

32 Hour Add On Certificate Course

On



An Approach to Indian Cultural Ethos and Wellness of Being

**DATE OF INAGURATION : 19TH APRIL 2024
TIME : 11.00 AM**



Organized by
Krishnagar Women's College

Chief Guest:
Swami Kamalasthananda
Principal of RKMVCC

Patron :
Dr. Natasa Dasgupta
Principal of KWC

IN COLLABORATION WITH
INTERNAL QUALITY
ASSURANCE CELL

Krishnagar Women's College

 Krishnagar, Nadia, Pin-741101

Course Objective

1. To teach the values of the culture and heritage of the society.
2. To make a positive contribution to society through good living and trust.
3. To do away with the depression or mental illness of the present generation with a blissful realisation of inner Wellness.



Eligibility

B.A & B.Sc both Sem IV and Sem VI Program students of Krishnagar Women's College are eligible for this course.



Course Structure

Duration: 19.04.2024 – 07.05.2024

Total Duration: 32 Hour

Theoretical: 20 Hour

**Assignment & Paper Presentation:
4hr**

**Practical Class (Personality test &
Application of yoga) : 2 Hour**

MCQ test : 2 Hour

Hands on/ Servey: 4 Hour



MODULES OF THE COURSE



1

Core Concepts of Indian Culture

2

How did culture influence our moral development

3

Role of yoga as Indian heritage

4

Indian culture facts believes and values

5

Impact of culture on personal development

6

Degradation of moral values among youth



Learning Outcomes

- THE AIMS AND OBJECTIVES OF VALUE EDUCATION IS TO DEVELOP POSITIVE VALUES AND CHARACTER TRAITS IN INDIVIDUALS WHICH CAN HELP THEM LEAD HAPPY FULFILLING LIVES AND CONTRIBUTE POSITIVE VIBES TO SOCIETY.
- DEVELOPING A DEMOCRATIC WAY OF THINKING AND LIVING.
- VALUE EDUCATION AIMS TO DEVELOP CRITICAL THINKING SKILLS.
- VALUE EDUCATION TEACHES US ETHICAL BEHAVIOR, WHICH IS VERY IMPORTANT TO MAKE DECISIONS.
- INCULCATION OF GOOD MANNERS AND RESPONSIBLE AND COOPERATIVE CITIZENSHIP
- VALUE EDUCATION AIMS TO PROMOTE RESPECT FOR ONESELF, OTHERS AND ENVIRONMENT

EVALUATION

Assessment of candidate will be done through theoretical assignments, projects, hands on/ survey. After completion of course all successful candidates will be awarded certificate.



COURSE COORDINATOR

**DR. ANURADHA CHATTOPADHAY
ASSOCIATE PROFESSOR,
DEPARTMENT OF PHILOSOPHY**

☎ 9433256171



ORGANISING COMMITTEE

**DR. MAYA BISWAS SINHA
ASSOCIATE PROFESSOR, DEPARTMENT OF CHEMISTRY
COORDINATOR, IQAC**

**MRS BAIJAYANTI GHOSH
ASSISTANT PROFESSOR, DEPARTMENT OF POLITICAL SCIENCE**

**SRI ANIRUDDHA BAGCHI
ASSISTANT PROFESSOR, DEPARTMENT OF SANSKRIT**

**MRS ARUNDHATI TARAFDER
SACT, DEPARTMENT OF ENGLISH**

**MRS IPSITA PRAMANIK
SACT, DEPARTMENT OF CHEMISTRY**

DURATION : 19.04.2024- 07.05.2024
LAST DATE OF REGISTRATION : 18.04.2024

Registration link

[HTTPS://FORMS.GLE/0VSPV2VF90Q8LY6C8ARAGRAPH TEXT](https://forms.gle/0VSPV2VF90Q8LY6C8ARAGRAPH TEXT)

Free
Registration

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