



LOKEPARA MAHAVIDYALAYA

Govt. Aided College Affiliated to the University of Burdwan

ESTD. - 2010

VILL. - LOKEPARA * P.O. - KULIARA * DIST. - BIRBHUM * PIN - 731218

Ref. No.....

Date. 25/09/2024

Report

YOGA ADD-ON COURSE- 2022-23

Organized by- Department of Physical Education

An add-on certificate course on present-day benefits of yoga and fundamentals of yoga was conducted by the physical education department from 1st December 2022 to 17th December 2022 for 30 hours. The certificate course explores the basic concepts of mainstream yoga, its philosophical underpinnings and basically the various corrective exercises. The course deals with both theoretical and practical aspects of yoga. The yoga certificate course is designed for beginners, primarily to educate those interested in becoming yoga instructors, another goal of yoga is the implementation of yoga philosophy in everyday life.

A total of 41 students from various departments of the college participated in this yoga course. After the completion of the course, theory and practical exam was held on 17th December 2022. 41 students were participated in the test

Outcomes of the course:

- Enhanced Flexibility and Postural Alignment
- Improved Relaxation and Stress Management
- Increased Mindfulness and Concentration
- Better Understanding of Meditation
- Holistic Health Benefit
- Personalized Practices
- Enhanced Self-Awareness


Principal
Lokepara Mahavidyalaya
Kuliara, Birbhum



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- Name of the Programme : Add-on Course
- Title of the Course : The Blessing of YOGA, Stay Young & Healthy
- Duration : 1st December to 17th December , 2022
(15 Days, 30 Hours)
- Student Enrolled : 41
- Curriculum : 1. **Corrective Asanas** : Sheerasasan, Sarvangasana, Matasyasana, Halasana, Bhujangasana, Chacrasana.
2. **Relaxation Asanas** : Shashankasana, Shavasana, Makarasana
3. **Meditative Asanas** : Padmasana, Sidhasana, Gaumukhasana, Veerasana
4. **Different Techniques of Pranayama and Meditation** : Kapalbhathi, Bhramari, Anulam-Vilom.
- Evaluation Modalities : Assessment Procedures

Assessment	Marks
Viva	05
Practical	20
Attendance	05
Total	30

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Learning Outcome/ Summary Report

ADD- ON Course

On

Communicative English

Organized by Department of English, Lokepara Mahavidyalaya

16.05.2023- 30.05.2023

The Add- ON Course on *Communicative English* was a huge success as students actively participated and interacted with the invited speakers. The duration of the programme was from 16.05.2023 to 30.05.2023. The ambience created by the invited speakers was such that the students felt comfortable enough to learn and share different ideas.

Outcome of the Course

The beauty of the course is that students from any subject can opt for it as communicative English help them to prepare for their future plannings. Communicative English helps students whatever their ambition is. Hence, the ADD- ON organised by the Department of English achieved the following objects.

- The ADD- ON Course with its expert speakers exposed students of rural area to the potentialities of English language for the first time in a very organised and comprehensive manner.
- The course helped to develop communicative competence in students.
- Students feel motivated to seek and find employment in the corporate, media, English language teaching and content writing sectors.
- In the changing socio-economical condition Students feel encouraged and hopeful to prepare themselves and compete accordingly for their livelihood.
- This course, we are sure, would help them in choosing their future activities.

Dr. Mrinal Kanti Das
Principal
Lokepara Mahavidyalaya
PO, Kuliara, Dist.-Birbhum



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Course Details

ADD- ON Course (2022-2023)

On

Communicative English

Organised by Department of English

(16.05.2023 to 30.05.2023)

Basic Information-

Course Title- Communicative English

Credit- 30 Hours

Course Offered by- Department of English, LM

Course Offered for: Semester IV

Hours- 30

Date- 16.05.2023 to 30.05.2023 (Including Sundays)

Eligibility: Students of Semester IV, both Honours and General course, pursuing UG Courses in Lokepara Mahavidyalaya

Course Fee- Free

Mode- Offline

Dr. Mrinal Kanti Das
Principal
Lokepara Mahavidyalaya
P.O.-Kuliara, Dist.-Birbhum



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COURSE MODULE

Sl No.	Module	Unit	Hours
1	Module 1	Introduction to Phonetics and Phonology	2
		Classification of Speech Sounds, Syllable and Word Accent, Intonation	2
2	Module 2	The Study of Language	2
		Linguistics, Semantics, Sociolinguistics	2
3	Module 3	Grammar and Usage: An Introduction	2
		Error Correction	2
		Tense, Phrasal verb and idioms	2
4	Module 4	Reading Competence, Listening Competence	2
		Speaking Competence	2
5	Module 5	English Comprehension and Composition: An Introduction	2
		Dialogue Writing, Letter writing, Application Writing	2
		Email Writing, Summarising	2
6	Module 6	Business English Communication	2
7	Module 7	Creative Writing	2
8	Module 8	Writing for Media	2

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List of Resource Persons

Course Title: Communicative English

Duration- 16.05.2023- 30.05.2023

Organised by Department of English

Sl. No.	Name	Designation	Institution	Class Date	Class Time	Topic
1.	Seema Ahmed	Assistant Professor	Lokepara Mahavidyalaya	17,20,21, 29.05.23	4pm-6pm, 11am-1pm	
2.	Dr. Dhritiman Chakraborty	Assistant Professor	Gour Mahavidyalaya	19.05.23	8am-10am	Phonetics and Phonology
3.	Dr. Arun Pramanik	Assistant Professor	Gour Mahavidyalaya	24.05.23	11am-1pm	The Study of Language
4.	Dr. Mursed Alam	Assistant Professor	Gour Mahavidyalaya	22.05.23 23.05.23	8am-10am	Review Writing, Mock Interview
5.	Md Tausif Ahamed	Assistant Professor	Suri Vidyasagar College	18.05.23	8am-10am	Writing for Media
6.	Supriti Das	Assistant Professor	Abhedananda Mahavidyalaya	16.05.23 30.05.23	4pm-6pm, 11am-1pm	Business English communication, Spoken English
7.	Dr. Mosarrat Hossain	Assistant Professor	Kazi Nazrul College	25.05.23 26.05.23	4pm-6pm, 11am-1pm	Linguistics
8.	Dr. Sudeshna Majumdar	Assistant Professor	Rampurhat College	27.05.23 28.05.23	11am-1pm	Creative Writing

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Evaluation Modalities

Department of English

ADD- ON Course

On

Communicative English

Lokepara Mahavidyalaya

Assessment/ Evaluation	Marks
Written Assessment	20
Viva	05
Attendance	05
Total	30

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