1.2.2
Number of Add-On /Certificate programs offered during the year 2024-25

TOTAL NO. OF ADD-ON COURSES FOR THE ACADEMIC

SESSION (2024-25) = 08

SONAMUKHI COLLEGE

www.sonamukhicollege.ac.in
Students' Gateway :: studentva sonamukhicollege.ac.in

P.O. & P.S. - Sonamukhi, Dist.-Bankura,
West Bengal, India -722 207

NAAC B* 2022
AISHE : C-14762

NOTICE

Date: 1.7.2024

A meeting of the IQAC will be held on 9.7.2024 at 2.30 p.m. at the conference hall to discuss the following agenda. All the DICs along with the Criterion wise members are requested to attend the meeting positively.

Agenda

1. Discussion regarding the decisions of the previous meeting dated 5.3.2024
2. Data collection for the Academic Session 23-24
3. Students' related activities for the academic session 24-25
4. Discussion regarding MOU
5. Discussion regarding Add-on Courses for the academic session 24-25
6. Misc. with the permission of the chair.

Principal
Sonamukhi College
Sonamukhi, Bankura

A meeting of the IQAC is held today i.e on 09/07/2024 at 2.30 p.m. in the Conference Hall. Our honorable Principal, Dr. Bappaditya Mandal, acts as chairperson of the meeting. The following decisions are adopted unanimously in the meeting.

1. All the resolutions taken in the previous meeting are read in the house and confirmed.
2. It is resolved that a common format will be prepared to accept students' grievance and in this connection house requests Dr Subhasree Majumdar to take initiative and prepare a common format in this regard.
3. It is reported by the IQAC coordinator that more emphasis will be given on capacity building and skill enhancement for the students from current academic session (24-25). It is decided that especially Bengali Department, English Department and Computer Science Department along with other Departments will act as a key role in this respect.
4. It is resolved that regarding the ENVS project work/field work the concerned faculty and all the DICs will make a discussion for smooth conducting of the above mentioned topic. In this connection house requests the Convenenor of the Academic Council to arrange a meeting at an earliest.
5. The college has already signed MOU with different Organizations, Institutions, NGOs etc. and as per guidelines of NAAC; MOU should be functional in all its aspects. In this respect the house recommends that the concerned members under whom the MOU has been done, should supervise the renewal, functions and of its satisfactory progress.
6. House requests all the faculty members to take initiative for collection of Aqar data for the academic session 23-24 and to submit it within 16th August.
7. It is resolved that Green Audit for the academic session 23-24 will be done by College authority in association with "Sonar Bharat Environment & Ecology (p) Ltd.".
8. It is resolved that the documents of eight (8) faculty members, who have applied for the CAS, their documents are verified from IQAC. In this connection house requests appropriate authority for physical screening as per communication with the DPI nominee and subjects experts.
9. It is resolved that like previous academic session one FDP will be organized within this academic session. It is further decided that more stress will be given on Students' Counseling and Skill development Programme for the benefit of the students. Dr Ratul Saha & the faculties of the Social Work Department will take initiative in this respect.
10. As per recommendation of the IQAC, the following Departments (Mathematics, Botany, Computer Science, Economics, Social Work, Physical Education, Sanskrit, Education, History & Geography) will conduct Add-on Course in the Academic session 24-25, & it is further decided that Add-on Course on Yoga will be made compulsory from the next academic session. Dr. Manisha Biswas in association with Physical Education Department will conduct the course. In this regard, the house requests Sri Supriya Saha, Convener of Add-on Course, to look into the matter.

As there are no other agenda to discuss, the meeting is ended with vote of thanks to the chair.

Principal
Sonamukhi College
Sonamukhi, Bankura

ADD-ON COURSE TO BE CONDUCTED BY VARIOUS DEPARTMENTS OF SONAMUKHI COLLEGE IN THE

ACADEMIC SESSION 2024-25

DATE OF START OF CLASS: 15TH SEPTEMBER, 2024

SL. NO.	NAME OF THE CONDUCTING DEPARTMENT/ UNIT	TITLE OF THE ADD-ON COURSE	DURATION	TARGET STUDENTS
1	HISTORY	HISTORICAL TOURISM: EXPLORING THE PAST, SHAPING THE FUTURE	32	STUDENTS OF ANY DISCIPLINE OF 3RD & 5TH SEM
2	EDUCATION	INTRODUCTION TO CHILD PSYCHOLOGY FOR STUDENTS	32	STUDENTS OF EDUCATION, HISTORY, BENGALI, GEOGRAPHY, SOCIAL WORK, POL. SC OF 3RD & 5TH SEM
3	SOCIAL WORK	MENTAL HEALTH AND PSYCHOLOGICAL COUNSELLING	32	STUDENTS OF ANY DISCIPLINE OF 3RD & 5TH SEM
4	GEOGRAPHY	ADVANCED DATABASE MANAGEMENT WITH MICROSOFT EXCEL, FUNDAMENTALS OF INTERNET APPLICATIONS AND CREATION OF GOOGLE MAPS (ESSENCE OF WEB GIS)	32	STUDENTS OF GEOGRAPHY, ECONOMICS, SOCIAL WORK, POL. SC., EDUCATION OF 3RD & 5TH SEM
5	MATHEMATICS	LEARNING MATHEMATICA FOR SCIENTIFIC COMPUTING	32	STUDENTS OF SCIENCE OF 3RD & 5TH SEM
6	BOTANY	PLANT PROPAGATION	36	STUDENTS OF OF ANY DISCIPLINE (ESPECIALLY BIO. SC.) OF 3RD & 5TH SEM
7	COMPUTER SCIENCE	CYBER SECURITY	32	STUDENTS OF ANY DISCIPLINE OF 3RD & 5TH SEM
8	YOGA AND MEDITATION CLUB	YOGA FOR WELLBEING	33	STUDENTS OF ANY DISCIPLINE OF 1ST SEM

13/9/24

Principal
Sonamukhi College
P.O- Sonamukhi, Dt- Bankura

Add-on Courses conducted during the Academic Year 2024-25

Course Title	Conducted by
HISTORICAL TOURISM: EXPLORING THE PAST, SHAPING THE FUTURE	History Department
INTRODUCTION TO CHILD PSYCHOLOGY FOR STUDENTS	Education Department
MENTAL HEALTH AND PSYCHOLOGICAL COUNSELLING	Social Work Department
ADVANCED DATA BASE MANAGEMENT WITH MICROSOFT EXCEL, FUNDAMENTALS OF INTERNET APPLICATIONS AND CREATION OF GOOGLE MAPS (ESSENCE OF WEB GIS)	Geography Department
LEARNING MATHEMATICA FOR SCIENTIFIC COMPUTING	Mathematics Department
PLANT PROPAGATION	Botany Department
CYBER SECURITY	Computer Science Department
YOGA FOR WELLBEING	Yoga and Meditation Club

