIT

Course period: 7th February 2023 to 14th March 2023

### **Course Director:**

1) Dr. Manoranjan Das, H.O.D & Associate Professor, Dept. of Sanskrit

### **Course Coordinators:**

1) Prof. Sambhu Manna, Assistant Professor, Dept. of Sanskrit

### **Faculty Team:**

- 1) Prof. Jagannath Maikap, State Aided College Teacher
- 2) Prof. Amrit Dash, State Aided College Teacher
- 3) Prof. Sutapa Giri, State Aided College Teacher

Course Duration: 30 hrs

**Delivery Mode: Offline** 

#### **SYLLABUS**

#### सम्भाषणशिविरस्यपाठयक्रमः प्रथम दिनम \* गीतम्- पठतसंस्कृतम्..... द्वितीयं दिनम् \* मम नाम- भवत: नाम किम्? भवत्या: नाम किम्? \* गीतम। \* प्नस्स्मारणम्। द्वयोर्मध्ये परिचयः। परस्परं ५ जनान् \* त्रिष्लिङ्गेष् बहुवचनपाठनम्। \* सः कः? सा का? तत किम? \* बालकाः/ बालिकाः/ लेखन्यः/प्स्तकानि। \* एषः, एषा, एतत्। \* अहम्, भवान्, भवती\_\_\_\_अभिनयः। \* ते, के, ताः, काः, तानि, कानि, एते, ऐताः, एतानि, भवन्तः, भवत्यः, वयम। (चित्राणि उपयोक्तव्यानि) \* अस्ति X नास्ति अभिनय:। अभिनय:। \* आम्, न,वा\_ \* परिवर्तनाभ्यासः \* तत्र, अत्र, कुत्र, सर्वत्र, अन्यत्र, एकत्र\_भिनयः। यथा- सः बालकः, ते बालकाः। \* षष्ठी- तस्य, एतस्य, कस्य, तस्याः, एतस्याः, \* अस्ति/ सन्ति। 布(引) कस्याः, भवतः, भवत्याः\_\_\_अभिनयः। \* मम नासिका। भवतः नासिका। सप्तमी- हस्ते। उत्पीठिकायाम्। लेखन्याम्। पुस्तके। (स्फोरकपत्रस्य उपयोगः करणीयः।) \* एतत् कस्य?\_\_\_अङ्गानि प्रदर्श्य प्रश्नाः। \* वाक्यपत्रस्य उपयोगेन वाक्यानि रचनीयानि। \* दशरथस्य.....।सीतायाः....। \_\_स्फोरकपत्रस्य (Flash Card) उपयोगः करणीयः। \* उत्तराणां प्रश्नाः। (शिक्षकः आरम्भे उत्तरं वदेत्, \* 'पुत्रः''पतिः' इत्यादीनां वाक्यपत्राणाम् (Chart) अनन्तरं छात्राः तस्य प्रश्नं पृच्छेयुः।) उपयोगः करणीयः। यथा- रामः प्रातः काले शालां गच्छति। \* गीतम्-मनसा सततं स्मरणीयम्। रामः कदा शालां गच्छति? \* आवश्यकम्, मास्तु, पर्याप्तम्, धन्यवादः, स्वागतम्। \* अद्य, श्वः, परश्वः, प्रपरश्वः, हाः, परहाः, प्रपरहाः, \* पूर्वनिश्चितसम्भाषणप्रदर्शनम्। इदानिम। \*क्रियापदानां पाठनम्। गच्छति। आगच्छति। पठति। लिखति। खादति। \* गीतम्। \* शिष्टाचारः- सुप्रभातम्/ नमस्कारः/ शुभरात्रिः/ पिबति। क्रीडित। वदति। उत्तिष्ठति। उपविशति। हरिओं/ क्षम्यताम्/ चिन्ता मास्तु। \* गच्छामि। आगच्छामि......। \* प्रातर्विधिः- दन्तधावनम् इत्यादयः शब्दाः \* गच्छत। आगच्छत्.....। पाठनीयाः। \* संख्याः - (अ) १,२,३, ४......१०। (आ)१०, २०, ३०, .....१००। सख्या:- १-५० \* समय:-६:०५,६:१०, ५:५५, ५:५० \* समय: - ५:००, ५:१५, ५:३०,४:४५ \* स्वागतसम्भाषणम्। (शिक्षकः सहशिक्षकेणसह \* कथा-गतानुगतिको लोकः। (काचित् कथासरलया कृत्वा प्रदर्शयेत्) भाषया वक्तव्या) \* रटनाभ्यासः (पूर्वमेव लिखितानि पाठितानि च \* कथा। \* रटनाभ्यासः। कानिवित् वाक्यानि वाचनीयानि) \* सचना। स्वना:। \* ऐक्यमन्त्रः। ऐक्यमन्त्र:। 00000 00000

