



PURBASTHALI COLLEGE

DEPARTMENT OF PHILOSOPHY

Vill + P.O:-Parulia, Dist:- Purba Burdwan, Pin No-713513
Visit us : www.purbasthalicollege.com

Date: 01/03/2023

NOTICE

This is to inform all the students of Purbasthali College that the Department of Philosophy is offering an Add-on Course on "Yoga Philosophy: Theory and Practice" from March 13, 2023. This course has been designed to enhance your exercises physical and mental state and to improve your overall lifestyle. Through yoga students will get a peaceful state of mind and also a good health and it will help them to fulfil their duty towards society and our society will move towards a positive direction. The course will be taught by experienced faculty members of the department, who will use a combination of lectures, discussions, and practical exercises to help you develop your personality.

Seats for the course are limited to twenty and candidates will be selected based on the marks (best of four) in 10+2 examination. The admission fee for the course is Rupees Fifty (50) only, and the duration of the course will be thirty (30) hours which will be completed within three months. On successful completion of the course certificates will be provided. To enroll, please fill out the application form attached to this notice and submit it along with 1 PP size recent colored photograph, photocopies of 10+2 mark sheet and last semester admission receipt to the college office by March 11, 2023.

For further details, please download the Brochure of the Course from the college website, and feel free to contact the departmental faculty members.

(Dr. Suchandra Neogi) 01/03/2023
Head & Course Coordinator
Department of Philosophy
Purbasthali Collr
Parulia, Purba P...

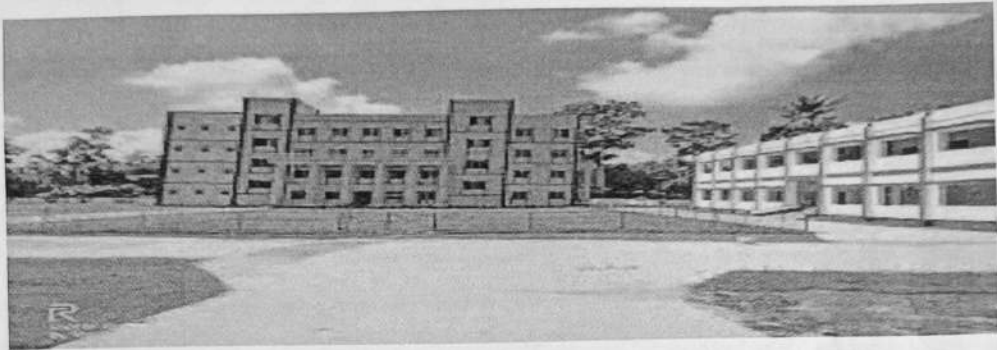
B. Saha
Principal
Purbasthali College
Parulia, Burdwan

PURBASTHALI COLLEGE

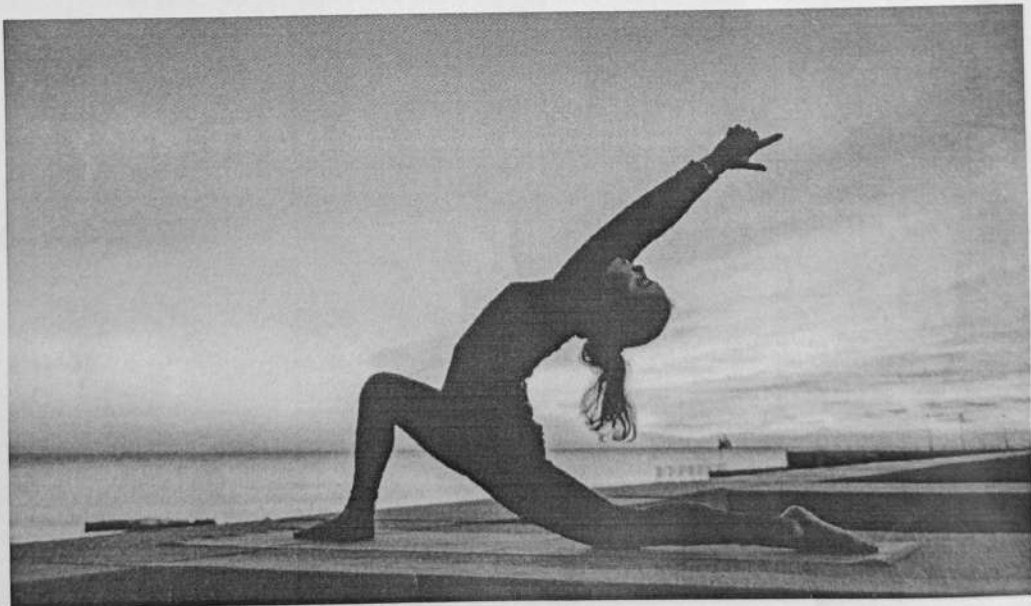
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DEPARTMENT OF PHILOSOPHY
PURBASTHALI COLLEGE
Website:www.purbasthali College.com



**ADD- ON COURSE NAME: COURSE NAME: YOGA
PHILOSOPHY: THEORY AND PRACTICE (30 Hours.)**



Course Objective:

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.