COURSE: HISTORICAL TOURISM: EXPLORING THE PAST, SHAPING THE FUTURE

SONAMUKHI COLLEGE

SONAMUKHI, BANKURA, WB, INDIA, PIN 722207

(Affiliated to Bankura University)

Accredited by NAAC with Grade B+

Welcome you to

Add-On Course on

"Historical Tourism: Exploring the Past, Shaping the Future"

Organized by Department of History in Collaboration with

IQAC,

Sonamukhi College

Course Duration: September, 2024 to December, 2024

(Total 32 Hours)

Course Coordinator: Mr. Kartick Sikari, Assistant Professor, Department of History

Registration at: Department of History, Sonamukhi college

Last Date of Registration: 20.09.2024

Total Seat: 50

Email us at:
History@sonamukhicollege.ac.in

Mob.: 8637358009 & 6295032402

Internal Resource Persons:

Mr. Sahajahan Zamadar
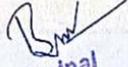
Mr. Asim Konar

Mr. Madhab Kundu

Dr. Ashoke Ghosh

Mr. Monojit Ghosh

Mr. Akshay Laha

Mr. Kartick Sikari

S. Zamadar
12.09.2024
Dept of History
ESTD - 1966
Sonamukhi College
Sonamukhi, Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

COURSE DESIGN

a. Definition, Components of tourism, types and scope.

b. History of Travel – Travel, motivation, demand.

c. Impact of Tourism – Economic, Social and Cultural.

d. Historical Tourism Policy and Planning.

e. Archaeological Tourism.

f. Historical Site Interpretation and Presentation.

g. Heritage Tourism Marketing and Promotion.

COURSE OBJECTIVES

1. Understanding the concept of historical tourism and its significance in preserving cultural heritage.
2. Analyzing the impact of tourism on historical sites and communities.
3. Learning about the management and conservation of historical sites and attractions.
4. Developing skills to create and market historical tourism products and experiences.
5. Examining the role of historical tourism in promoting cultural exchange and understanding.
6. Investigating the challenges and opportunities in balancing tourism development with historical preservation.
7. Fostering critical thinking and problem-solving skills in managing historical tourism destinations.
8. Preparing students for careers in historical tourism, cultural resource management, and related fields.

COURSE OUTCOME

1. Knowledge: Understanding of historical events, cultural heritage, and tourism principles.
2. Skills: Critical thinking and problem-solving; Cultural resource management and conservation; Tourism product development and marketing; Interpretation and presentation of historical content.
3. Attitudes: Appreciation for cultural heritage and historical significance; Sensitivity towards local communities and environments; Commitment to sustainable tourism practices.
4. Careers: Preparation for roles in: Historical site management; Tourism planning and development; Cultural resource conservation, Heritage interpretation and education; Tourism marketing and promotion.
5. Benefits: Enhanced cultural understanding and exchange; Economic benefits for local communities; Preservation of cultural heritage for future generations; Development of sustainable tourism practices.
6. Networking opportunities: Connections with professionals in historical tourism, cultural resource management, and related fields.
7. Practical experience: Hands-on learning through field trips, case studies, and project-based assignments.
8. Specialized knowledge: Understanding of historical tourism trends, policies, and best practices.

For Whom: UG Semester III & V from any discipline.
Registration Fee: Rs. 50
Last Date of Registration: 20th September, 2024
*****Each students will be awarded a certificate after completing the course.**

S. Zamadan
12.09.2024
Dept of History
ESTD - 1966
Sonamukhi College
Sonamukhi, Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

SONAMUKHI COLLEGE
ADD-ON COURSE
Organized by the Department of History
Academic Session 2024-2025
Name of the Add-On COURSE: 'HISTORICAL TOURISM: EXPLORING THE PAST, SHAPING THE FUTURE'

Course Duration: September, 2024 to December, 2024

(Total 32 Hours)

COURSE OBJECTIVES

- Understanding the concept of historical tourism and its significance in preserving cultural heritage.
- Analyzing the impact of tourism on historical sites and communities.
- Learning about the management and conservation of historical sites and attractions.
- Developing skills to create and market historical tourism products and experiences.
- Examining the role of historical tourism in promoting cultural exchange and understanding.
- Investigating the challenges and opportunities in balancing tourism development with historical preservation.
- Fostering critical thinking and problem-solving skills in managing historical tourism destinations.
- Preparing students for careers in historical tourism, cultural resource management, and related fields.

By achieving these objectives, students will gain a deep understanding of the complex relationships between tourism, culture, and history, enabling them to contribute to the sustainable development of historical tourism destinations.

S. Zamadar

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Sonamukhi, Bankura

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Sonamukhi, Bankura

Curriculum for this Add-on Course

Module-1: Definition, Components of tourism, types and scope. **(4 Hours.)**

Module-2: History of Travel – Travel, motivation, demand. **(4 Hours.)**

Module-3: Impact of Tourism – Economic, Social and Cultural. **(5 Hours.)**

Module-4: Historical Tourism Policy and Planning. **(4 Hours.)**

Module-5: Archaeological Tourism. **(5 Hours.)**

Module-6: Historical Site Interpretation and Presentation. **(5 Hours.)**

Module-7: Heritage Tourism Marketing and Promotion. **(5 Hours.)**

Assessment/Examination (F.M.- 50)

- **Step-1**: Written Examination (30)
  - **Step-2**: Assignment (10)
- **Step-3**: Viva-voice conduct by the college (10)

Certification

After passing all the Examinations listed above a student will be given a Certificate from Sonamukhi College.
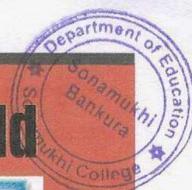
S. Zamadar

Dept of History
ESTD - 1966
Sonamukhi College
Sonamukhi, Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

COURSE: INTRODUCTION TO CHILD PSYCHOLOGY FOR STUDENTS

"Add-On Course on Introduction to Child Psychology for Students"

Organized by Department of Education in collaboration with
IQAC,Sonamukhi College Sonamukhi College
(Through Blended Mode)
Course Duration: September to December, 2024
(Total 32 Hours)

Course Coordinator:
Mr. Prosenjit Rana
SACT-Department of Education

Internal resource persons:
Mr.Asim Kumar Guin
SACT-Department of Education
Mrs.Samapti Rudra
SACT-Department of Education

COURSE DESIGN

- Introduction to Child Psychology.
- Growth and Development.
- Different types of Development.
- Learning and Motivation.
- Personality.
- Concept of Individual Differences.
- Psychological Testing.

