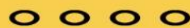




Department of Philosophy  
Barasat Government College  
organises  
Value Added Course  
on  
**ETHICS AND VALUES IN  
ANCIENT INDIAN TRADITIONS**

**Course Content**

- 1.Importance of Ancient Indian Value System
- 2 Ethics : It's meaning in Ancient Indian Traditions
- 3.Ethics in Vedic period
- 4.Budhha Ethics
- 5.Jaina Ethics
- 6.Carvaka Sukhavada



**Date:**  
11.10.22 - 16.10.22



**Time:**  
11:30am onwards



Chief Patron  
Dr.Samar Chattopadhyay  
Principal,  
Barasat Government College

Programme Title: **ETHICS AND VALUES IN ANCIENT INDIAN TRADITION**

**Programme Objective:**

Programme Objectives of this course are as follows:

To understand the rich cultural Indian traditions relating to discourses on life and its purpose, ethics and values.

**Eligibility:**

Students of any Semester, irrespective of Stream of the institution are welcome. However, Participation is subject to registration process (No Cost) within a stipulated time. After the dead line, no application will be entertained.

**Evaluation, Gradation and Certification:**

Apart from Interactive sessions, participant will be evaluated by the faculties of the department based on MCQ questionnaire which will be provided after each session. A linear Grade of "A-B-C-D" will be given as per their response and performances. Accordingly, certificate will be provided to all successful students participating the course.

**Date, Duration:**

**Course Co-ordinator:SmtDebashree Dutta**

**Session Co-ordinators:** Dr Maduchhanda Bhattacharyya, SmtDebashree Dutta, Dr Mithu Sinha Ray, Smt Soma Sinha.

Day 1 : **14/11/2023(TUESDAY)**

Topic	Speaker	Duration
YOGA EDUCATION	KAKOLI BHATTACHARYA	8.30 a.m-9.15 a.m
IMPACT OF YOGA ON OUR PHYSICAL AND MENTAL HEALTH	TANUSHREE DAS	9.45 a.m -10 a.m
IMPORTANCE OF YOGA IN OUR DAILY LIFE	TIYASHA PAUL (PHYSICAL INSTRUCTOR, RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN)	10 a.m -11.30 a.m
<b>LUNCH</b>	<b>LUNCH</b>	11.30 a.m -12 p.m
MENTAL HEALTH; ILLNESS TO WELLNESS	AISWARJYA BANERJEE ( HOD RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN)	12 p.m -2 p.m
	<b>QUESTIONNAIRE</b>	2 p.m -3 p.m

Day 2 : 16/11/2023(THURSDAY)

Topic	Speaker	Duration
MENTAL HEALTH AND STUDENTS' PERFORMANCE	DR.GOURANGO AICH	8.30 a.m- 10. a.m
THE ESSENTIAL RELATIONSHIP BETWEEN YOGA AND MENTAL HEALTH SUPPORTED BY SCIENCE	MOUSUMI ROY	10 a.m- 11.30. a.m
<b>LUNCH</b>	<b>LUNCH</b>	11.30. a.m -12 P.M
MENTAL HEALTH AND EMOTIONAL WELLBEING,PERSONALITY BUILDING	DR.PARAMITA BHATTACHARYA	12 p.m -2 p.m
	<b>QUESTIONNAIRE</b>	2 p.m -3 p.m

Day 3 : 17/11/2023(FRIDAY)

Topic	Speaker	Duration
YOGA PHILOSOPHY SAMADHI AND ITS TYPES	DEBASHREE DUTTA	8.30 a.m- 10. a.m
YOGA; INVALUABLE GIFT FOR ALL	DR.SUBHRA TALAI MUKHOPADHYAY	10 a.m- 11.30. a.m
<b>LUNCH</b>	<b>LUNCH</b>	11.30. a.m -12 P.M
YOGA AND WELLNESS	DR.BIPLAB BARMAN (GUEST LECTURER OF DEPT. OF PHYSICAL EDUCATION , JADAV PUR UNIVERSITY)	12 p.m -2 p.m
	<b>QUESTIONNAIRE</b>	2 p.m -3 p.m

Day 4 : 18/11/2023(SATURDAY)