Course Outcome:

The course will be beneficial for the students because students will be benefited through practising Yoga. They will get a peaceful state of mind and also a good health. If the students pursue these different programmes so that they can help them how to maintain a healthy lifestyle through yoga.

DURATION:

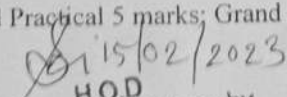
This course is designed for 30 hours. From 13/03/2023 to 24/05/2023. It will be rounded off within 3 months.


INTAKE CAPACITY:

Maximum Twenty (20) students can be accommodated at a time. Students who meet the admission requirements and submit their applications first will be given priority over those who apply later.

MODE OF EVALUATION: At the end of this course examination of 15 (fifteen) marks [theory 10 (ten) marks and practical 05 (five) marks]. Students are required to attempt ten MCQ type questions containing two marks each. It is also informed that the condition of getting certificate Students is required to minimum pass marks eight (minimum) and attendance should be minimum 75%.

PATTERN OF EVALUATION IN END EXAMINATION: Among (ten) questions students are required to attempt five short type questions/MCQ containing two marks each, students are required to attempt five marks in practical or viva-voce. (2x5=10, and Practical 5 marks; Grand total: 15 marks.)


15/02/2023
H.O.D
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Purbasthali College
Parulia, Purba Bardhaman


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Parulia, Burdwan

Syllabus

UNIT I: (Theory) (18 Hours)

1. The Definition and Essence of *Yoga*, concept of *Yama Niyama, Āsana and Prānāyāma* (06 Hours)
2. Basic Concept of four *Yoga, Jñana Yoga, Bhakti Yoga, Raj Yoga and Karma Yoga*. (06 Hours)
3. *Yoga in Jainism, Yoga in Buddhism (Vipassana), Yoga in Bhagavadgita*. (06 Hours)

UNIT II: (Practical): To be conducted at home Centers: (12 Hours)

1. Practice and Benefits of *Āsana-s*.

Detailed Course Structure

Sub. Unit-I	1. The Definition and Essence of <i>Yoga</i> , 2. concept of <i>Yama Niyama, Āsana and Prānāyāma</i>
Sub Unit-II	1. Basic Concept of four <i>Yoga</i> , 2. <i>Jñana Yoga, Bhakti Yoga</i> , 3. <i>Raj Yoga and Karma Yoga</i> .
Sub Unit-III	1. <i>Yoga in Jainism, Yoga in Buddhism (Vipassana)</i> , 2. <i>Yoga in Bhagavadgita</i> . (06 Hours)

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Sub Unit-IV	Practice And Benefits of <i>Āsana-s</i> .
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COURSE COORDINATOR

Dr. Suchandra Neogi, Assistant Professor and Head of the department of Philosophy,
purbasthali College, Parulia, Purba Burdwan

ADVISORY COMMITTEE

Chairperson – Dr. Bibhas Chandra Saha, Principal in Charge

Members

Dr. Sukla Bhattacharya, Assistant Professor in Education

Prof. Anupam Das, Assistant Professor in History

Dr. Soumya Mohan Ghosh, Assistant Professor in English

Prof. Ashes Dutta, Librarian

Prof. Manik Das, Permanent Part-time Teacher, Department of Philosophy,

Prof. Sujal Pramanick, Permanent Part-time Teacher, Department of Philosophy,

References:

- Abhishiktananda, Swami: (1974) *Guru and Disciple*, London: Society for the Promotion of Christian Knowledge,
- Aranya, H.: (1983) *Yoga Philosophy of Patanjali*, rev. ed. Trans. by P. N. Mukherji, Albany, New York: Suny Press,
- Dasgupta, S. N. (1930) *Yoga Philosophy in Relation to Other Systems of Indian Thought*, Calcutta: University of Calcutta.
- Gopalan S. (1974) *Outlines of Jainism*, John Wiley & Sons (Asia) Pte Ltd.
- D.M. Dutta and S.C. Chatterjee, *An Introduction to Indian Philosophy*, Calcutta, 1939.
- Swami Muktibodhananda, *Hathayoga Pradipika*, (4th ed., 2012), Yoga Publications Trust, Munger, Bihar.
- Srimad Hariharananda Aranya, *Pātañjala Yogdarśan*, University of Calcutta, 1967.

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