COURSE OUTCOME

- Apply the Knowledge of Child's Growth and Development to the practical life.
- Know the different types of development of the child and their importance.
- ·Know the learning and Motivation procedure of the child.
- Know the personality development of the child and their educational development.
- Know the intellectual development of the Child and their educational implication.
- Manage the classroom behavior of the Students.
- Enhancing their academic,personal and professional practice of the Students.

COURSE OBJECTIVES

- To understand the major theories and principles of child's Growth and Development.
- To recognize the stages of cognitive, social, and emotional development of the Child.
- To Identify the factors influencing child Growth and development (e.g., family, culture, environment)
- To apply the Principles of child psychology in the real-world scenarios and their professional practices.
- To develop the skills for observing, assessing, and supporting children's Growth and Development.

For Whom: UG Semester III &V Students of Education, History, Social Work, Political Science, Bengali, Geography of Sonamukhi College.

Registration Fee : Rs.50
Last Date of Registration : 20th September, 2024

Each student will be awarded a certificate after completing the course.

Department of Education
Sonamukhi College
Sonamukhi, Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

"Add-On Course on Introduction to Child Psychology for Students"

Organized by Department of Education in collaboration with IQAC,Sonamukhi College
Sonamukhi College
(Through Blended Mode)
Course Duration: September to December, 2024
(Total 32 Hours)
For Whom:UG Semester III &V Students of Education,History,Social Work,Political
Science,Bengali,Geography of Sonamukhi College.
Registration Fee:Rs.50/-

Course Coordinator:

Mr. Prosenjit Rana

SACT-Department of Education

Internal resource persons:

Mr.Asim Kumar Guin

Mrs.Samapti Rudra

SACT-Department of Education

Course Overview

This add-on Course provides a Comprehensive introduction to the fundamental principles of child psychology,exploring the cognitive,social and emotional development of children from infancy to adolescence. It helps the participants to understand child psychology informs effective support and recognize individual differences and abilities informs inclusive practices and accommodations . The course participants will learn to integrate Social Emotional Learning (SEL) skills , like empathy and self-regulation .The brief knowledge of child psychology guides assessment methods and constructive feedback techniques ..

We all know that modern education has shifted towards a child eccentric approach . This add on course has become an inevitable tool to create a more engaging , effective and enjoyable learning experience , preparing children for success.

Course Objectives

This course aims to achieve the following objectives:

1. To understand the major theories and principles of child's Growth and Development.

2.To recognize the stages of cognitive, social, and emotional development of the Child.

3. To Identify the factors influencing child Growth and development (e.g., family, culture, environment)

4. To apply the Principles of child psychology in the real-world scenarios and their professional practices.

5. To develop the skills for observing, assessing, and supporting children's Growth and Development.

Course Design

1. Introduction to Child Psychology.
2. Growth and Development.
3. Different types of Development.
4. Learning and Motivation.
5. Personality.
6. Concept of Individual Differences.
7. Psychological Testing.

Course Outcome

After Completing this add-on course, the Students will be able to-

- Apply the Knowledge of Child's Growth and Development to the practical life.
- Know the different types of development of the child and their importance.
- Know the learning and Motivation procedure of the child.
- Know the personality development of the child and their educational development.
- Know the intellectual development of the Child and their educational implication.
- Manage the classroom behaviour of the Students.
- Enhancing their academic, personal and professional practice of the Students.

Curriculum for this Add-on Course

Module 1 (5 hours): *Introduction to Child Psychology*

- Concept, Definition, Scope of Psychology.
- Relation between Psychology and Education.
- Concept, Nature and Scope of Child Psychology.

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Sonamukhi, Bankura

Module 2 (4 hours): *Growth and Development:*

- Stage and aspects of Development in human life.

- Physical,Social,Emotional, Cognitive and Language development of Infancy.

- Childhood and Adolescence period and respective educational programme.

Module 3 (5hours): *Different types of Development*

- Cognitive Development(Piaget),Psycho-social(Ericson),and Moral Development(Kohlberg).

Module 4 (5 hours): *Learning and Motivation*

- Concept and Nature of Learning and Motivation .

- Relation between Motivation and Maturation & Learning and Motivation.

- Theories of Learning: trial and error including laws of learning,

- Conditioned response(Classical and Operant) and Gestalt theory.

Module 5 (3 hours): *Personality*

- Definition ,meaning and nature of Personality.

- Development of personality:theories of personality(Allport and Eysenck)

Module 6 (4 hours): *Concept of Individual Differences*

- Intelligence:Concept and Definition of Intelligence .

- Theories of Intelligence:- Spearman, Thurstone, Guilford and Gradner.

- Measurement of Intelligence

- Creativity:Meaning,Nature,Factors and Development of Creativity.

Module 7 (6 hours): *Psychological Testing*

- Application Psychological test to measure Personality and Intelligence.

- Kohs Block Design Test, Big Five Factor Model of Personality.

Assessment / Examination   (Full Marks - 50)

- ➢ Step 1 – Written Examination (25)
- ➢ Step 2 – Presentation/ Practical (15)
- ➢ Step 3 – Viva-voce conducted by the college (10)

Grading Scale

% of Marks	Grade	Interpretation
90-100%	AA	
80-89%	A+	
70-79%	A	
60-69%	B+	
50-59%	B	
40-49%	C	
Below 40%	F	

Certification

After passing all the examinations listed above a student will be given a certificate from Sonamukhi College.

Registration Fees: Rs. 50/-

Principal
Sonamukhi College
Sonamukhi, Bankura

COURSE: MENTAL HEALTH AND PSYCHOLOGICAL COUNSELLING

"Add-On Course on Mental Health and Psychological Counselling"

Organized by Department of Social Work in Collaboration with IQAC
Sonamukhi College, Sonamukhi
(Through Blended Mode)
Course Duration: September to December, 2024
(Total 32 Hours)

Course Coordinator: Dr. Ratul Saha Associate Professor Department of Economics	Internal Resource Persons: Mr. Sujan Banerjee (Invited Lecturer Department of Social Work) Mr. Prashanta Khan (Invited Lecturer, Department of Social Work)

COURSE DESIGN

- Basics of Mental Health
- Mental illness
- Common Mental Disorders
- Basics of counselling
- Purpose and Process of Counselling
- Qualities and Basic Skills of a Good Counsellor
- Use of Counselling in different settings.

COURSE OBJECTIVES

- To understand the concept of Mental Health and Counselling.
- To explore the different Mental Disorder and its symptom.
- To learn the use of Counselling.
- To discuss the use of Counselling in different settings (Hospital, NGOs, Palliative care etc.)

COURSE OUTCOME

- The students will be able to understand the basic concepts of Mental Health
- They will be able to understand the basic concepts of Counselling.
- They will learn to make out the process involved in basic Counselling.
- They will come to know and practice certain qualities and skills of a good Counsellor.

