



GOVERNMENT OF WEST BENGAL  
OFFICE OF THE PRINCIPAL  
*Maulana Azad College*



8, RAFI AHMED KIDWAI ROAD, KOLKATA 700013, INDIA

Phone: 033 2249-3737/2226-7814 e-mail: [maulanaazadcollegekolkata@gmail.com](mailto:maulanaazadcollegekolkata@gmail.com)

Website: <https://maulanaazadcollegekolkata.ac.in>

Summary Report, Meeting Notice, Meeting Resolution, Course Brochure/Curriculum, Course outcomes, Sample Certificate

**5. YOGA: PHILOSOPHY & PRACTICE**

**Summary Report**

Course Name: **YOGA: PHILOSOPHY & PRACTICE.**

Course Code: **AD-PHI-18-19-01**

Organizing Department: **Department of Philosophy**

Course Duration: **30 Hours (22.04.2019 - 31.05.2019)**

No. of Enrolled Students: 276

No. of student completed the course: 276

**Course Objectives:**

The objective of the course "YOGA: PHILOSOPHY & PRACTICE" is to provide students with a comprehensive understanding of yoga as both a philosophical system and a practical discipline.


The course aims to:

1. learn the fundamentals of Yoga for harmonizing the body, mind and emotion.
2. demonstrate the value and the practice of the holistic living.
3. value the heritage of Yoga for itself and society.

**Learning Outcomes:** After successful completion of this course, students will be able to:

1. understanding ways to harmonize body and mind through Yoga.
2. disciplining the mind through practicing Yoga.
3. understanding of consciousness through practical training.

These objectives and outcomes can be tailored based on the course's specific focus and the level of depth intended. The course has been successfully completed by all the 276 enrolled candidates from various discipline and the participants received their certificates.

  
Head,  
Department of Philosophy  
Maulana Azad College



  
Principal  
Maulana Azad College  
Kolkata  
Govt. of West Bengal



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**Departmental Meeting Notification**

Department of Philosophy  
Maulana Azad College  
8, Rafi Ahmed Kidwai Road, Kolkata-700013

**Notice:**

Date: 11.02.2019

A meeting will be held on 18<sup>th</sup> February, 2019 (Monday) in the Staff Room at 3.30 p.m. to discuss the implementation of Add-on course. Faculties of the department Philosophy are requested to attend the meeting positively.

Head,  
Department of Philosophy  
Maulana Azad College



Principal  
Maulana Azad College  
Kolkata-13



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## Departmental Meeting Resolution

In response to the notice dated 11.02.2019, the departmental meeting held on 18.02.2019 at 3.30 p.m. All faculty members attended the meeting.

### Meeting Resolution:

After detail discussion, it has been resolved unanimously that Add-oncourse on 'YOGA: PHILOSOPHY & PRACTICE' will be held during 22<sup>nd</sup> April, 2019 to 23<sup>rd</sup> May, 2019. The students of all semesters of all department are allowed for the enrolment. The enrolment should be completed by the willing participates before 15<sup>th</sup> April, 2019.

- **Course Title:** 'YOGA: PHILOSOPHY & PRACTICE'.
- **Venue:** Department of Philosophy, Maulana Azad College.
- **Course Duration:** 30 hours.
- **Assistance of Teaching Faculties:** Classes -28 hours; Examination -2 Hours.
- **Expenditure:** Nil
- **Facility requires within college premise:** Lecture based /ICT based room.
- **Full Marks for this Course:**100 Marks
- **Mode of Examination:** Internal Assessment and Practical.

### Course Objectives:

- To learn the fundamentals of Yoga for harmonizing the body, mind and emotion
- To demonstrate the value and the practice of the holistic living
- To value the heritage of Yoga for self and society

### Learning Outcome:

- Understanding ways to harmonize body and mind through Yoga
- Disciplining the mind through practicing Yoga
- Understanding of Consciousness through Practical Training

*abn.*

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Department of Philosophy  
Maulana Azad College



Principal  
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## Course Brochure / Curriculum

### **Syllabus of Yoga: Philosophy and Practice**

#### **Module 1 [ 10 Hours]**

1. History of Yoga
2. Significance of Asana
3. Effect of Pranayama
4. Importance of Dhyana

#### **Module 2 [ 8 Hours]**

1. Patanjali's Yogasutra; A summary

First Sutra, Second Sutra.

#### **Module 3 [ 8 Hours]**

1. Understanding Asana and Pranayama
2. Asana; The basics
3. Surya Namaskara

#### **Essential Readings**

1. Patanjali Yogasutras, Commentary by Swami Vivekanand, Rajyoga.
2. Patanjali Yog Pradeep-Swami Omanand Saraswati, Gita Press, Gorakhpur, 2013

#### **Internal Assessment-40+60(practical)**

Head,  
Department of Philosophy  
Maulana Azad College

Head

Department of Philosophy



Principal  
Maulana Azad College  
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**Permission from HOI**

To

Date: 20.02.2019

The Principal

Maulana Azad College, Kolkata

Respected Sir,

This is to convey that the Department of Philosophy, Maulana Azad College, has resolved in the meeting held on 18.02.2019 that an add-on course for all semesters will be conducted from 22<sup>nd</sup> April, 2019 to 23<sup>rd</sup> May, 2019 on “YOGA: PHILOSOPHY & PRACTICE”. The details of the proposed course are attached. We Shall remain grateful if you very kindly give permission to pursue the aforesaid course.

With regards,

Yours Faithfully,

Head,  
Department of Philosophy  
Maulana Azad College

Principal  
Maulana Azad College  
Kolkata  
Govt. of West Bengal



Principal  
Maulana Azad College  
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**Sample Certificate**

 *Maulana Azad College* 

8, Rafi Ahmed Kidwai Road, Kolkata-700013, India.

No. \_\_\_\_\_

*Course Completion Certificate*

*This is to certify that \_\_\_\_\_, bearing Enrollment No. \_\_\_\_\_ has actively participated and successfully completed 30 hours add-on course on "YOGA: PHILOSOPHY & PRACTICE" organized by the Department of Philosophy in association with IQAC in the period 22<sup>nd</sup> April to 31<sup>st</sup> May, 2019, and secured grade —.*

  
Course Coordinator

  
IQAC Coordinator

  
Principal



Principal  
Maulana Azad College  
Kolkata-13