

1.2.2 Documents on Add- on Course



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SONAMUKHI COLLEGE

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

NAAC:B* 2022
AISHE : C-44762

Date : 17/01/2022

NOTICE

With profound glory and vast happiness, all the students of our college who have taken admission in the three certificate courses namely Yoga, Communicative English and Personality Development and Spoken Sanskrit are hereby informed that the classes of the above mentioned courses will be started on and from 20th January, 2023 for the session 2022-2023.


The students who have taken admission in those courses are asked to attend the classes from that date positively.

COUNTERSIGNED BY

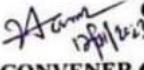
SIGNED BY

PRINCIPAL,
SONAMUKHI COLLEGE

CO-ORDINATOR OF YOGA


17.01.23
CO-ORDINATOR OF C.E.P.D
S. S. Saha 17.01.2023

CO-ORDINATOR OF SPOKEN SANSKRIT
Swarnap Mukherjee 17.01.23
CONVENER OF YOGA
A. S. Saha


17/01/23
CONVENER OF C.E.P.D
A. S. Saha 17/01/23
CONVENER OF SPOKEN SANSKRIT

USE MASK & SANITIZER

Copy to :1) Guard file 2) Head Clerk email 3) TC email

10:38 pm



BANKURA UNIVERSITY

(West Bengal Act XIX of 2013- Bankura University Act, 2013)

Main Campus, Bankura Block-II, P.O.: Purandarpur, Dist.: Bankura, Pin- 722155, West Bengal

**CERTIFICATE COURSE ON
SPOKEN SANSKRIT**

BANKURA UNIVERSITY

Syllabus (पाठ्यक्रमः)

(W.e.f. 2022-23)

CERTIFICATE COURSE (प्रमाणपत्रीयपाठ्यक्रमः)

SPOKEN SANSKRIT (संस्कृतसम्भाषणम्)

(Full Maerks-200) पूर्णाङ्कः-२००

Total Time: 100 Hours

1. शब्दरूपाणि – नर, मुनि, साधु, फल, लता, नदी, तत्(लिङ्गत्रयम्), अस्मत्, युस्मद्, गुणिन्, किम्, इदम्, धावत् (लिङ्गत्रयम्)। 20 (10 hrs)
2. धातुरूपाणि- भू, पठ्, गम्, लभ्, कृ (लट्, लोट्, लङ्, लृट्, विधिलिङ्)। 20(10 hrs)
3. लकारप्रयोगः - लट्, लोट्, लङ्, लृट्, विधिलिङ् (वाक्ये प्रयोगः)। 20(10 hrs)
4. अव्ययानि- यदा, तदा, यदि, तर्हि, कुत्र, इव, च एव, हि, अपि, न, सहसा, अद्य, श्वः, परस्वः, ह्यः, कदा, इदानीम्, तदानीम्, सम्प्रति, ऐषमः, सह, समम्, आम्, विना, ऋते, पृथक्, निकषा, यत्र, तत्र, सर्वत्र, यथा, तथा, इह, सम्यक्, प्राक्, मुहुः, पुनः, उभयत्र, अन्यत्र, यद्यपि, तथापि, तुष्णीम्, साम्प्रतम्, कुत्र, कथम्, साकम्, अतः, उच्चैः, नीचैः, वा। 20(10 hrs)
5. कृतप्रत्ययाः – तव्यत्, तव्य, अनीयत्, यत्, ण्यत्, क्यप्, शत्, शानच्, तुमुन्, क्त्वा, ल्यप्। 20(10 hrs)
6. तद्धितप्रत्ययाः - मत्वर्थीयप्रत्ययाः, अपत्यार्थकप्रत्ययाः 20(10 hrs)
7. विशेष्यविशेषणभावः, वाच्यपरिवर्तनम् 20(10 hrs)
8. समासः- अव्ययीभावः, तत्पुरुषः, कर्मधारयः, बहुव्रीहिः, द्वन्द्वः (साधारणज्ञानम्) 20(10 hrs)
9. संख्या समयश्च - 20(10 hrs)
10. वार्तालापः – विद्यालयीयवार्तालापः, कार्यालयीयवार्तालापः, पारिवारिकवार्तालापः, सामाजिकवार्तालापः इत्यादिः। 20(10 hrs)