For Whom: UG Semester III & V from any discipline.
Registration Fee: Rs. 50
Last Date of Registration: 20th September, 2024
*Each students will be awarded a certificate after completing the course.
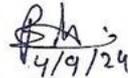
DEPARTMENT OF SOCIAL WORK
Sonamukhi College
P.O.-Sonamukhi, Dist.-Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

Syllabus for Add on course on:

Mental Health and Psychological Counseling

Organized by Department of Social Work in Collaboration with IQAC, Sonamukhi College, Sonamukhi

Hours: 32

Summary about course:

The **Add-on Course on Mental Health and Psychological Counseling** is designed to provide students with a foundational understanding of mental health, basics of counseling and their practical applications in various settings. Mental health issues have become a global concern, affecting individuals, families, and communities. This course aims to provide learners with the necessary knowledge and skills to address mental health challenges effectively through counseling interventions. Throughout the course, students will gain an in-depth theoretical knowledge on this and the course aims to bridge the gap between mental health needs and available support systems by empowering participants with the necessary counseling skills and awareness.

Unit 1: Basics of Mental Health

- Concept and Definition of Mental Health
- Concept of Counseling: Meaning, Principles, and Goals
- Importance of Mental Health in Social Work and Community Development

Unit 2: Common Mental illness and Mental Disorder

- Common Mental Health Issues: Depression, Anxiety, PTSD, Bipolar Disorder
- Factors Influencing Mental Health: Biological, Psychological, Social Determinants
- Myths and Stigma Around Mental Illness

Unit 3: Basics of Counseling

- Stages of Counseling: Rapport Building, Assessment, Intervention, Termination
- Individual and Group Counseling: Differences and Techniques
- Crisis Intervention and Trauma-Informed Counseling

Unit 4: Application and Scope of Counseling

- School and College Counseling
- Community-Based Mental Health Interventions
- Role of Social Work in Mental Health Advocacy and Policy

DEPARTMENT OF SOCIAL WORK
Sonamukhi College
P.O.-Sonamukhi, Dist.-Bankura

Principal
Sonamukhi College

COURSE: ADVANCED DATA BASE MANAGEMENT WITH MICROSOFT EXCEL, FUNDAMENTALS OF INTERNET APPLICATIONS AND CREATION OF GOOGLE MAPS (ESSENCE OF WEB GIS)

Sonamukhi College
Sonamukhi, Bankura, WB, India -722207
(Affiliated to Bankura University)
Accredited by NAAC with Grade "B+" (2022)

"Add-On Course on Advanced Database Management with Microsoft Excel, Fundamentals of Internet Applications, and Creation of Google Maps (Essence of Web GIS)"

Organized by Department of Geography in collaboration with IQAC, Sonamukhi College
(Through Blended Mode)
Course Duration: September to December, 2024 (32 Hours)

For Whom: UG Semester III & V Students of Geography, Economics, Social Work, Political Science and Education of Sonamukhi College.

Seat Capacity: 50 (Registration to the course will be on first-come-first serve basis).

Last Date of Registration : 14th September, 2024

COURSE DESIGN

- Introduction to Microsoft Excel (MS Excel)
- Filtering, sorting, manipulating, etc. by using MS Excel
- Editing of charts, graphs, 2D and 3D, etc. in MS Excel
- Inclusions of headers, footers, etc. in MS Excel
- Using different search engines, mail merging, and creating a Google Map
- Preparation of Google Forms, uses of Google Classroom, etc.
- Advance Statistical Analysis using Advanced Excel Operation

COURSE OUTCOME

After successful competition of this add-on course, a learner can gather sound knowledge of MS Excel and its features, along with deep knowledge of handling data, preparing charts, creating Google Maps, etc., which is not available in the present UG curriculum as per Bankura University guidelines.

COURSE OBJECTIVES

- To impart knowledge on handling huge volumes of data, filtering, sorting, aggregating, and summarising those into categories and subcategories.
- To develop knowledge focussing on advanced functions, formulas, productivity tools, and deriving different statistical results.
- To assist in developing spreadsheets and processing data using graphs, charts, diagrams, tables, etc. to produce results in more sophisticated and time-saving ways.
- To impart skills to the learner in working with multiple spreadsheets and manipulating data using outline, auto-filter, and pivot tables.
- To create and customise Google Maps, understand the fundamentals of Web GIS, integrate geographic data, and apply these tools effectively in real-world scenarios.

After passing all the examinations listed above a student will be given a certificate from Sonamukhi College.

Course Coordinator:
Mr. Ashis Pandit
Asst. Prof. in Geography

Department of Geography
Sonamukhi College
Sonamukhi, Bankura

Internal resource persons:
Mr. Jhantu Bangal
Mr. Rintu Roy
Mr. Biswajit Barat

Any Queries
Mail us : geography@sonamukhicollege.ac.in

Registration Fee: Rs. 50/-

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Principal
Sonamukhi College
Sonamukhi, Dt.-Bankura

"Add-On Course on Advanced Database Management with Microsoft Excel, Fundamentals of Internet Applications, and Creation of Google Maps (Essence of Web GIS)"

Organized by Department of Geography in collaboration with IQAC, Sonamukhi College

(Through Blended Mode)
Course Duration: September to December, 2024
(32 Hours)
For Whom: UG Semester III & V Students of Geography, Economics, Social Work, Political Science and Education of Sonamukhi College.
Registration Fee: Rs.50/-
Seat Capacity: 50 (Registration to the course will be on first-come-first serve basis).

Course Coordinator:	**Internal resource persons:**
Mr. Ashis Pandit	Mr. Jhantu Bangal
Asst. Prof. in Geography	Mr. Rintu Roy
	Mr. Biswajit Barat

• Course Overview

This course provides an insight into advanced-level database management through Microsoft Excel, which is typically used to analyse, explore, and present visualisations of data. It helps to use advanced formulas and functions and enables learners to generate advanced Excel skills, which are necessary for computing and analysing data. This course offers a comprehensive introduction to creating and customising Google Maps, emphasising the essential concepts of Web GIS (Geographic Information Systems). Participants will learn to integrate geographic data, design interactive maps, and apply Web GIS principles to real-world applications. The brief knowledge of MS Excel will help us handle large amounts of data within a fraction of a second.

In recent times, it has become an inevitable tool and plays a vital role in higher education. There is no doubt that in this modern era, everyone needs a search engine like Google, etc. for their queries, problems, or doubts.

So, this add-on course will be very effective for our students from different branches.

• Course Objectives

This course aims to achieve the following objectives:

- To impart knowledge on handling huge volumes of data, filtering, sorting, aggregating, and summarising those into categories and subcategories.

- To develop knowledge focussing on advanced functions, formulas, productivity tools, and deriving different statistical results.
- To assist in developing spreadsheets and processing data using graphs, charts, diagrams, tables, etc. to produce results in more sophisticated and time-saving ways.
- To impart skills to the learner in working with multiple spreadsheets and manipulating data using outline, auto-filter, and pivot tables.
- To create and customise Google Maps, understand the fundamentals of Web GIS, integrate geographic data, and apply these tools effectively in real-world scenarios.