### तृतीयं दिनम्

- \* गीतम्।
- \* पुनस्समारणम्।
- \* क्रियापदानां बहुवचनरूपाणि। गच्छन्ति- गच्छामः- गच्छन्तु (Chart दर्शनीयम्) पिबन्ति- पिबामः- पिबन्तु। लिखन्ति- लिखामः- लिखन्तु। इत्यादिपरिवर्तनाभ्यासः करणीयः।
- \* द्वितीयाविभक्ति:- स्फोरकपत्राणामुपयोगः।
- \* वाक्यपत्राणि उपयुज्य वाक्यानि रचनीयानि।
- \* कृपया ददातु- वस्तूनि प्रदर्श्य। शिक्षकः एकैकं वस्तु प्रदर्शयति। उदा- घटी, ग्रन्थः...... छात्राः कृपया घटी ददातु, कृपया ग्रन्थं ददातु इत्यादि वदेयुः। (स्फोरकपत्रस्य उपयोगः।)
- \* पुरतः, पृष्ठतः, वामतः, दक्षिणतः, उपरि, अधः। (चित्रं दर्शनीयम्)
- \* ---- तः। इतः, ततः, गृहतः, कुतः? (स्फोरकपत्राणाम् उपयोगः।)
- \* वाक्यपत्राणि उपयुज्य वाक्यानि वाचनीयानि।
- \* गीतम्।
- \* शीघ्रम् X मन्दम्। उच्चैः X नीचैः।
- \* कथम्? सम्यक्। किमर्थम्।
- \* सप्तककाराः-(किम्, कुत्र, कित, कदा, कुतः, कथम्, किमर्थम्)(Chart प्रदर्शनीयम्)
- \* एकैकम् उपयुज्य परस्परं प्रश्नाः।
- \* अपि।
- \* अस्त्।
- \* अहं न जानामि। कानिचन वाक्यानि
- \* क्रियापदकोष्टकस्य प्रथमपृष्ठस्य अभ्यासः।
- \* द्वितीय पृष्ठस्य सर्वाणि क्रियापदानि उपयुज्य छात्राः वर्तमानकाले वाक्यानि वदन्ति (ए.व-ब.व)
- विशिष्टक्रियापदानाम् अभ्यासः-करोमि- कुर्मः। करोति- कुर्वन्ति। ददामि- ददाः। ददाति- ददति।
- सम्बोधनम्-भोः, श्रीमन्, मान्ये, भगिनि, मित्र, राम-इत्यादि।
- \* संख्या:- १-१००
- \* समय:- १:००, २:००, ३:००, ४:००
- \* सम्भाषणप्रदर्शनम् (मित्रसंलापः)

- \* कथा।
- \* वाक्यत्रयम्। एकैकोऽपि छात्रः वदेत्।
- \* ऐक्यमन्त्रः।

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### चत्रथं दिनम्

- \* गीतम।
- \* पुनस्स्मारणम्। (सप्तककाराणाम्)
- \* च
- \* अतः।
- \* एव।
- \* डित।
- \* अस्मि।
- \* यदि- तर्हि, यथा- तथा।
- \* तः- पर्यन्तम्। (वाक्यपत्रस्य उपयोगेन वाक्यानि वाबनीयानि)
- \* अद्य आरभ्य।
- \* कृते-(वाक्यपत्रस्य उपयोगः करणीयः)
- \* भूतकालीनक्रियापदानां पाठनम्। गतवान्- पठितवान्- लिखितवान्। (क्रियापदकोष्टकस्य उपयोगः) गतवती- पठितवती- लिखितवती
- \* गतवन्तः- पठितवन्तः-लिखितवन्त। गतवत्यः- पठितवत्यः- लिखितवत्यः।
- \* सः गतवान् सा गतवती (परिवर्तनाभ्यासः)
- \* अहं गतवान्। अहं गतवती।
- \* क्रियापदानां परिवर्तनाभ्यासः। यथा- गच्छति-गतवान्/ गतवती।
- \* गीतम्।
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- \* भोजनसम्बन्धिशब्दा:।
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- \* कथा।
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Certificate Course On "SPOKEN SANSKRIT"

Course period: From 7th February 2023 – 14th March 2023

Department of Sanskrit

Mugberia Gangadhar Mahavidyalaya

Bhupatinagar :: Purba Medinipur :: 721425

List of register Students and their class attendance records

Spoken Saninait Date=10/02/2023
Students Significa Semesters College Moto No
1) Mayna Jana 370
2) Pusa Paria 6th 383 0339094691
3) Munmun Mahapatra 6th " 375 ac41991795
9 Supriza Maily 6th sem 409 7365022361
6) Bansha Das - 1 th som 429 6299009827
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2. Pratima Brunia	1st	851 76019915
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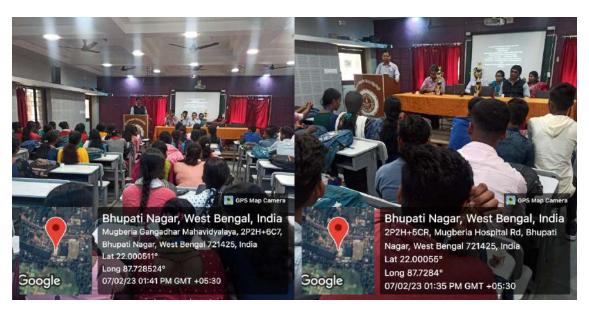
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### "Some pictures of the class records and certificate distribution"













Longitude

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"Some pictures of the class records and certificate distribution "























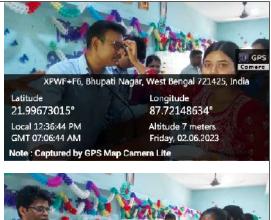








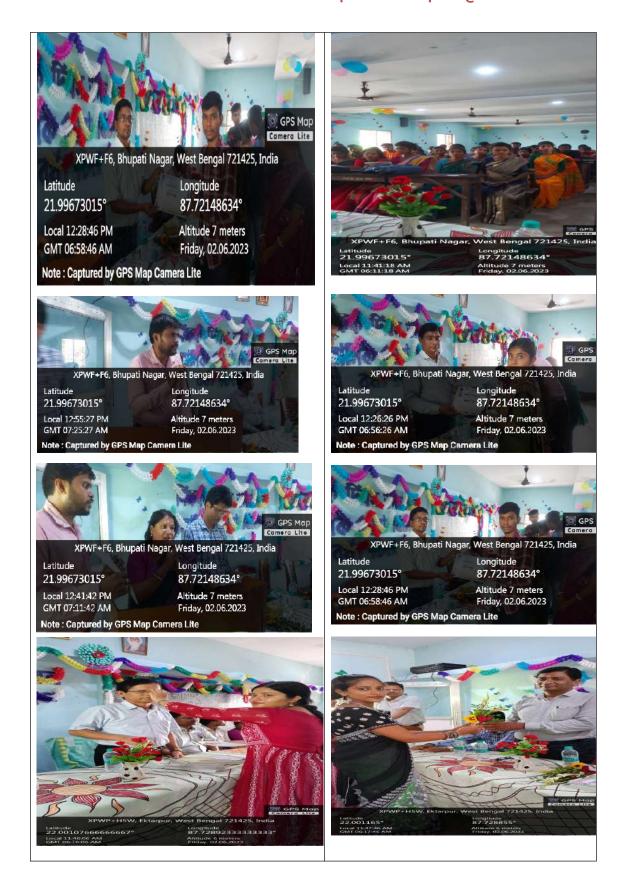


















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This is to certify that Mr. Mrs. Purpendu Jana a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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142 March, 2023 laceja Mugheria Gangadhar Mahavidyalaya

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Dr. Fanoranjan Das Course Director and H.O.D.