SONAMUKHI COLLEGE				
SANSKRIT DEPARTMENT				
CERTIFICATE COURSE ON SPOKEN SANSKRIT				
JANUARY-2023 to DECEMBER -2023				
NAME OF THE ENROLLED STUDENTS				
Sl No	Name	COLLEGE ID	UID	Phone no
1	RIMA MAJI	1202201743	22201109023	9382570414
2	PUJA NANDI	1202201683	22201109019	8710085071
3	SARADA DAS	1202100092	21201109001	7364928956
4	LAKSHMI SAR	1202000289	20201109015	7407216249
5	MAHIMA LOHAR	1202100454	21201109003	8509643823
6	SOURAV DHARA	1202103148	21201109023	9474444181
7	RATAN GHOSH	1202101728	21201109009	9339164510
8	ANAMIKA DEY	1202000714	20201109026	8170041803
9	SUMANA GHOSH	1202200473	22201109005	7601846716
10	SHUKLA ROY	1202100086	21201109004	9547948965
11	SATHI GOLDAR	1202201684	22201109020	6294411857
12	PRITI NANDI	1202101439	21201109008	9382943575
13	SUDIPA MANDAL	1202001693	20201109022	9800885024
14	DEBALINA BIT	1202101911	21201109015	7432066796
15	SAMIR KUNDU	1202201704	22201109021	9883600281
16	MALLIKA PATRA	1202001637	20201109032	6297632060
17	MADHUMITA DUTTA	1202100196	21201109010	9333879138
18	SUPARNA BANERJEE	1202000143	20201109008	9091905707



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19	TUMPA SARKAR	1202001602	20201109025	7866099303
20	RAMA PRAMANIK	1202107018	21201109016	8509278727
21	BARSHA MONDAL	1202001651	20201109023	9832530243
22	PRIYANKA GOSWAMI	1202000228	20201109013	9883320852
23	RUMPA GHOSH	1202107021	21201109028	9339165356
24	MANJU GHOSH	1202202461	22201109030	8372037350
25	MAHMUDA KHATUN	1202100327	21201109011	9883704582
26	PRITAM LAKSHMAN	1202100192	21201109027	9330668392
27	SHUVRA GOSWAMI	1202103060	21201109017	7001147379
28	RANAJIT ROY	1202200277	22201109003	7679615177
29	PAYEL DEY	1202100226	21201109025	8927071812
30	SUDIP MONDAL	1202201161	22201109011	9832834092
31	SOUMEN GHOSH	1202201201	22201109012	9083285427
32	SANDIP ROY	1202201739	22201109022	9883006234
33	NIMAI MURMU	1202200474	22201219004	9832735769

Sarkar
DEPARTMENT OF SANSKRIT
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[Signature]
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**CERTIFICATE COURSE ON
YOGA**

Syllabus for Certificate Course in Yoga (CCY)
W.E.F. 2022– 2023

COURSE NAME : CERTIFICATE COURSE IN YOGA (CCY)

Duration- 6 months

Scheme of Teaching Parts & Examination

Paper	Paper Code	Paper Title	Type	Marks	Working Hour
Paper I	CCY 1	Fundamental of Yoga	Theory	50	1 Hour/Week
Paper II	CCY 2	Yoga & Meditation	Theory	50	2 Hour/Week
Paper III	CCY 3	Practical	Practical	100	1 Hour/Week
		Total		200	96 Hour/6th Months

Paper: I

Unit I: Fundamental of Yoga

- a) Introduction of yoga.
- b) Definition of Yoga with special reference to Bhagbat Gita & Patanjali Yoga Sutra
- c) Historical background of Yoga.
- d) Aims & objective of Yoga