• Course Design

1. Introduction to Microsoft Excel (MS Excel)
2. Filtering, sorting, manipulating, etc. by using MS Excel
3. Editing of charts, graphs, 2D and 3D, etc. in MS Excel
4. Inclusions of headers, footers, etc. in MS Excel
5. Using different search engines, mail merging, and creating a Google Map
6. Preparation of Google Forms, uses of Google Classroom, etc.
7. Advance Statistical Analysis using Advanced Excel Operation

• Course Outcome

After successful competition of this add-on course, a learner can gather sound knowledge of MS Excel and its features, along with deep knowledge of handling data, preparing charts, creating Google Maps, etc., which is not available in the present UG curriculum as per Bankura University guidelines.

• Curriculum for this Add-on Course

❖ **Module 1 (6 hours):**

- o **Introduction to Microsoft Excel**
- o **Working with Data: Merge Cells**
- o **Formatting Data**
- o **Copying and pasting within the same or from another worksheet**

❖ **Module 2 (6 hours):**

- o **Data from external sources**
- o **Filters and Sort**
- o **Data Names and Ranges**
- o **Manipulating Data**
- o **Basic Formulae and Use of Functions**

❖ **Module 3 (6 hours):**

- Editing a chart
- Using a Chart in a Word Document
- Colouring a Chart
- Types of Charts: 2D Chart, 3D Chart
- Inserting a Chart, Image, and Graph
- Data Analysis Using Charts and Graphs

❖ **Module 4 (2 hours):**

- Headers, inclusion of text, numbers, and other content that displays at the top
- Using Headers and Footers

❖ **Module 5 (6 hours):**

- World Wide Web
- Search engine, URLs
- Electronic mail and emails
- Mail Merged
- Creation of Google Maps

❖ **Module 6 (2 hours):**

- Google Form
- Google Classroom
- Using a Spread Sheet

❖ **Module 7 (2 hours):**

- Advance Statistical Analysis using Advanced Excel Operation

- ## Assessment / Examination   (F.M. 50)

  ➢ Step 1 – Written Examination (25)
  ➢ Step 2 – Presentation/ Practical (15)
  ➢ Step 3 – Viva-voce conducted by the college (10)

- ## Certification

After passing all the examinations listed above a student will be given a certificate from Sonamukhi College.

Email us at: geography@sonamukhicollege.ac.in

Department of Geography
Sonamukhi College
Sonamukhi, Bankura

Principal
Sonamukhi College
P.O.-Sonamukhi, Dt.-Bankura

COURSE:
LEARNING MATHEMATICA FOR SCIENTIFIC COMPUTING

Learning *Mathematica* for Scientific Computing

An add-on course offered for UG students to learn & understand the basics of *Mathematica* programming

By

Department of Mathematics
Sonamukhi College
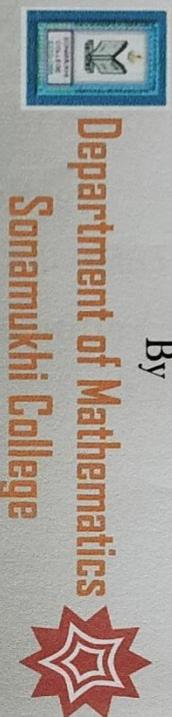
Course Coordinator
Dr. Asit Dey

Advisory Board
Dr. Subhendu Ruidas
Assistant Professor of Mathematics
Sonamukhi College

Salient Features

- ☐ Course duration : 32 hours
- ☐ Eligibility: All UG students from the faculty of Science (Sem-III & Sem-V)
- ☐ Course Registration Fee: Rs.50/-
- ☐ Prerequisite: Knowledge of basic Mathematics of 10+2 level
- ☐ Teaching Mode: Hybrid mode of teaching

Curriculum & Outline of the Course

- Understanding the working environment and basic syntax of Mathematica
- Exploring the built-in functions in Mathematica and the process of defining user-defined functions
- Understanding the logical & conditional statements, looping structures, nested compound statements and learning multi-dimensional arrays.
- Applications in various numerical methods including solution of algebraic and transcendental equations, numerical differentiation and integration, solving differential equations, finding eigen values and eigen vectors, etc.
- Basic graph plotting, surface plotting, contour plotting, graphics enhancement, etc.

Outcome of the Course

- ➤ Execute Mathematica commands and functions for various computations
- ➤ Construct interactive demonstrations using Mathematica's dynamic capabilities
- ➤ Plot different functions and data files in two & three dimension
- ➤ Learn numerical computation of solutions to mathematical and applied problems

Registration: at the Dept. of Mathematics (within 18.09.2024)

Email us at: mathematics@sonamukhicollege.ac.in

SONAMUKHI COLLEGE
7.9.24
Department of Mathematics
Sonamukhi, Bankura

Principal
Sonamukhi College
Sonamukhi, Bankura

Department of Mathematics

Sonamukhi College

(Affiliated under Bankura University)
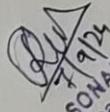
Learning *Mathematica* for Scientific Computing

An add-on course offered for UG students to learn & understand basics
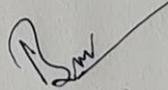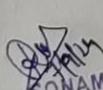of *Mathematica*

Course Coordinator:

Dr. Asit Dey
Assistant Professor of Mathematics
Sonamukhi College

Advisory Board:

Dr. Subhendu Ruidas
Assistant Professor of Mathematics,
Sonamukhi College

List of Contents:

- Course Structure
- Course Objectives
- Curriculum & Outline of the Course
- Course Outcome
- Policies

Course Structure:

Course Code	Course Title	Duration of Course (hours)	Eligible Students	Evaluation Procedure			
				IA (Viva-Voce)	Theory Examination (Preferably MCQ)	Practical Examination	Total
MATH/2024-25/AddOn	Learning *Mathematica* for Scientific Computing	32	All UG students from faculty of science (Sem-III & Sem-V)	10	25	15	50

- ➤ Course Registration fee: **Rs. 50/-**
- ➤ Prerequisite: **Knowledge on elementary Mathematics as per 10+2 level**

Asit Dey
7/9/24
SONAMUKHI COLLEGE
Department of Mathematics
Sonamukhi, Bankura
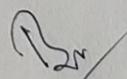
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Sonamukhi, Bankura

Add On Course:

Learning Mathematica for Scientific Computing

Course Objectives:

Mathematica is a mathematical program used in many scientific, engineering, mathematical, computing fields and applies intelligent automation in every part of the system, from algorithm selection to plot layout and user interface design.