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This is to certify that Mr./Ms Surajit Diyasi a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Arpita Patra a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Sunandita Mishrea a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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Dr. Swapan Kr. Misra Principal

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This is to certify that Mr. Mrs. Asmita Sahoo a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate Course on Spoken Sanskrit and obtained Grade A

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This is to certify that W. Mrs Sabita Das a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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A : 65% to less than or equal to 70%. B : 50% to less than or equal to 64%, C : 35% to less than or equal to 49%, D : 34% and below.

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Dang 44 March 2020 Placed Maghetia Gasgadhar Mahasadyalaya Prof. Sambhu Manna Corodonno A. Leite Penfessor Mugheria Cangadhar Mahasabadaya Dr. Manuruhjan Das

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Mugheria Cangadhar Mahasulsalasa Mugheria Cangadhar Mahasulsalasa Mugheria Cangadhar Mah

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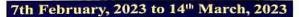
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[Jeevan Kaushal]

7th February, 2023 to 14th March, 2023



Organized by:

Department of Sanskrit

Mugberia Gangadhar Mahavidyalaya

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## CERTIFICATE

This is to certify that Mr. /Mrs. Sama Rani Mondal a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

Note: Classification of Grade is A1: 80% and above A: 65% to less than or equal to 79%, B: 50% to less than or equal to 64%, C: 35% to less than or equal to 49%, D: 34% and below

Manne

Prof. Sambhu Manna Lorenfronter A. Leste Protessor

Dr. Monoranjan Bas Course Director and H.O.D.

Mugheria Gangadhar Mahavidyalaya Mugheria Gangadhar Mahavidyalaya Mugheria Gangadhar Mahavidy

Dr. Swapan Kr. Misra

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acep Mugheria Gangadhar Mahasidyalaya

14" March; 2023



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7th February, 2023 to 14th March, 2023



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This is to certify that Mr. /Mrs. Dipali Mandal a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Parbate Mandal a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Banalata Santa a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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[Jeevali Kaushai]

7th February, 2023 to 14th March, 2023



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Date: 14° March, 2023 Place: Mugheria Gangadhar Mahavidyalaya Prof. Sambhu Manna Corndinator & Asst. Professor Mugberia Gangadhar Mahasidyalaya

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Datey 14", March, 2023 Place Mugheria Gangadhar Mahasidyalaya Prof. Sambhu Manna Condinator & Assit. Professor Mugberia Gangadhar Mahayidyalaya Dr. Manoranjan Das Course Director and ILO.D Mugheria Gangadhar Mahasidyalasa

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This is to certify that Mr. Mrs. Soumie Bena a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Supriti Maikap a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Nr. /Mrs. Massabati Grayen a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate Course on Spoken Sanskrit and obtained Grade AT

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This is to certify that Mr. /Mrs. Anita Jana a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. Mrs. Laccamita Gen a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs. Sumana Das a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that M. /Mrs. Shrabani Barik a student of Department of Sanskrit, Mugheria Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr./Mrs Piu Simi

a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr/Ms Subhreakanti Mishrea a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. /Mrs & Soumita Berca a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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apan Kr. Misra Principal Mugheria Gangadhar Mahavidyalaya Mugheria Gangadhar Mahavidyalaya

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This is to certify that Mr. / Mrs. Avijit Bhunia a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that M. Mrs. Susmita Jana a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate Course on Spoken Sanskrit and obtained Grade ...... A......

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March, 2023 laces) Mogberia Gangadhar Mahavidyalaya

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This is to certify that Mr. /Mrs. Preatima Berca a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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Prof. Sambhu Manna

Corodinator & Vist. Professor Mugheria Gangadhar Mahavidyalaya Course Director and H.O.D.

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This is to certify that Mr. Mrs. Arepan Pahari a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr/Ms Apureba Kumare Nanda a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. Mrs. Baresha Das a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. Mrs. Surendy Bikash Bar a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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This is to certify that Mr. Mrs. Babita Sharca a student of Department of Sanskrit. Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate 

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Granna Prof. Sambhu Manna Corodinator & Jost Professor Mugheria Gangadhar Mahavidyalaya

Dr. Manoranjan Das Course Director and H.O.D.

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This is to certify that Mr. /Mrs Ashrewkana Paul a student of Department of Sanskrit, Mugberia Gangadhar Mahavidyalaya has successfully participated and completed forty hours for Skill Development Certificate Course on Spoken Sanskrit and obtained Grade A

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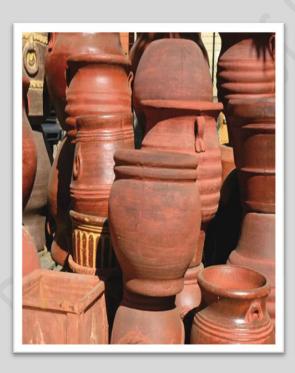
"Terracotta Clay Modelling: Making and its uses"

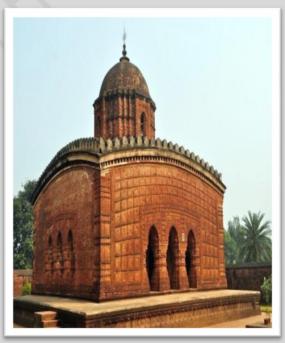
(In accordance with the quality initiative of UGC)

Date: 15.05.2023-15.06.2023

Organized by: Department of History

Mugberia Gangadhar Mahavidyalaya





#### Report

Course Objectives: The objectives of this course are to introduce the major developments in art and architecture in India in various historical phases. This course is also aimed on Clay modeling and its uses. Clay modeling is now-a-days popular among the students who usually love innovative creation, thus in order to give space for creativity among the students, department has initiated such type of course. It is also beneficial for students because it is the platform which promotes self confidence, encourages self expression and develops problem solving skills.

