

REPORT OF ADD ON COURSE

on

YOGA PHILOSOPHY: THEORY AND PRACTICE

Department of Philosophy, Purbasthali College, organized an Add on Course on

COURSE NAME: YOGA PHILOSOPHY: THEORY AND PRACTICE

Duration of the course: 30 Hours(13.03.2023-24.05.2023)

No. of students enrolled: 13

No. of students certified: 12

Course Coordinator: Dr. Suchandra Neogi

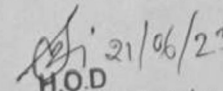
Recourses persons Attended: 3(Dr. Suchandra Neogi , Mr. Manik Das and Mr. Sujal Pramanick)

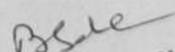
Objectives of the course: Yoga brings harmony between humans and nature and is a holistic approach to a healthy lifestyle. The objective of this course is to introduce the students with the different notions of Yoga in Indian philosophy like Basic concept of Yoga, *Jñāna* Yoga, *Bhakti* Yoga, *Rāj* Yoga and *Karma* Yoga, Yoga in Jainism, Yoga in Buddhism (*Vipassana*), Yoga in *Bhagavadgītā*. Students will practice exercises physically and mentally. Just as the word yoga means to connect, the students will also have loyalty and engagement towards their duty towards society and our society will move towards a positive direction.

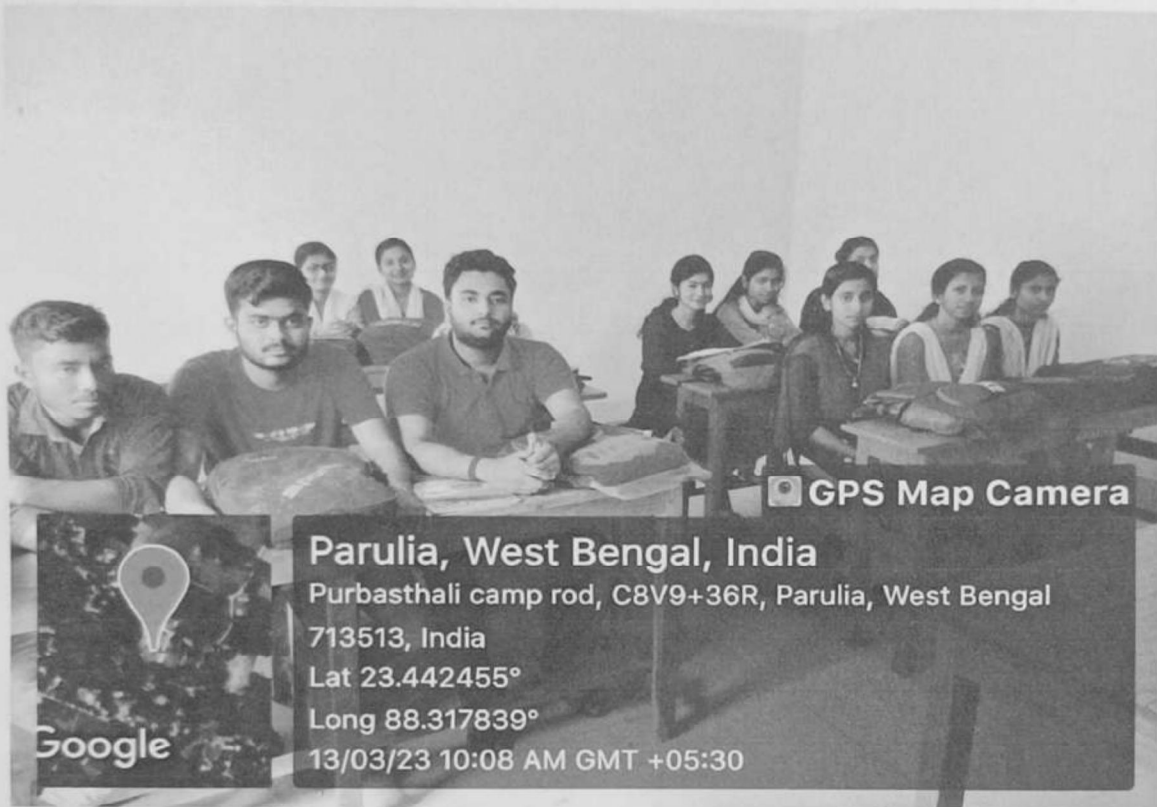
Outcome of The course: It Was beneficial for the students because students are benefited through practising Yoga. They are get a peaceful state of mind and also a good health. The students who pursue and join these different programmes so that they can help them how to maintain a healthy lifestyle through this course.