Topic	Speaker	Duration
IMPORTANCE OF YOGA AND ITS UTILITY IN MENTAL HEALTH	SONALI PAUL	8.30 a.m- 9.15. a.m
CITTAVRITTI AND CITTAVRITTI NIRODHA FROM YOGA PERSPECTIVE	SOMA SINHA	9.15. a.m – 10 a.m
YOGA AND HYPERTENSION	DR. TAPAN KUMAR ROY (ASSISTANT PROF.ASUTOSH COLLEGE)	10 a.m -11.30 a.m
<b>LUNCH</b>	<b>LUNCH</b>	11.30. a.m -12 p.m

YOGS AND DIABETES	DR. TAPAN KUMAR ROY (ASSISTANT PROF.ASUTOSH COLLEGE)	12 p.m -2 p.m
	<b>QUESTIONNAIRE</b>	2 p.m -3 p.m

Day 5 : **20/11/2023(MONDAY)**

Topic	Speaker	Duration
SWAMI VIVEKANANDA AND HIS CONCEPTION OF YOGA	NILOY CHAKRABORTY	8.30 a.m- 10. a.m
YOGA EFFECTS ON BRAIN, HEALTH BEHAVIOR AND ANXIETY	DR. SRIKANTA GURIA	10 a.m -11.30 a.m
<b>LUNCH</b>	<b>LUNCH</b>	11.30. a.m -12 p.m
YOGA CAN CUT RISK OF CANCER	DR. SRIKANTA GURIA	12 p.m -2 p.m
	<b>QUESTIONNAIRE</b>	2 p.m -3 p.m

**Basrasat Government College** proudly announces the commencement of a Value Added Course with the B.A General Programme students of the institution between 14<sup>th</sup> and 20<sup>th</sup> November 2023, for five days on 14<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> & 20<sup>th</sup> November, on the topic “The importance of Yoga and its association with physical, mental & emotional health of an Individual”

#### COURSE OBJECTIVES:

1. To train students in theoretical knowledge in the fields of Yoga and Consciousness.
2. To qualify them in teaching theory subjects of yoga and consciousness.
3. To objectively establish the benefits of yoga for improving health and reaching higher levels of consciousness.
4. To do away with the depression or mental illness of the present generation with a blissful realization of inner wellness through Yoga.

#### COURSE OUTCOMES:

1. Promoting the awareness for positive health and personality development in the student through Yoga.
2. Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
3. To produce man power to give Yoga training/Teaching, Yoga Therapy and Yoga Research at all levels.

#### COURSE DURATION:

The course structure is spread over duration of 32-33 hours with six and half hours of sessions per day, with a lunch break, for five days on 14<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup> & 20<sup>th</sup> of November 2023

## RESOURCE PERSONS:

Eminent resource persons proficient in the specified field attached to different educational institutions, along with the teachers of Barasat Government College will be present at the programme to impart theoretical lecture sessions along with practical demonstrations on the specific subject.

The course has Cross-Cutting issues since it deals with Human values in Ancient Indian Traditions. Through this course, students were able to analyze and critically evaluate the ethical principles and values present in Indian text and traditions. Students could also demonstrate an understanding of the various philosophical school of thought in Ancient Indian Tradition and how they inform ethical decision making.

<b>Evaluation Sheet ( Total Marks :50)</b>							
Sl. No	Name	Continuous asesment (10)	Attendance (10)	MCQ Score(30)	total(50)	Percentage	Grade
1	SOUVIK SARKAR	8	8	28	44	88	A+
2	JOY SRIBASTAB	8	8	24	40	80	A+
3	SHIBAYAN NATH	8	10	26	44	88	A+
4	PAPIYA MONDAL	8	10	26	44	88	A+
5	BARNALI BISWAS	6	8	24	38	76	A
6	RITU BISWAS	6	8	26	40	80	A+
7	PAYEL DAS	8	8	22	38	76	A
8	DEBOLINA HALDER	10	10	26	46	92	O
9	POPY MANDAL	8	8	26	42	84	A+
10	RUPA SAHA	8	6	26	40	80	A+
11	MANISHA DAS	8	8	26	42	84	A+
12	SIKHA MONDAL	6	10	28	44	88	A+
13	SWAPNA BAPARI	10	8	26	44	88	A+
14	SAYANTIKA GHOSH	10	10	26	46	92	O
15	ARNABI SAMADDAR	8	8	26	42	84	A+
16	TANUSKA DAS	10	10	26	46	92	O
17	SOUMILI SINGHA	8	10	22	40	80	A+
18	LINA SAHA	6	8	30	44	88	A+
19	SNEHA BHATTACHARYA	8	8	28	44	88	A+
20	DIPTI DAS	10	10	22	42	84	A+
21	DEBISA MAITRA	8	8	22	38	76	A
22	SOUMEE SAHA	8	8	22	38	76	A+
23	ANWESHA CHATTERJEE	10	8	22	40	80	A+
24	PAPRI KANSABANIK	10	10	22	42	84	A+
25	RIMI KUNDU	8	6	22	36	72	A