**Course Outcomes:** Students become familiar with the monuments and sculptures as well as terracotta clay modeling of India during the period covered in the course.

#### **Concise report of the Certificate Course**

The department of History of Mugberia Gangadhar Mahavidyalaya has arranged a 30 hours certificate course on "Terracotta Clay Modeling: Making and its uses for its students. This certificate course was held in accordance with the UGC's Quality initiative scheme. 56 students have participated in the course. Departmental teachers were presented talk on various topics of the theme. It has been one of the interesting areas for the students. The course highlighted various archaeological artifacts and its importance in Indian history. The students were asked to prepare various clay models in their home so that they can perform a different task from the regular chalk and talk classes. Students were also asking to prepare a talk and deliver the same in the class. After successful completion of the course, the students were delivered the certificates.

#### **Syllabus**

- Unit 1: Theoretical Aspects and Development of Regional Art (3hrs) i. Brief review of the ancient Shilpa texts ii. Concept of Forms, Styles and Modes of Temple Architecture and the uses of terracotta iii. Rise and Development of Regional Schools.
- Unit 2: Terracotta during Harappa Civilization and Early Structural Temples in North, Central, and Western India (5hrs) i. General Review of Harappa Seals, Pre Gupta Architecture, Post-Gupta Monuments and Sculptures and Clay modeling in Northern India and South Bengal, Bankura, Medinipur and other adjoining areas.
- Unit 3: Late Structural Temples in North, Central, Eastern and Western India (8hrs) i. Paramaras: Udaypur, Jamali, Nemawar ii. Solanki: Sunak, Modhera, Sejakpur, Dilwarac. Chandellas: Khajuraho group of temples, different Temple form of Bengal including Ras Temple of Bankura etc.
- Unit 4: Structural Temples and monuments: Eastern India (4hrs) i. Development and Characteristics of Kalinga style of Temple Art and Architecture ii. Parshurameshvara, Mukteshvara, lingaraj and Konark sun temple Midterm
- Unit 5: Rock-cut Monuments, Structural Temples and Sculptures: Deccan (4hrs) i. Chalukyas of Badami: Aihole, Badami, Pattadakal, Mahakuta ii. Rock-cut caves at Elephanta iii. Rashtrakutas:

Alampur Group of Temples, Ellora Rock-cut caves and Monolithic temples iv. Chalukyas of Kalyana: Gadag, Ittagi, Harihar and Laksmeshvara. v. Yadavas: Sinnar, Balasane and Jhodge vi. Shilaharas: Ambarnath and Khidrapur vii. Study of temple Architecture – Practical Training of Plan drawing.

Unit 6: Rock-cut Monuments, Structural Temples and Sculptures: South India (7hrs) i. Pallavas: Mahabalipuram and Kanchipuram ii. Pandyas: Kalugumalaiand Tirupattur iii. Cholas: Kumbhakonam, Tanjavur, Gangaikonda cholapuram and Darasuram, iv. Hoyasalas: Belur, Halebidand Somanathpur

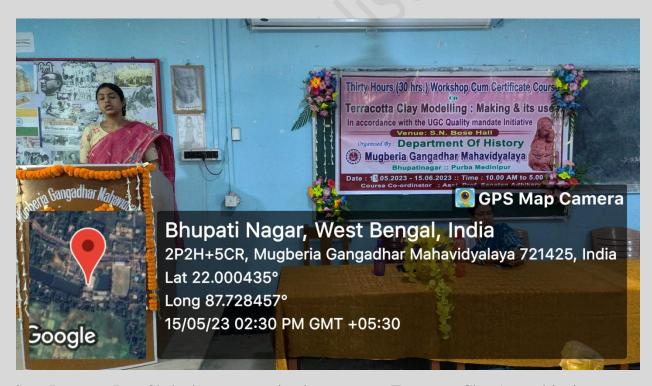
Unit 7: Bronzes of India (2 hrs) i. The Pallavas and The Cholas of South India ii. The Palas of the Senas of Eastern India

#### **Photographs**

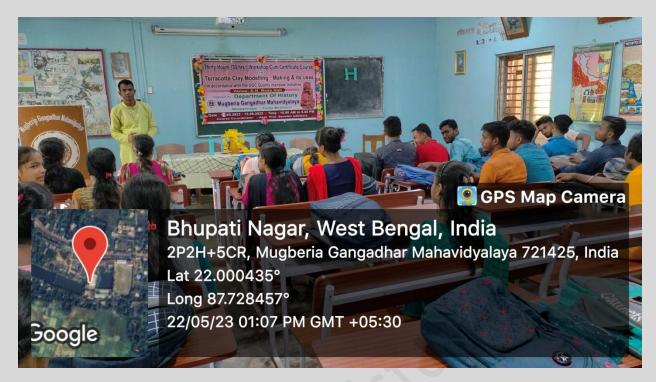


Dr. Swapan Kumar Misra, Principal of the college has delivered the inaugural address. According to him this certificate course not only beneficial for the students in academic purpose such as group learning etc, but also immensely helpful for those who are thinking of any start-up in near future.





Smt. Banasree Roy Chakraborty presenting her paper on Terracotta Clay Art and its impact on tourism in South West Bengal



Sanatan Adhikary, Assistant Professor of History has delivered his talk on Archaeological artifacts and the Indian History, the artist of ancient India and their legacies.

