

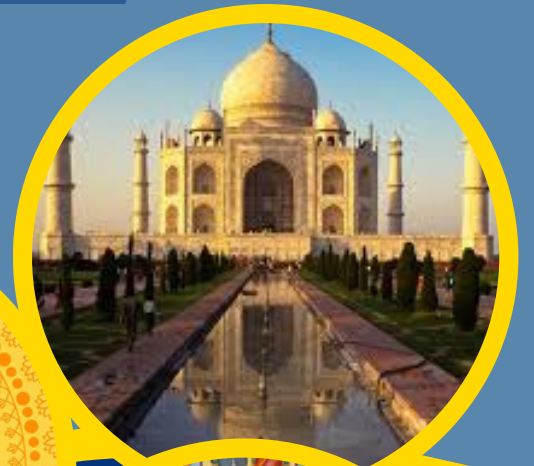
**Blended mode Certificate course**

**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>

**Free**  
**Registration**

**WHATSAPP LINK**



<https://chat.whatsapp.com/Enq3GiCRcrsHlrrAbnVf9H>