26	SNEHA PRAMANIK	10	8	22	40	80	A+
27	MISHTU DUTTA	8	6	22	36	72	A
28	MOUMITA BERA	8	8	24	40	80	A+
29	RUBINA KHATUN	8	10	22	40	80	A+
30	KARIMA KHATUN	10	10	22	42	84	A+
31	SAMIMA PARVIN	8	10	22	40	80	A+
32	SANIA MIRZA	8	10	22	40	80	A+
33	SUMAN MAHAJAN	8	8	22	38	76	A
34	MRINMOY SANA	10	8	22	40	80	A+
35	JHANTU GHOSH	10	8	24	42	84	A+
36	SILPA SARKAR	8	8	24	40	80	A+
37	PRIYA BISWAS	10	8	24	42	84	A+
38	BARNA RANI DAS	8	8	24	40	80	A+
39	SARMILA BARUI	10	8	24	42	84	A+
40	SANTANA SARDAR	8	8	24	40	80	A+
41	RUPSA ROY	10	8	24	42	84	A+
42	MUKTA SARKAR	8	8	22	38	76	A
43	BRISHTI MANDAL	8	10	22	40	80	A+
44	SIMI ROY	8	10	22	40	80	A+
45	DIPIKA KAR	6	8	22	36	72	A
46	TANIMA PAL	10	10	22	42	84	A+
47	PRERANA PAL CHOWDHURY	8	8	22	38	76	A
48	SMRITI NAG	8	10	22	40	80	A+
49	SUPRITI GHOSH	8	10	22	40	80	A+
50	SUPTI SAHA	10	8	22	40	80	A+
51	BIDISHA DAS	8	10	28	46	92	O
52	MOUSUMI DUTTA	8	10	28	46	92	O
53	PAYEL GHOSH	10	10	28	48	96	O
54	ANANYA KUSHARI	8	8	28	44	88	A+
55	SANGEETA DEBNATH	8	8	28	44	88	A+
56	RISHIKA KARMAKAR	8	10	30	38	76	A
57	MOHINI MOIRA	10	8	26	44	88	A+
58	MOUSUMI GHOSH	10	10	22	42	84	A+
59	RIYA GHOSH	8	10	30	48	96	O
60	SARMISTHA PAUL	8	8	24	40	80	A+
61	MITA PAUL	10	10	28	48	96	O
62	SATARUPA PAL	8	10	28	46	92	O
63	SOHANA LASKAR	8	10	28	46	92	O
64	RUKHSHAR AMAN	8	6	26	40	80	A+
65	MST AFRUJA KHATUN	10	8	26	44	88	A+
66	SAMIK BISWAS	8	8	22	38	76	A
67	ABHIJIT MONDAL	8	8	24	40	80	A+
68	DEBASISH DAS	8	8	28	44	88	A+
69	PROMIT KUMAR ROY	8	10	28	46	92	O
70	SAYAN ROY CHOWDHURY	8	10	22	40	80	A+

71	AVIJIT ROY	10	10	26	46	92	O
72	KAMRUL HOSSAIN BISWAS	6	6	20	32	64	B+
73	SK ASAD UZZAMAN	10	10	22	42	84	A+
74	ALAMIN HOSSAIN GAZI	8	10	30	48	96	O
75	SUMEE ROY	10	8	28	46	92	O
76	DIPANNITA SARKAR	10	10	26	46	92	O
77	PRIYANKA RAJBANSHI	8	8	28	44	88	A+
78	PAYEL DAS	8	8	28	44	88	A+
79	BAISHALI DAS	8	6	28	42	84	A+
80	KOYEL MONDAL	8	6	24	38	76	A