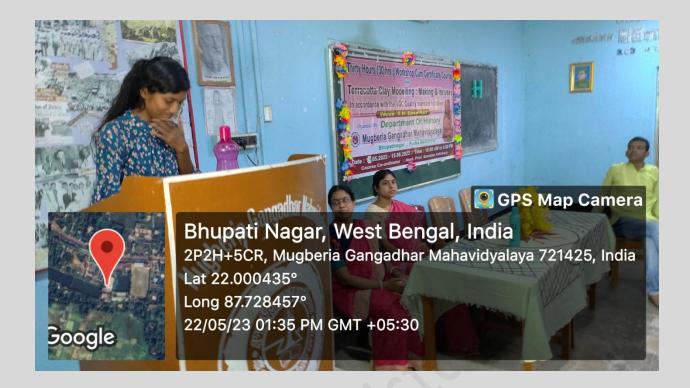




Dr. Prasenjit Ghosh, HOD, Department of History has delivered a speech on the uses of clay potteries and its importance in Indian History.



Attendance



Student of the department was delivered her speech on Indian archaeology





Discussion o Harappan Architecture







## Students participating in a model show



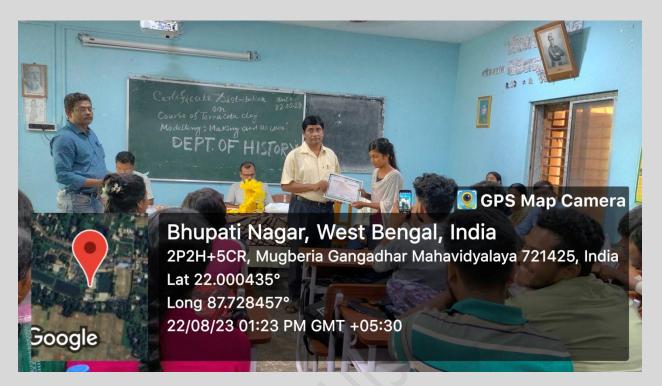




Certificate distribution Programme



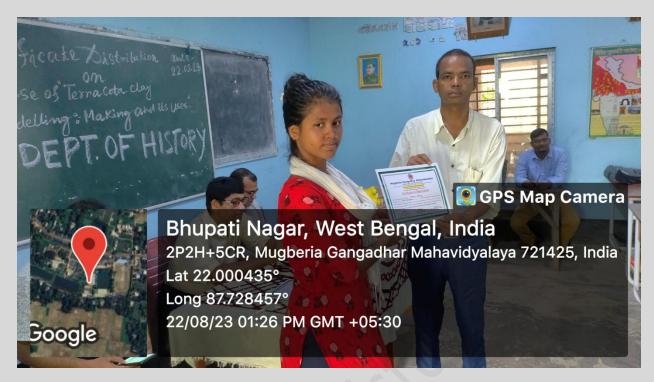
Dr. Klipdada Maity, NAAC Coordinator of the college distributed the certificate to a participant.



Dr. Mnoranjan Das, HOD of Sanskrit Department has presented the certificate to a participant.



Krishnabandhu Das, Assistant Professor of History, Department distributed the certificate to a participant.



Sanatan Adhikary, Assistant Professor of History has presented a certificate to a participant.

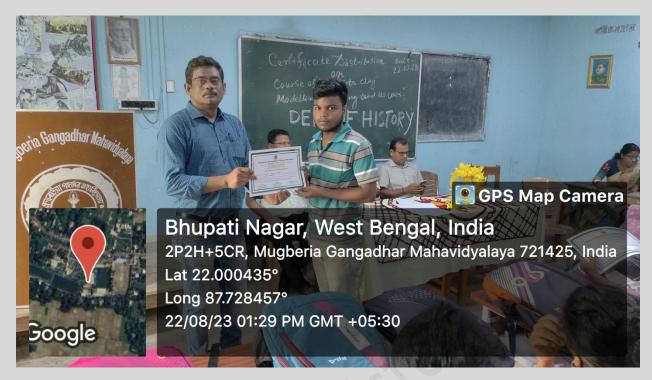


Banashree Roy Chakraborty, SACT of History department has presented a certificate to a participant.





Sumana Jana, SACT of History department has presented a certificate to a participant.



Dr. Prasenjit Ghosh, Associate Professor & HOD, History department has presented a certificate to a participant.







Principal

Mugheria Gangadhar Mahavidyalaya

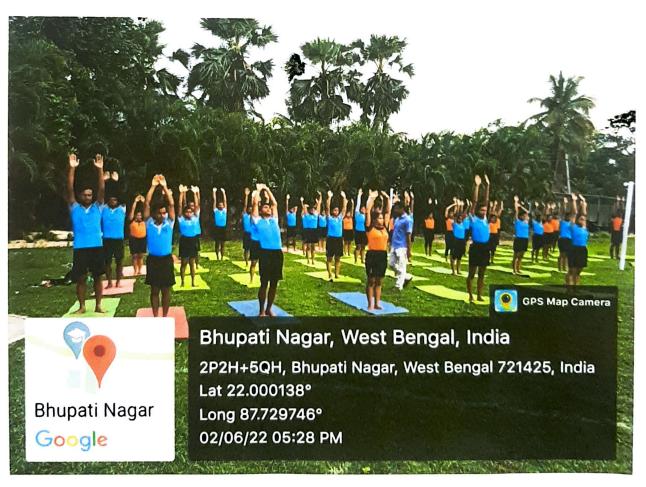


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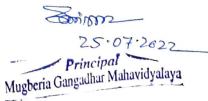
E-mail: mugberia\_college@rediffmail.com // www.mugberiagangadharmahavidyalaya ac.in

# REPORT OF UGC APPROVED CERTIFICATE COURSE IN YOGA THERAPY-2022

This UGC Approved Yoga certificate course was started in 1<sup>st</sup> February 2022 with the help of internal teachers and 110 students of Mugberia Gangadhar Mahavidyalaya. This certificate course was successfully completed in 23<sup>rd</sup> July 2022 with 105 students by maintain the proper course curriculum step by step.