Mode of Evaluation: at the end of this course examination of 15 (fifteen) marks [theory 10(ten) marks and practical 05 (five) marks] and eleven students are given the certificate who gave the both exam and attend at least 75% class.

List of the enrolled students given bellow:


H.O.D
21/06/23
Department of Philosophy
Purbasthali College
Parulia, Furba Bardhaman


Principal
Purbasthali College
Parulia, Burdwan



GPS Map Camera

Parulia, West Bengal, India

Purbasthali camp rod, C8V9+36R, Parulia, West Bengal

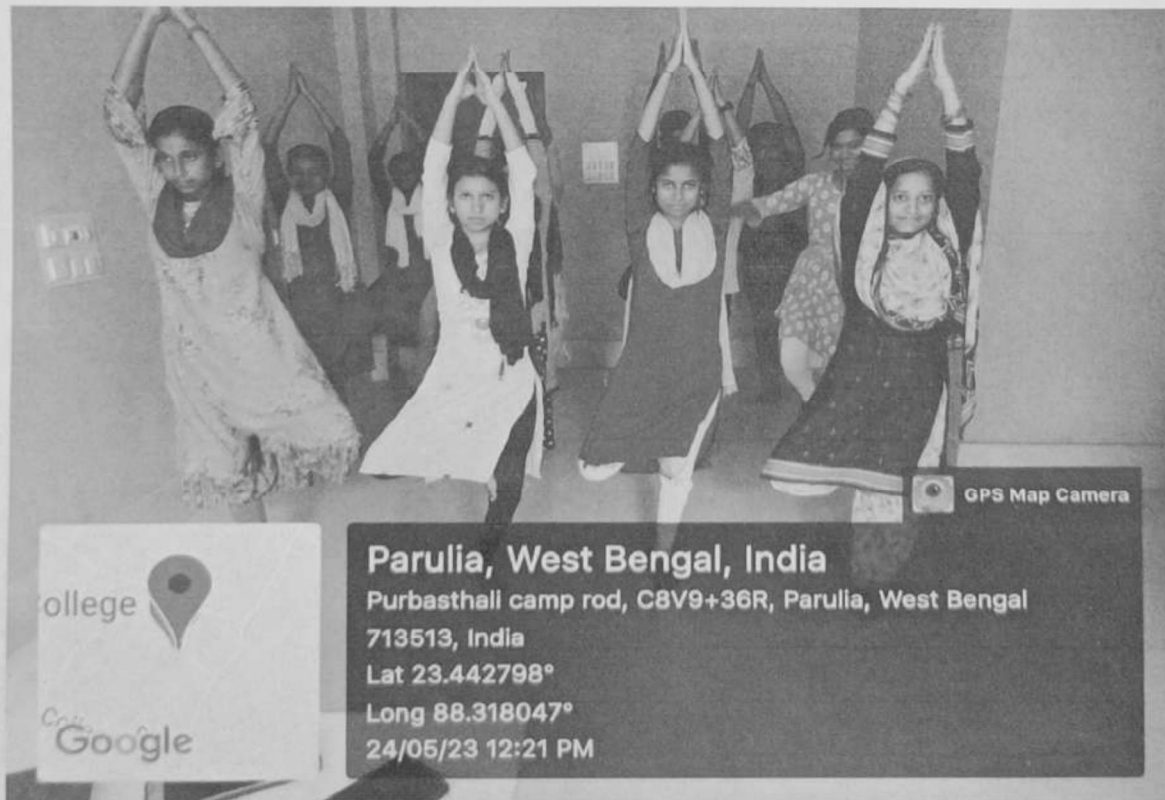
713513, India

Lat 23.442455°

Long 88.317839°

13/03/23 10:08 AM GMT +05:30

Google



GPS Map Camera

Parulia, West Bengal, India

Purbasthali camp rod, C8V9+36R, Parulia, West Bengal

713513, India

Lat 23.442798°

Long 88.318047°

24/05/23 12:21 PM

College

Google

Fig. Class of the course on 13.03.2023 and 24.05.2023

B. Saha
Principal
Purbasthali College
Parulia, Burdwan