Unit II: Basic concept on Human body

- a) Human Anatomy: Basic anatomical structure on
Skeleton system
Muscular system
Digestive system
Respiratory system
Cardiovascular system
Nervous system (human brain & spinal cord, sympathetic & parasympathetic nervous system)
Endocrine system (Pituitary, thyroid, adrenal)
- b) Physiology: Functioning of organs with special reference to Yogic science
- c) Immunity: Structure in brief, types of Immunity – Innate & acquired

Unit III: Yoga: Diet & Nutrition

- a) Knowledge of Yogic Principles – Ahara, Vihar, Achar-Vichar
- b) Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- c) Yogic concept of healthy living- Tridosha
- d) Therapeutic importance of Dincharya & Ritucarya
- e) Importance of Diet (Ahara)

Paper: II

Unit I : Streams of Yoga -

- a) Types (Gyan , Karma, Bhakti, Astanga, Hatha, Nada, Laya & Mantra)
- b) Hatha Yoga: Definition, Aims & objectives, philosophy & Misconception & Importance.
- c) PatanjaliYoga: Definition, 8 limbs, Yama, Niyama, Asana Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.
- d) Relation between Patanjali & Hatha Yoga.

Unit II: Meditation and Yoga

- a) Introduction of Meditation, Basic principle & Benefits
- b) Concentration and Meditation (Definition, Aids, objectives and benefits of meditation)
- c) Relation between Meditation & Yoga
- d) Brief concept on Koshes & Chakra system

Unit III: Yoga, Wellness & Yogic Therapy

- a) Concept of wellness and illness
- b) Mental hygiene
- c) Yoga as mind –body medicine
- d) Yoga Therapy (Diabetes, Arthritis, blood pressure, Cardiac problems, Constipation, obesity, Asthma, Back pain & Stress Management)

Paper III (PRACTICAL)

Unit I: Yogasanas :

- a) **Standing Asanas**
Taradsan, Trikonasana, Urdhahastosana, Vriksasana, Ardchakrasana, Padhahastasana,
- b) **Sitting**
Admasana, Bakrasana, ardhmatsyaendrasana, Janusirasana, Paschimottanasana, Vajrasana, Ushtrasana, Gomukhasana
- c) **Prone lying Asanas**
Bhugangasana, Salabhasana, Dhanurasana, Makarasana
- d) **Supine lying Asnas**

Pawanmuktasana and its variations, Setubandhasana, Sarvangasana, Ardhalasana, Halasana, Naukasana, Chakrasana, Shavasana

Unit II: Pranayama:

Naadi Shodhana, Sheetali, Sheetakari, Bhramari, Ujjai, Bhastrika

Unit III: Shatkarma:

Netis, Basti, Dhoutis, Nauli, Kapalabhati

Unit IV: Project

References:

1. Yogic Sukshma Vyayama by Dhirendra Bhramhachari
2. Asana Pranayama Mudra Bandha by Swami Satyendra Saraswati
3. Karma yoga, Raj Yoga, Bhakti Yoga by Swami Vivekananda
4. Notes on Structure & function of human body and effects of yogic practice on it by Sri Krishan.



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SONAMUKHI COLLEGE				
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS				
CERTIFICATE COURSE ON YOGA JANUARY 2023 To DECEMBER 2023				
NAME OF ENROLLMENT STUDENT				
SL NO	NAME	COLLEGE ID	UID	PHONE NO
1	AMIT DUTTA	1201902563	19201207068	8536850628
2	PRASAD RANJAN PRAMANK	1202002716	20201207005	7477365705
3	SUVOJIT DAS	1202002447	20201207055	8170040664
4	SATHI DUTTA	1202000353	20201207029	9749178520
5	BASUDEV PRAMANIK	1202002709	20201207045	8348541848
6	ARJUNE TUDU	1202001295	20201207065	8391040671
7	DHANAPATI BAURI	1202001971	20201207034	8116426071
8	AMAR CHANDRA BAROI	1202002485	20201207052	8159018968
9	SANJAY MAJUMDAR	1202001716	20201207026	6295309795
10	SIBNATH HANSDA	1202003079	20201207035	7047677057
11	JOSIMA KHATUN	1202000830	20201207024	8371980074
12	SABIR MONDAL	1202001648	20201207015	8343412855
13	FAIJUL HOSSAIN	1202000472	20201207042	9832729424
14	BASUDEV DIGAR	1202000355	20201207011	8167435848
15	AJOY HAWLADAR	1202002099	20201207060	8158042958
16	GOBINDA BISWAS	1202002079	20201207036	6294966564
17	SUMANTA BISWAS	1202001657	20201207063	6296771606
18	SUVENDU GAYEN	1202000074	20201207070	9883234132
19	MOUSUMI DAS	1202002020	20201207012	7501979211
20	SAMIUL MALLICK	1202002449	20201207019	7432001748