Studying *Mathematica* serves several important purposes such as an interactive classroom experience that helps students learn concepts, and gives faculty tools to create course materials, a single workflow that keeps all elements of a project together in flexible documents, a wide range of applications, including in the humanities, business, and machine learning. Also, *Mathematica*'s strengths include Symbolic computation and numerical methods, functional and rule-based programming, a large library of functions, well-written documentation, and a notebook environment.

Curriculum & Outline of the Course:

The basic architecture of the course is the following.

### Module 1 (Teaching: 3 hours, Practical: 1 hour)

Understanding the *Mathematica* environment and syntax

- Overview of *Mathematica*.
- Navigating the *Mathematica* environment.
- Basics of *Mathematica* syntax.
- Simple commands and introduction to the notebook interface.
- Basic arithmetic and algebraic computations.

Module 2 (Teaching: 5 hours, Practical: 2 hour)

Introduction to variables and functions

- Variables name and global variables.
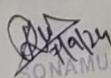
- Defining functions and procedures
- Introduction to *Mathematica*'s built-in functions.
- Exploring mathematical functions and their properties.
- Conditional expressions and pattern matching.
- Loops and iteration methods (for, while, do).

Tutorial & Doubt Clearing Session (1 hour)

Module 3 (Teaching: 6 hours, Practical: 4 hour)

Numerical Calculations

- Repetitive operations and conditional operations.
- Differentiation and integration.
- Solving algebraic and transcendental equations.
- Solving differential equations.
- Basic results on matrices and finding of eigen values and eigen vectors of a given matrix.

Module 4 (Teaching: 3 hours, Practical: 3 hours)

Introduction to Graphics

- Plotting functions and data in 2D.
- Surface plotting
- Customizing plots (labels, legends, colours).
- Contour and density plots.
- Basic graphics enhancement.
- Introduction to geometric computations and graphics.

Tutorial & Doubt Clearing Session (1 hour)

Assessment Test (3 hours)

Suggested Readings:

i. Stephen Wolfram, "An Elementary Introduction to the Wolfram Language", 2015, Wolfram Media.
ii. Cliff Hastings, Kelvin Mischo, Michael Morrison, "Hands-On Start to Wolfram Mathematica and Programming with the Wolfram Language", 2nd Edition, 2015, Wolfram Media.
iii. Paul Wellin, "Programming with Mathematica®: An Introduction", 2013, Cambridge University Press.
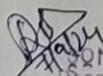
SONAMUKHI COLLEGE
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Sonamukhi, Bankura

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COURSE: PLANT PROPAGATION

SONAMUKHI COLLEGE

SONAMUKHI, BANKURA, WB, INDIA, PIN 722207

(Affiliated to Bankura University)

Accredited by NAAC with Grade B$^+$

Welcome you to

Add on course on

"Plant Propagation"

Organized by Department of **Botany** in collaboration with **IQAC** Sonamukhi College

Duration: September, 2024 to December, 2024

Course Coordinator: Dr. Dipak Kumar Hens, Associate Professor, Sonamukhi College, Mail id- dipak.henssonamukhi@gmail.com

Internal Resource Person:

1. **Dr. Dipak Kumar Hens**
2. **Dr. Partha Sarathi De**
3. **Dr. Manisha Halder Biswas**
4. **Sudeshna Pal**
5. **Subhadip Ghosh**

Registration at: Botany Department, Sonamukhi.college .

Last Date of Registration: 18.09.2024

Email us at: botany@sonamukhicollege.ac.in

Mob.: 9434526722 & 9434439137

29.8.24

DEPARTMENT OF BOTANY
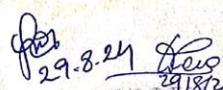Sona nukhi College
Sonamukhi, Bankura

Principal
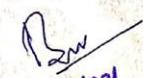Sonamukhi College
Sonamukhi, Bankura

- All participants will receive a certificate upon feedback submission.
- Registration fee Rs. 50/- required and it is mandatory.
- Program will be organized in College Premises and in offline mode.

Plant Propagation

About the Course	Target Students:	Program plan
Topics like Horticulture, Gardening, Plant propagation are some important field in botany. All these topics are in different way associated with in curriculum of BKU Botany syllabus. The objective of the program is to enhance the skill of students on different aspects of plant propagation specially in vegetative propagation by budding, cutting, layering etc. With this knowledge students will be able to covert there surrounding an eco-friendly beautiful green environment. This program will also help students to become expert on different techniques of plat propagation and this skill surely help them to become self-employed.	Students of SEM III and V, especially Biological Science students of Sonamukhi College	**September,2024:** Unit 1 & 2 and Field work Sl.no. 2 & 3

October, 2024: Unit 3 and Field work Sl.no. 4, 5 & 6

November, 2024: Unit 4 and Field work Sl.no. 7 & 8

December, 2024: Unit 5, Laboratory work Sl.no. 1 and evaluation |

29-8-24
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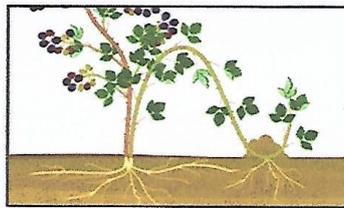ESTD-1986 BANKURA
* SONAMUKHI *

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Sonamukhi, Bankura

PLANT PROPAGATION

An add-on course offered by Department of Botany in collaboration with IQAC, Sonamukhi College

Course Duration: Total 36 hours

Course Coordinator: Dr. Dipak Kumar Hens

Associate Professor, Sonamukhi College, *dipak.henssonamukhi@gmail.com*

Internal Resource Person:
1. Dr. Dipak Kumar Hens
2. Dr. Partha Sarathi De
3. Dr. Manisha Halder Biswas
4. Sudeshna Pal
5. Subhadip Ghosh

Registration Fees: Rs.50/-

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Course Objectives:

1) To developed a clear knowledge about reproductive system of plants.
2) To make participant skillful about clone preparation of plants.
3) To maintain valuable plants for long period of time.
4) To bring and propagate rare plants in new area.
5) To make the participants self-independent.
6) To make an eco-friendly environment by plant propagation scientifically.

Course Learning Outcomes:

On completion of this course, students will be able to

1) Develop a clear knowledge about reproductive system of plants.
2) Achieve a clear knowledge about different procedure of propagation depending on types of plant.
3) Develop a skillful expert on plant clone preparation.
4) Become self-independent.
5) Bring and propagate rare plants in new area.
6) Make an eco-friendly environment by plant propagation scientifically.

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Eligibility

Students of SEM III and V, especially Biological Science students of Sonamukhi College. SEM III and SEM V Students of other departments may also participate. Registration fees Rs. 50/-. Registration will be done from 10.09.2024 to 18.09.2024 at botany department.

N.B. One student will be eligible to participate in only one add on course in an academic session.

