



KHARAGPUR COLLEGE

KHARAGPUR

ESTD. : 1949

P.O.– Inda, Kharagpur, Municipality– Kharagpur, Sub-Division– Kharagpur,
P.S.– Kharagpur (T), Dist.– Paschim Medinipur, West Bengal, PIN– 721305.

This is in answer to your DVV Query against metric 1.2.1 of Criterion 1 of the SSR:

The HEI wishes to inform that the below mentioned certificate courses are not part of any course under the university curriculum. They have been designed keeping in mind the extension of the knowledge base of the students and tend to align more towards being value added courses. In response to the question raised in the DVV query of a few courses being more of vocational structure, the HEI would like to clarify that unlike the modules of Vocational courses, these courses have been designed keeping in mind:

- Imparting more of theoretical knowledge than practical knowledge unlike vocational courses
- Not part of any University prescribed curriculum
- Adds to the knowledge domain of the students and extends them

A few of the courses mentioned in the DVV query are purely theoretical in nature of their knowledge extension and has already been mapped with their respective core courses. The following courses are not part of any of the University curriculum and thus their modules are provided for mapping :

Name of the Course	Offered By:
Certificate Course on First Aid organised in association with St John Ambulance	NSS Unit
Certificate course on Karate,Self-defense, Kick-Boxing and Fitness	NSS Unit
GREEN AUDIT	Kharagpur College
YOGA	Kharagpur College



ATTESTED

 Principal
 Kharagpur College

Kharagpur College

Proposed Syllabus for the Certificate course on YOGA- 10th June to 21st June,2022

- Module 1: Concept of YOGA ,Pranayam and Meditation
- Module 2: Importance of the YOGA ,Pranayam and Meditation in our day to day life
- Module 3: Different between YOGA ,Pranayam and Meditation
- Module 4: Suryanamskar : its importance and relevance
- Module 5: Etymological Meaning & Defination of ‘Yoga’.
- Module 6: Yogic Anatomy & Physiology as per Yoga.
- Module 7: Personality theories.
- Module 8: Basic Yoga Texts: Principles Upanishads Bhagavad Gita, Yoga Vasishtha
- Module 9: Allied Sciences: Anatomy and Physiology, Diet and Nutrition, General Psychology, and Counseling.
- Module 10: Practical Yoga: Asana, Pranayama, Dharna Dhyana, Bandha, Mudra & Shatkriya

Following are some Reference books for Certificate courses on Yoga:

Books	Author	Publishing House, Year.
Outlines of Indian Philosophy	Hiriyanna	Motilal Banarsidass Publisher, 2014
Indian Philosophy	Dr S. Radhakrishnan	Oxford University Press 1923
Hatha Yoga Pradipika	Yogi Swatmarama	Yogavidya.com, 2002
Yoga Sutras of Patanjali	Sadhana Pada with Exposition of Vyasa	Motilal Banarsidass, 2002
Introduction to Indian Philosophy	Dutta & Chatterji	Rupa & Co, 2015
The Yoga system of Patanjali	James, Houghton, wood.	Forgotten Books, 2018
Science of Yoga	I.K.Taimni	Theosophical Publishing House, 2007

Sd/-

Dr. Sukla Mondal Saha

Morning-in-charge



ATTESTED

Principal
Kharagpur College