Sorup Mukherjee
20/01/23

DEPT. OF PHYSICAL EDUCATION
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Bm
Principal
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Sl No.	UID No.	NAME	Guardian Name	WhatsApp no	Department	Fees. Rs	Signature
1	20201207068	AMIT DUTTA	SUNIL DUTTA	8576850628	Physical Education	600	AMIT DUTTA
2	20201207068	PRASAD RANJAN PRAMANIK	PRADIP PRAMANIK	7977365706	Physical Education	600	Prasad Ranjan Pramanik
3	20201207065	SUVIJIT DAS	SUSHANTA DAS	8170090669	Physical Education	600	SUVIJIT DAS
4	20201207029	SATHI DUTTA	ANUP DUTTA	9799178520	Physical Education	600	Sathi Dutta
5	20201207046	BASUDED PRAMANIK	BAQULAL PARAMANIK	8398591898	Physical Education	600	Basuded Pramanik
6	20201207066	ARJUN TUDU	MAHADED TUDU	881090671	Physical Education	600	ARJUN TUDU
7	20201207039	DHANAPATI BAURI	TARAPADA BAURI	8116926071	Physical Education	600	Dhanapati Bauri
8	20201207072	AMAR CHANDRA BARAI	AMAL CHANDRA BARAI	8169018968	Physical Education	600	Amar Chandra Barai
9	20201207026	SANJAY MAJUMDAR	SAMIR MAJUMDAR	6296309735	Physical Education	600	SANJAY MAJUMDAR
10	20201207036	SIBNATH HANSDA	BISTU HANSDA	7097677057	Physical Education	600	SIBNATH HANSDA
11	20201207024	JOSIMA KHATUN	ROMJAN KHATUN	8371980079	Physical Education	600	JOSIMA KHATUN
12	20201207015	SABIR MONDAL	JAKIR MONDAL	8393912855	Physical Education	600	SABIR MONDAL
13	20201207092	FAIJUL HOSSAIN	AJIZUL HOSSAIN	9832729929	Physical Education	600	FAIJUL HOSSAIN
14	20201207011	BASUDEV DIGAR	GANESH DIGAR	8167935898	Physical Education	600	BASUDEV DIGAR
15	20201207060	AJOY HAWLADAR	JIBAN HAWLADAR	8158092958	Physical Education	600	AJOY HAWLADAR
16	20201207036	GOBINDA BISWAS	GAUTAM BISWAS	6299966669	Physical Education	600	GOBINDA BISWAS
17	20201207063	SUMANTA BISWAS	SWAPAN BISWAS	6296771606	Physical Education	600	sumanta Biswas
18	20201207070	SUVENDU GAYEN	MONINDRO NATH GAYEN	9883239132	Physical Education	600	SUVENDU GAYEN
19	20201207012	MOUSUMI DAS	BIKRAM DAS	7501979211	Physical Education	600	MOUSUMI DAS
20	20201207019	SAMIUL MALLICK	MUJIBAR MALLICK	7932001798	Physical Education	600	SAMIUL MALLICK

Soumya Mukherjee
24/11/23
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P.O.-Sonamukhi, Dist.-Bankura

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24/11/23
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Soumya Mukherjee
Principal
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