Curriculum for Add-on Course

SYLLABUS
Academic Session: 2024-25
Course Title: Plant Propagation

Duration: 36h   (Theory: 20h & Practical: 16h)

Theory

Unit 1: (2h)

Reproductive system: Mode of Reproduction: Vegetative, Apomixis and Sexual

Unit 2: (4h)

Seed: Definition, Structure and types - Seed dormancy; causes and methods of breaking dormancy; Seed storage: Seed banks, factors affecting seed viability, seed testing, Germination-Process and types, factors affecting germination.

Unit 3: (8h)

Vegetative Propagation: Cutting: Root Cutting, Stem Cutting, Leaf Cutting and Leaf Bud Cutting; Advantages

Layering: Ground layering-Tip layering, Simple layering, Compound

layering, French layering, Mound layering. Air layering. Advantages of layering

Budding- T budding, patch budding, chip budding, flap budding, ring budding, flute budding; Advantages of budding.

Grafting or graftage: Methods- Approach or inarching, whip, cleft, Top, Veneer, Epicotyl & Bud Grafting or Budding. Advantages of grafting.

Unit 4: (3h)

Preparation of seed bed, sowing of seeds and raising of seedlings. Transplantation

Unit 5: (3h)

Plant Propagation by tissue culture: media, totipotency, explant, callus formation, Artificial seed. Micropropagation and its application.

Practical & Field Work: (8x2=16h)

1. Seed viability and Germination Test.

2. Propagation by Cutting.

3. Propagation by Ground Layering.

4. Propagation by Air Layering.

5. Propagation by Budding.

6. Propagation by Grafting.

7. Preparation of Seed Bed.

8. Transplantation Process.

Suggested Readings:

1. Bose T.K. & Mukherjee, D., 1972, Gardening in India, Oxford & IBH Publishing Co., New Delhi.
2. Sandhu, M.K., 1989, Plant Propagation, Wile Eastern Ltd., Bangalore, Madras.
3. Kumar, N., 1997, Introduction to Horticulture, Rajalakshmi Publications, Nagercoil.
4. Edmond Musser & Andres, Fundamentals of Horticulture, McGraw Hill Book Co., New Delhi. 5.Agrawal, P.K. 1993, Hand Book of Seed Technology, Dept. of Agriculture and Cooperation, National Seed

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Corporation Ltd., New Delhi.

6. Janick Jules. 1979. Horticultural Science. (3rd Ed.), W.H. Freeman and Co., San Francisco, USA.

Modularization of Syllabus		
Module No.	Unit/ Topic	Time Duration (hrs)
1	Unit 1	2
2	Unit 2	4
3	Unit 3	8
4	Unit 4	3
5	Unit 5	3
6	Seed viability and Germination Test	2
7	Propagation by Cutting	2
8	Propagation by Ground Layering	2
9	Propagation by Air Layering	2
10	Propagation of Budding	2
11	Propagation by Grafting	2
12	Preparation of Seed Bed	2
13	Transplantation Process	2

Assessment/Examination (F.M.-50)

1.	Step 1: Regularity and performance (10 Marks)
2.	Step 2: Written Examination (25 Marks)
3.	Step 3: Work out, Demonstration and Viva-voce (15 Marks)

Certification

After successful completion of course, student will be given a certificate from Sonamukhi college.

DEPARTMENT OF BOTANY
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Sonamukhi, Bankura

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COURSE: CYBER SECURITY

Cyber Security

An **add-on course** offered by
Department of Computer Science,
Sonamukhi College

Course Duration

September to December 2024(32 hours)

Course Co-Ordinator	Internal Resource Persons
Subhajit Dey	Subhajit Dey, Ajoy Dey

Course Registration Fee: Rs.50/

Registration at: Department of
Computer Science, Sonamukhi College
Last Date of Registration:18.09.2024

Course Design

Unit 1: Introduction (4 hours)
Unit 2: Cyber Crime (4 hours)
Unit 3: Network Security (6 hours)
Unit 4: Cryptography (10 hours)
Unit 5: Security Guidelines (8 hours)

Certification: After the successful completion of the course
and the passing of all the evaluation processes by a student,
he/she will be issued a certificate from Sonamukhi College.

Course objectives

- Grasp core principles and practices.
- Identify and assess threats and vulnerabilities.
- Implement measures like firewalls and encryption.
- Understand ethical considerations and legal frameworks.
- Manage security policies and programs.
- Stay informed on new trends and threats.

Course outcome

- Apply principles to safeguard systems.
- Identify vulnerabilities and threats.
- Design and implement security measures.
- Manage and respond to security incidents.
- Adhere to laws and ethical standards.
- Develop and enforce security policies.
- Stay updated on trends and threats.

05/09/24   05.09.24
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Sonamukhi, Bankura

Department of Computer Science

Sonamukhi College

(Affiliated to Bankura University)

"Cyber Security"

An **add-on** course offered for UG students to learn & understand about different types of cyber threats and the techniques used by attackers.

Course Co-ordinator:

Mr. Subhajit Dey
SACT-II, Department of Computer Science
Sonamukhi College

Internal Resource Persons:

Mr. Subhajit Dey, SACT-II, Dept. of Computer Science, Sonamukhi College

Mr. Ajoy Dey, Invited Lecturer, Dept. of Computer Science, Sonamukhi College
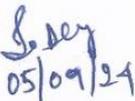
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Course Structure:

Course Code	Course Title	Duration of Course (hours)	Eligible Students	Evaluation Procedure			
				IA (Viva-Voce)	Theory Examination (Preferably MCQ)	Presentation	Total
CSC/2024-25/Add-on	Cyber Security	32	All UG students from the faculty of science	10	25	15	50

Course Registration fee: Rs.50/-.

Policies:

Examination (F.M. - 50)

Step1 – Internal Assessment (10)

Step1 – Written Examination (25)

Step 2 – Practical Examination (15)

Certification

All the participants will be provided a certificate from Sonamukhi College after successful completion of the course.

S.Dey
05/09/21
DEPARTMENT OF COMPUTER SCIENCE
Sonamukhi College
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Sonamukhi College
Sonamukhi, Bankura

"Syllabus for Add-on Course on Cyber Security"

Organized by: Department of Computer Science, Sonamukhi College

About the Course:

This course provides a foundational understanding of cybersecurity principles and practices. It covers the basics of securing digital information, understanding cyber threats, and developing strategies for protecting networks, systems, and data from unauthorized access, damage, or attacks. The course is designed for undergraduate students from various disciplines who want to understand the essential concepts of cybersecurity.

Course objectives:

- Grasp core principles and practices.
- Identify and assess threats and vulnerabilities.
- Implement measures like firewalls and encryption.
- Understand ethical considerations and legal frameworks.
- Manage security policies and programs.
- Stay informed on new trends and threats.

