



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

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

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

12. YOGA: PHILOSOPHY & PRACTICE

Summary Report

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

Course Code: **AD-PHI-21-22-01**

Organizing Department: **Department of Philosophy**

Course Duration: **30 Hours (11.05.2022 - 30.05.2022)**

No. of Enrolled Students: 256

No. of student completed the course: 256

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 256 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



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

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

Departmental Meeting Notification

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

Notice:

Date: 14.03.2022

A meeting will be held on 21st March, 2022 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



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

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

Departmental Meeting Resolution

In response to the notice dated 14.03.2022, the departmental meeting held on 21.03.2022 at 3.30 p.m. All faculty members of both departments attended the meeting.

Meeting Resolution: After detail discussion, it has been resolved unanimously that Add-oncourse on 'Professional Ethics and Value Education.' will be held during 11.05.2022 - 30.05.2022. The students of Semester-2 of all department are allowed for the enrolment. The enrolment should be completed by the willing participates before 28th April, 2022

- **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

ab.
Head,
Department of Philosophy
Maulana Azad College



Principal
Maulana Azad College
Kolkata-13



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

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

Since this course initially started in the session 2018-19, then it will be continued in this session and the Evaluation process will be followed as mentioned there.

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
Kolkata-13



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

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

Permission from HOI

To

Date: 04.04.2022

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 21.03.2022 that an add-on course for semester-2 will be conducted from 11.05.2022 to 30.05.2022 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,



Principal
Maulana Azad College
Kolkata-13



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

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

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 11th May, 2022 to 30th May, 2022, and secured grade ----.*


Course Coordinator


IQAC Coordinator


Principal




Principal
Maulana Azad College
Kolkata-13