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DBT Star College Scheme Award Recipient

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### **ADMISSION NOTIFICATION**



## MUGBERIA GANGADHAR MAHAVIDYALAYA

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#### NOTICE

Date- 17/01/2022

It is a great pleasure to inform you that the Mugberia Gangadhar Mahavidyalaya is going to organize a UGC approved certificate course in Yoga therapy from 1<sup>st</sup> February, 2022. So in this program interested candidate are apply to college office within 31<sup>st</sup> January 2022 positively.



Seriona 17 - 06- 2023

Mugberia Gangadhar Mahavidyalaya

Principal

Mugberia Gangadhar Mahavidyalaya

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#### **INAUGURAL CEREMONY**



This inaugural ceremony of Certificate Course in Yoga Therapy also available in You tube channel of Mugberia Gangadhar Mahavidyalaya.





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#### COURSE CURRICULUM

#### Syllabus for Certificate Course in Yoga Therapy

Total Marks - 200 Periods = 200 Theoretical = 75 Periods = 75 Practical = 125 Periods = 125

#### THEORY

Paper Content

Marks 75

Paper-l Yoga - its maning and application :

Meaning of the Terms, Aims and objectives of Yoga. Types of Yoga - Austanga Yoga, Yoga as Therapy, Yoga and Human Values.

Phychological aspects of Yoga: Yoga and mental Health. Characteristics of mental health. Mental abnormalities. Role of Yoga in promoting mental health.



Human body (Anatomical & physiological aspect)

Uned description of the systems of human body. I fleet of hogic practices on various systems of human body. Postural deviations and

Diet and components of food

Principles of diet. Diet and nutrition - balance died. Role of diet and management of disease

Stress and its management through Yoga.

Maning and science of stress and tension. Psycho - physical aspects of tension. Stress related disease and role of logic practices in stress management.

#### PRACTICAL

Content Paper-II Asanas - Compulsory (Cultural, Meditative & Curative)
Ardha Chakrasana Ardha Matsyendrasana Ardha Matsyendrasana Bhujangasana Ardha Kurmasana

Chakrasana Dhanunisina Gomukhasana Janushirasana Halasana Kurmasana Makarasana Padahastasana Paschimothanasana Matsyasana Padmasana Pavarunid tasana

Sarvangasana Shasangasana Shalabhasana Shasangasana Shyarapaschimotilanasana Shimsana Suptavajrasana Trikomasma

Ustrasana Vadrasana

Paper-II Asmas-Optional (any two from each group) 25 Groups

Asimosevana
A B
Akamadhanorasana Kumbhingsana
Baevatagana Sankatasana Kukutasana Unhitapadmasana Singhasana Kurmusana Utthickumerson

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(I) Vasti-Kna : Sahaja Vasti Kriya, Shan Vidhi & Fpayasa

Asanas Related to different ailments with special reference Hypokinetic Diseases - Workbook





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### THEORY AND PRACTICAL CLASS PICTURE













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#### **ATTENDANCE ROCORD**

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## **EXAMINATION NOTIFICATION**



## MUGBERIA GANGADHAR MAHAVIDYALAYA

ESTD.-1964

P. O.—BHUPATINAGAR O Dist.—PURBA MEDINIPUR
S. T. D. Code—03220 Ph. No.—270236, Pin.—721425 (W. B.)

Rof. No. - M. G. M. 1

Daled 14/06/2022

From : The Principal | Secretary,

#### Certificate Course in Yoga Therapy Examination-2022

Certificate Course in Yoga Therapy Examination for the year 2022 will be held as per the following schedule.

#### **Examination Schedule**

ration) Full Marks
onwards 125
(As mentioned 75
)

(Dr. Adityanarayan Adak)

Course Co-ordinator

Source

(Dr. Swapan Kumar Misra)

Principal
Mugberia Gangadhar Mahavidyalaya







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#### THEORY QUESTION PAPER

Mugberia Gangadhar Mahavidyalaya
Certificate Course in Yoga Therapy Examination 2022

Theory Paper

Full Marks - 75

Time - 3 Hours

The figures in the margin indicate full marks.

The candidates are required to give their answers in their own words as far as practicable.

Illustrate the answer wherever necessary.

#### Give any Five (5) answer from the following:

- What is yoga? Discuss the aim and objectives of yoga. Identify different path of yoga.
   Explain Austanga Yoga.

  3+5+2+5=15
- What is therapy? Give your own concept on yoga therapy. What are the benefits of yoga therapy? Explain the principles of yoga therapy.
   2+3+5+5=15
- What is asana? Identify the different types of asanas with proper example. Discuss asanas according to physical fitness.

  3+6+6=15
- What is pranayama? Discuss on breathing process. Identify the different types of pranayama. How to developed respiratory mechanism through pranayama. 3+3+4+5=15
- Give your own concept on kriya. What are the different types of kriyas? Explain the cleansing process of stomach and eye briefly.

  3+6+3+3=15
- Discuss about yogic food habits. Explain yogic practice for back pain, knee problem and shoulder injury.
- What is meditation? Explain any one procedure of meditation. How to remove the sleeping problem through yogic practice?

  3+6+6=15





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## THEORY AND INTERNATIONAL YOGA DAY CUM PRACTICAL EXAM













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#### **CERTIFICATE AND PRIZE DISTRIBUTION CEREMONY**













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## **LIST OK ADMISSION**

	Youga Certificate Course
Roll. NO	Name of the Student
1	AHALA HEMBRAM
2	AJAHAR ALI SARKAR
3	AJIT HANSDA
4	AMIT GIRI
5	BABITA SARKAR
6	BANASHREE MAJI
7	BISHNU MONDAL
8	CHAITALI ROY
9	DEBASHISH ROY
10	DEBENDRA BARMAN
11	DIBYENDU DUTTA
12	DIPA NASKAR
13	DIPAK BISWAS
14	DIPANWITA BERA
15	INDRAJIT DALBERA
16	INDRANIL PARUA
17	JAMUNA SARKAR
18	JAYANTI CHAKRABORTY
19	JYOTI TOPPO
20	KIRAN CHANDRA SARKAR
21	MILAN KUMAR JANA
22	MINAKSHI MONDAL
23	MOUMITA MAITY
24	MUKTA DHAR
25	NABAMITA GHORAI
26	OZOSWI BANERJEE
27	PAKHI ROY
28	PARAMITA MONDAL
29	PARBATI HEMBROM
30	PARSI MURMU
31	PARTHA PRATIM SARKAR
32	PRASENJIT SAR
33	PRAVATI SARKAR
34	PRIYANSHU PAL
35	PROSANJIT DEBSHARMA
36	PUJA PATTANAYEK
37	PUJA SARKAR
38	PUJA SEN