Course outcome:

Students succeeding in this course will be able to:

- Apply principles to safeguard systems.
- Identify vulnerabilities and threats.
- Design and implement security measures.
- Manage and respond to security incidents.
- Adhere to laws and ethical standards.
- Develop and enforce security policies.
- Stay updated on trends and threats.

Unit 1: Introduction (4 hours):

- What is cyber security?
- DNS
- WORLD WIDE WEB
- Malware (Adware, spyware, virus, worms, trojan horse)

Unit 2: Cyber Crime (4 hours):

- Software piracy
- Cyber terrorism
- Creating and distributing viruses over the internet

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- Spamming
- Phishing
- Salami attack
- Email spoofing

Unit 3: Network Security (6 hours):

- Antivirus
- Firewall
- Steganography
- Email security

Unit 4: Cryptography (10 hours):

- Encryption, Decryption
- Symmetric key, Asymmetric key Cryptography
- Hash functions
- Digital Signatures
- Modern Cryptographic Practices (SSL/TLS, Blockchain, VPN)

Unit 5: Security Guidelines (8 hours):

- Finding the best browser
- Guidelines for social media and Windows security
- Smartphone security guidelines
- Online Banking, Credit Card & UPI Security, ATM Security
- Guidelines for secure passwords, two-step verification, and using free antivirus

S. Dey
05/09/24

Ajay Dey
05-09-24

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COURSE: Yoga for Wellbeing

COURSE OBJECTIVES

1) To create awareness amongst students to have good mental health along with good physical health and hygiene.

2) To objectively establish the benefit of yoga and experiencing higher level of consciousness.

3) To enhance moral values and to train the students in theoretical knowledge regarding the fields of yoga and consciousness.

4) To create resilience against depression and mental illness of the present generation through blissful realization of inner self.

COURSE OUTCOMES

On completion of this course, students will be able to:

1) Enrich themselves with basic knowledge about their physical body as well as their personality.

2) Develop resilience against stressful situations,

3) Learn techniques for maintaining overall good emotional, mental and physical health.

4) Promote the awareness for positive mental health and personality development.

5) Gain general interest and inquisitiveness knowledge about yoga.

COURSE DESIGN

THEORIES:

• The origin & significance of Yoga (2 hrs)

• Tradition of Yoga (2 hrs)

• Basic concept of four types of Yoga (Jnana Yoga, Bhakti Yoga, Raja Yoga, Karma Yoga) (2 hrs)

• Introduction to Pranayama (1 hr)

• Different types of pranayama and their benefits (2 hrs)

• Introduction to Meditation and it's benefits (1 hr)

• About Surya namaskar and it's benefits (1 hr)

PRACTICALS:

• Daily Asanas (total 10 hrs)

• Pranayama and Kriya practice (6 hrs)

• Practice of Meditation (5 hrs)

• Practice of Surya Namaskar (1 hr)

AFTER SUCCESSFUL COMPLETION OF THIS COURSE, CERTIFICATE WILL BE PROVIDED TO THE CONCERNED STUDENT

YOGA FOR WELLBEING

An add-on course offered by Sonamukhi College

Course Duration: Total 33 hours

September,2024 to December, 2024

Course Coordinator:

Dr. Manisha Halder Biswas
Asssistant Professor in Botany
Sonamukhi College
ymc@sonamukhicollege.ac.in

Internal Resource Person:

Dr. Manisha Halder Biswas
Mr. Swarup Mukherjee
Mr. Amit Paramanik
Mr. Salil Bhuin
Mr. Ramprasad Konrar

Registration Fees: Rs.50/-

YOGA FOR WELLBEING

An add-on course offered by Sonamukhi College

Course Duration: September, 2024 to December, 2024
(Total 33 hours)

Course Coordinator:
Dr. Manisha Halder Biswas
Assistant Professor in Botany
Sonamukhi College
ymc@sonamukhicollege.ac.in

Internal Resource Person:
Dr. Manisha Halder Biswas,
Mr. Swarup Mukherjee,
Mr. Amit Paramanik,
Mr. Salil Bhuin,
Mr. Ramprasad Konrar

Registration Fees: Rs.50/-
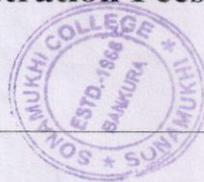
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Sonamukhi, Bankura

Manisha Halder Biswas
DEPARTMENT OF BOTANY
Sonamukhi College
Sonamukhi, Bankura

Course Objectives:

1) To create awareness amongst students to have good mental health along with good physical health and hygiene.
2) To objectively establish the benefit of yoga and experiencing higher level of consciousness.
3) To enhance moral values and to train the students in theoretical knowledge regarding the fields of yoga and consciousness.
4) To create resilience against depression and mental illness of the present generation through blissful realization of inner self.
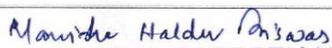
Course Outcomes:

On completion of this course, students will be able to

1) Enrich themselves with basic knowledge about their physical body as well as their personality.
2) Develop resilience against stressful situations,
3) Learn techniques for maintaining overall good emotional, mental and physical health.
4) Promote the awareness for positive mental health and personality development.
5) Gain general interest and inquisitive knowledge about yoga.

Course Design:

Theories:

- The origin & significance of Yoga (2 hrs)
- Tradition of Yoga (2 hrs)
- Basic concept of four types of Yoga (Jnana Yoga, Bhakti Yoga, Raja Yoga, Karma Yoga) (2 hrs)
- Introduction to Pranayama (1 hr)
- Different types of pranayama and their benefits (2 hrs)
- Introduction to Meditation and it's benefits (1 hr)
- About Surya namaskar and its benefits (1 hr)

Practicals:

- Daily Asanas (total 10 hrs)
- Pranayama and Kriya practice (6 hrs)
- Practice of Meditation (5 hrs)
- Practice of Surya Namaskar (1 hr)

After successful completion of this course, certificate will be provided to the concerned student.

Eligibility

- Students of Semester-I, irrespective of stream of institution are welcome. However, participation is subject to registration process of Rs. 50.

Course Design (Total 33hrs)

Subject Title	Time durationon (hours)	
The Origin of Yoga & meaning of Yoga	2hrs	
Tradition of yoga	2hrs	
Basic concept of four Yoga (Jnana Yoga, Bhakti Yoga, Raja Yoga, Karma Yoga)	2hrs	
Asanas Practice	Standing position	2hrs
	Sitting position	2hrs
	Supine position	2hrs
	Prone position	2hrs
	Inverted position	2hrs
Definition of Pranayama	3hrs	
Usefulness of pranayama		
Different type of pranayama and their benefits		
Definition of Meditation	1hrs	
Definition of Surya namaskar and its benefit	1hrs	
PranayamaPractice	6hrs	
Meditation	5hrs	
Surya Namaskar Practice	1hrs	
	Total: 33 hrs	