39	RAHUL JAISWAL
40	RAKHI ROY
41	RAMESH MONDAL
42	RINA MONDAL
43	RITA MONDAL
44	SAIKAT SAMANTA
45	SAITI MITRA
46	SAJANI BARMAN
47	SAMIM AKTAR
48	SANCHAYITA SIL
49	SANJIT ROY
50	SANJOY MURMU
51	SATYAJIT BIJULI
52	SHARMILA MURMU
53	SHILPI BISWAS
54	SHYAMALI KHANDA
55	SOMA SARKAR
56	SONATAN BHOWMIK
57	SOUMEN MANDAL
58	SRABANI MAHATA
59	SUBHANKARI DAS
60	SUDIPA GAYEN
61	SUIAY HEMBRAM
62	SUSAMA MURMU
63	SUSMITA SENGUPTA
64	SUVENDU SARKAR
65	TAIMERINA KHATUN
66	TAMAL CHAKRABORTY





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## **LIST OF SUCCESSFUL STUDENTS**

		Email address	Name	Catheria None	Matheda Nama	Date of Birth	Education	Permanent Address	Mobile number
2	-		Name OZOSWI BANED ICE	Father's Name	Mother's Name	21/03/1999	B A	Vill+ P.O - Rangibasan	
3		ozoswi banerjee@gmail.com	OZOSWI BANERJEE		Debasree Banerjee	19 02 1999	ВА	P.S. Kumar ganj. Dist -E	
4		monikhatu88792@gmail.com	Tajmerina khatun	Taslim Mondal	Sahanaj Bibi	01.03.1999	B.P.Ed	Uttar Dinajpur 733128	
5		ajaharali7872@gmail.com	AJAHAR ALI SARKAR		Sahanaj Parvin	10/09/1992		Vill-Natun Patua, P. O.	
		chaitaliroy486@gmail.com	Chaitali Roy	Adaitya Roy	Latika Roy	02/05/1999	BPEd	Vill -Raipur P.O -Argor.	
6		nabamitaghorai1999@gmail.c		Uttam Kumar Ghorai	Nilima Adak Ghorai	28.12.1992		,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
7		sanjoymurmu743@gmail.com	1.7	Iswar Murmu	Chandmani Murmu	30/06/1998	B.A	Vi +po-duria.ps-naraya	
8		sanjubarman834@gmail.com		Dilip barman	Kajal barman	O5/08/1997	B.P.Ed	Vill+P.O- Radhakrishni	
9		prasenjitsar1@gmail.com	Prasenjit Sar	Arun Sar	Bornita Rani Sar	O5/08/1999	Bped	Vill- Ganga jit , p.o ka	
10		sharmilamurmu0508@gailm.c		Bishu murmu	Arati hansda	10/8/1996		Vill-Bhangabandh.P o-	
1		srabanimahata1996@gmail.co		Sankar Mahata	Apu Rani Mahata	29/03/1994	M.p.ed	C k road(billa), Satbani	
1		ritz mondal.rm@gmail.com	Rita Mondal	Nitai Mondal	Durga Mondal	10.05.1995	BPED	Vill+P O+PS- Mohanpu	
1		shyamalikhanda23@gmail.com		Braja Behari Khanda	Priti kana khanda Taramoni sarkar	2 8 1997		Vill-kamal pur, P.O-par	
1		babitasarksar712@gmail.com		Pitam sarkar Shiben chandra sarka		14/12/1996		Vill- Mobarakpur, P. O-	
1		chandrakiran2042@gmail.com		Matal chandra murmu		19.02.1998		Khargapur	8918765584
1		parsimurmujgm@gmail.com	Parsi murmu			02/03/1999		Vill- Uday Pur . Po - C	
1		droy45143@gmail.com	Debashish Roy	Dinesh Ch. Roy	Champa Roy Minu sarkar	07/01/2000		Vill-Beroil, p.o-Beroil, p.:	
1		puja40160@gmail.com	Puja sarkar Pina Mandal	Bijay Chandra sarkar Ananda Mandal	Jayanti Mandal	23/01/1995		Vill-Baharan, P. O-Nisch	
1		rinamondal621@gmail.com	Rina Mandal Dipanwita Bera	Pranab Bera	Sheuli Bera	03/08/1998		Vill+po- Dhablat lalpur.	
2		beradipanwita77@gmail.com	Jyoti toppo	Bartholemus toppo	Mariam toppo	21/01/1997		Mina para, Rajib pur, q	
2		jtoppo776@gmail.com		Sukumar Gayen	Bindu Rani Gayen	22/4/1999		Vill-Kamdebnagar, pos	
2		sudipa123gayen@gmail.com mynetwork.soumen@gmail.co		- C C C C C C C C C C C C C C C C C C C	DURGAMANI MANDA			VILL+P.O-RUDRANAC	
2		parthasarkar934@gmail.com	Partha Pratim Sarkar	Shanti Ranjan Sarkar	Tripti Sarkar	14.09.1997		Vill-Nandangram, P.O-	
2			Indranil Parua	Bikash chandra Parua	Acces 1	02/04/1998		Vill - Indraprasth, P.O.	
		paruaindranil2@gmai.com rameshmondalorg@gmail.com		Haradhan Mondal	Rani Mondal	05/10/1999		Vill+po- kalikakundu ps	
20		sonatanbhowmik535@gmail.c		Joydeb Bhowmik	Molina Bhowmik	27/04/1991		Vil-Debipur, Po-Raychi	
27		sarkarsoma6216@gmail.com		Bichen Sarkar	Maya Sarkar	16/10/1995		Vill-Mahinagar, P O-Pa	
28			Sanjit Roy	Nimai Roy	Chitra Roy	29.03.1999		Piplan, Birghai, Raiganj	
30		sroy80769@gmail.com	Sonu kumar sharma	Bageshvar sharma	Sunita devi	15.04.1998		Vill+post akhalaspur p.	
		sonutyagi88043@gmail.com dbiswas563@gmail.com	Dipak Biswas	Patit Paban Biswas	Dipali Rani Biswas	03/01/1999		Vill+P.o-Parbatipur.P.s	
31		sujoyhembram94@gmail.com		Chhaku Hembram	Rani Tudu	03/03/1994		Vill-Bangardighi , p o-A	
33		roy balurghat2000@gmail.com		Bankim Roy	Kanika Roy	24.04.2000		Vill-Jafarpur.p o-kantat	
34		,	Milan kumar jana	Rameswar jana	Mitali jana	13 .04 .2000		Vill - panchet, P. O - Pa	
35		prosanjitdebsharma@gmail.cc	,	Sudhan Debsharma	Janibala Debsharma	02.07.1997			
36			Banashree Maji	Prasanta Maji	Kalyani Maji	23.01.1998		Vill-Mahendra, P. O-kan	
37		, ,,,		Dilip Naskar	Bula Naskar	13/12/1999		Vill-Chhatapathar, P. C.	
38		, 3,	Sanchayita Sil	SWAPAN KUMAR SIL		08.1993		Bill+p o- shikharbali, p	
39				Brojen Hembram	Suraj Hembram	N 1993		97, sils lane chinsurah	
40	- 0	debendrabarman950@gmail.c		Gourhari Barman	Asha Barman	16/19		Vill-kamarbedya, P.o-M. Vill+Po- Dwanberia, Ps.	
41	N.	0.5		Shibnarayan bijuli	Pushpa Bijuli	Jo/10/19			
42		parbatihembrom123@gmail.cc	, , ,	Late -chunkai Hembroi	. ,	01/01/1990	B	V-Baharda P-Jahalda (	
43				Bankim Roy		27.04.1999		Vill -uttar jamal pur.p. (	
44		, 5,		,	Kanika Roy Dipti sarkar			Vill-jafar pur,P.o-kantal	
45		dibyendudutta041099@gmail.						Vill-Chandail, P.O-purb	
46				Dipak Dulta Shankar Lal earkar	Sunita Dutta	04/10/1999		Vill+P.O- kechuadanga	
47		mandalbishnu752@gmail.com		Shankar Lal sarkar Nandadulai Mondal	Niyomi sarkar Chhaussani Mondal	19/51998		Vill -Hemat pur p.o- Ba	
48		shilpibiswas02091997@gimal.		Nandadulal Mondal	Chhayarani Mondal	10/12/1994		Vill-Palitpara.p.o-Jajan	
49		subhankaridas96@gmail.com		Bikash ch biswas	Prarthana biswas	02/09/1997		Vill-itahar(talbari), p.o+	
50		ajithansda733125@gmail.com		Tapas Das Sadbu baneda	Shibani Das	20.5 1999		Vill+po-Dhablat lalpur	
51		ajirtarisdav 33 (23@gmail.com v ChakrabortyJayanti63@gmail		Sadhu hansda Biplab Chakraborty	Rani murmu			Village, Pal bhabani;	
52		samantasaikat2017@gmail.co			_			Vill/p.o- Gandhigram, r	
		an interest of the ginalico	UNIONI GAMANIA	Mahadeb Samanta	Supriya Samanta	29.06.1998	BPEd	Gurait, Barnan, Kolagh	7001280043
53									





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## SAMPLE OF CERTIFICATE

## MUGBERIA GANGADHAR MAHAVIDYALAYA





Certificate Course in Poga Therapy Examination, 2022 (UGC APPROVED)

This is to certify that Alrs. Rakhi Rop has successfully completed the Six Month (January to June) USC approved Certificate Course in Poga Therapp from this College in the year 2022. She obtained the marks in the Examination as indicated below:

#### SEMESTER

Paper	Full Marks	Marks Obtained	Percentage (%)	Grade	Remarks
Theory	75	52	And the second		
Practical	125	110	81	A+	Excellent
Grand Total	200	162			

% of Marks	Grade	Remarks
90 - 100	AA	Outstanding
80 - 89	A+	Excellent
70 - 79	A	Very Good
60 - 69	B+	Good
50 - 59	Ð	Satisfactory
40 - 49	c	Marginal
Below 40	D	Disqualified

(Dr. Adityanarayan Adak)
Course Co-ordinator

(Dr. Swapan Kumar Misra

(Dr. Swapan Kumar Misra)
Principal

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2022/08/18 20:11





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#### SAMPLE OF STUDENTS FEEDBACK

## MUGBERIA GANGADHAR MAHAVIDYALAYA STUDENTS' FEEDBACK ON CERTIFICATE COURSE IN YOGA THERAPY, 2022

1. The fees for the course were reasonable -

2. The organization of the course and the logistics etc. were managed well -

YES / NO

3. the course valuable for your future -

4. This course will help you for your further education -

YES / NO

5. The course helps you for managing your family health - YES / NO

6. You can help the society by completing this course -

7. The course helps you to build your professional skills - YES / NO

8. Your teacher appreciates the times when you work hard towards scoring

well in a test or performing well - YES / NO

9. Your teacher guides you in setting personal aim and developing

strategies to achieve that aim - YES / NO

10. The student was benefitted by this course positively -

YES / NO

Date: 23/07/22

Student's Signature



**Principal** Mugberia Gangadhar Mahavidyalaya